

# City of Sunderland ASC Summer Splash 2026 Timings & Warm Up Procedure



Date	Session	From	To	What	Where
Saturday 4th July	Session 1	08:00	08:25	Warmup – Open/Male	Main Pool
		08:26	08:50	Warmup – Female	Main Pool
		09:00	12:30 (est)	Events 101 - 114	Main Pool
	Session 2	13:00	13:25	Warmup – Open/Male	Main Pool
		13:26	13:50	Warmup - Female	Main Pool
		14:00	17:30 (est)	Events 201 - 212	Main Pool
Sunday 5th July	Session 3	08:00	08:25	Warmup – Female	Main Pool
		08:26	08:50	Warmup – Open/Male	Main Pool
		09:00	12:30 (est)	Events 301 - 314	Main Pool
	Session 4	13:00	13:25	Warmup – Female	Main Pool
		13:26	13:50	Warmup – Open/Male	Main Pool
		14:00	17:25 (est)	Events 401 - 412	Main Pool

## Timings & Marshalling

Coaches / Team-Managers please ensure the following:

- Withdrawal forms to the Timing Room (or e-mail to [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)) by:
  - Sessions 1 and 2 – **18:00 Friday 3<sup>rd</sup> July**
  - Sessions 3 and 4 – **14:00 Saturday 4<sup>th</sup> July**
- 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 & 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 Any abuse will result in the facility being withdrawn.

Due to the large number of swimmers on deck over the weekend can we politely ask that clubs be conservative with space in the seating areas and limit their time in the warm down pool to only what is necessary to ensure fair use by everyone.

All the very best for a great meet.