

# City of Sunderland ASC

## National Qualifier 2023

### Timings & Warm Up Procedure



Date	Session	From	To	What	Where
Friday 31 <sup>st</sup> March	Session 1	17:00	17:50	Warmup - Mixed	Main Pool
		18:00	20:20 (est)	Events 101 - 102	Main Pool
Saturday 1 <sup>st</sup> April	Session 2	08:00	08:25	Warmup - Male	Main Pool
		08:26	08:50	Warmup - Female	Main Pool
		09:00	11:45 (est)	Events 201 - 208	Main Pool
Saturday 1 <sup>st</sup> April	Session 3	13:00	13:25	Warmup - Male	Main Pool
		13:26	13:50	Warmup - Female	Main Pool
		14:00	16:15 (est)	Events 301 - 307	Main Pool
Sunday 2 <sup>nd</sup> April	Session 4	08:00	08:25	Warmup - Female	Main Pool
		08:26	08:50	Warmup - Male	Main Pool
		09:00	11:45 (est)	Events 401 - 408	Main Pool
Sunday 2 <sup>nd</sup> April	Session 5	13:00	13:25	Warmup - Female	Main Pool
		13:26	13:50	Warmup - Male	Main Pool
		14:00	16:15 (est)	Events 501 - 507	Main Pool

#### Timings & Marshalling

Coaches / Team-Managers please ensure the following:

- Withdrawal forms to the Timing Room by:
  - Session 1 – **18:00 Thursday 30<sup>th</sup> March.**
  - Session 2 and 3 - **18:00 Friday 31<sup>st</sup> March.**
  - Session 4 and 5 – **14:00 Saturday 1<sup>st</sup> April.**
- 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 Any abuse will result in the facility being withdrawn.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.