

# City of Sunderland ASC

# Summer Splash 2024

## Timings & Warm Up Procedure



| Date              | Session   | From  | To          | What               | Where     |
|-------------------|-----------|-------|-------------|--------------------|-----------|
| Friday 5th July   | Session 1 | 17:15 | 17:45       | Warmup - Mixed     | Main Pool |
|                   |           | 18:00 | 20:00 (est) | Events 101 - 102   | Main Pool |
| Saturday 6th July | Session 2 | 08:00 | 08:25       | Warmup - Open/Male | Main Pool |
|                   |           | 08:26 | 08:50       | Warmup - Female    | Main Pool |
|                   |           | 09:00 | 12:30 (est) | Events 201 - 214   | Main Pool |
|                   | Session 3 | 13:00 | 13:25       | Warmup - Open/Male | Main Pool |
|                   |           | 13:26 | 13:50       | Warmup - Female    | Main Pool |
|                   |           | 14:00 | 17:30 (est) | Events 301 - 312   | Main Pool |
| Sunday 7th July   | Session 4 | 08:00 | 08:25       | Warmup - Female    | Main Pool |
|                   |           | 08:26 | 08:50       | Warmup - Open/Male | Main Pool |
|                   |           | 09:00 | 12:30 (est) | Events 401 - 414   | Main Pool |
|                   | Session 5 | 13:00 | 13:25       | Warmup - Female    | Main Pool |
|                   |           | 13:26 | 13:50       | Warmup - Open/Male | Main Pool |
|                   |           | 14:00 | 17:30 (est) | Events 501 - 512   | 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:
  - Session 1 – **16:00 Thursday 4<sup>th</sup> July**
  - Sessions 2 and 3 – **18:00 Friday 5<sup>th</sup> July**
  - Sessions 4 and 5 – **14:00 Saturday 6<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.