**City of Sunderland ASCNew Year Meet 2023**

**Timings & Warm Up Procedure**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Session** | **From** | **To** | **What** | **Where** |
|  | | | | | |
| Friday 27th January | Session 1 | 16:30 | 17:20 | Warmup – Mixed | Main Pool, Diving Pool |
| 17:30 | 20:00 (est) | Events 101 - 102 | Main Pool |
|  | | | | | |
| Saturday 28th January | Session 2 | 08:00 | 08:25 | Warmup – Male | Main Pool, Diving Pool |
| 08:26 | 08:50 | Warmup – Female | Main Pool, Diving Pool |
| 09:00 | 12:30 (est) | Events 201 - 207 | Main Pool |
|  | | | | | |
| Saturday 28th January | Session 3 | 13:00 | 13:25 | Warmup – Male | Main Pool, Diving Pool |
| 13:26 | 13:50 | Warmup – Female | Main Pool, Diving Pool |
| 14:00 | 17:30 (est) | Events 301 - 308 | Main Pool |
|  | | | | | |
| Sunday 29th January | Session 4 | 08:00 | 08:25 | Warmup – Female | Main Pool, Diving Pool |
| 08:26 | 08:50 | Warmup – Male | Main Pool, Diving Pool |
| 09:00 | 12:30 (est) | Events 401 - 407 | Main Pool |
|  | | | | | |
| Sunday 29th January | Session 5 | 13:00 | 13:25 | Warmup – Female | Main Pool, Diving Pool |
| 13:26 | 13:50 | Warmup – Male | Main Pool, Diving Pool |
| 14:00 | 17:30 (est) | Events 501 - 508 | Main Pool |

**Timings & Marshalling**

Coaches / Team-Managers please ensure the following:

* Withdrawal forms for Session 2 and 3 only to the Timing Room by **18:00** Friday 27th January.
* Withdrawal forms for Session 4 and 5 only to the Timing Room by **14:00** Saturday 28th January.
* Swimmers need to be in Marshalling **5 heats** **before** their heat.

**Warm-up Procedure**

A maximum of 18 swimmers per lane in long course and 8 swimmers per lane in short course throughout all warm up sessions must be adhered to.

Please ensure swimmers use the full, long course lane during warm-up.

Sprint lanes will be made available on the last 10 minutes of each warm up. These will operate in lanes 0,1,2,3 & 7,8,9 from the scoreboard end.

The 25 metre diving pool is available for continuous warm up and swim downs. The facility is not provided for social recreation. Coaches & Team Managers: It is your responsibility to ensure that all your swimmers are aware of this, and that they use the dive pool safely & appropriately. Any abuse will result in the facility being withdrawn.

All the very best for a great meet.