

City of Sunderland ASC National Qualifier 2024 Timings & Warm Up Procedure



| Date | Session | From | To | What | Where |
|---------------------------------|-----------|-------|-------------|--------------------|-----------|
| Friday 12 th April | Session 1 | 16:30 | 17:20 | Warmup - Mixed | Main Pool |
| | | 17:30 | 20:20 (est) | Events 101 - 102 | Main Pool |
| Saturday 13 th April | Session 2 | 08:00 | 08:25 | Warmup - Female | Main Pool |
| | | 08:26 | 08:50 | Warmup - Male/Open | Main Pool |
| | | 09:00 | 11:30 (est) | Events 201 - 212 | Main Pool |
| Saturday 13 th April | Session 3 | 12:00 | 12:25 | Warmup - Female | Main Pool |
| | | 12:26 | 12:50 | Warmup - Male/Open | Main Pool |
| | | 13:00 | 15:30 (est) | Events 301 - 312 | Main Pool |
| Saturday 13 th April | Session 4 | 15:40 | 16:20 | Warmup - Mixed | Main Pool |
| | | 16:30 | 18:00 (est) | Events 401 - 420 | Main Pool |
| Sunday 14 th April | Session 5 | 08:00 | 08:25 | Warmup - Male/Open | Main Pool |
| | | 08:26 | 08:50 | Warmup - Female | Main Pool |
| | | 09:00 | 11:30 (est) | Events 501 - 512 | Main Pool |
| Sunday 14 th April | Session 6 | 12:00 | 12:25 | Warmup - Male/Open | Main Pool |
| | | 12:26 | 12:50 | Warmup - Female | Main Pool |
| | | 13:00 | 15:30 (est) | Events 601 - 612 | Main Pool |
| Sunday 14 th April | Session 7 | 15:40 | 16:20 | Warmup - Mixed | Main Pool |
| | | 16:30 | 18:00 (est) | Events 701 - 720 | Main Pool |

Timings & Marshalling

Coaches / Team-Managers please ensure the following:

- Withdrawal forms to the Timing Room by:
 - Session 1 – **18:00 Thursday 11th April.**
 - Session 2 and 3 - **18:00 Friday 12th April.**
 - Session 4 - **15:45 Saturday 13th April.**
 - Session 5 and 6 – **14:00 Saturday 13th April.**
 - Session 7 - **15:45 Sunday 14th 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.