



City of Sunderland ASC Firecracker 2014



Timings & Warm Up Procedure

Friday 1 st November		
Session 1		
16:30 – 17:00	Withdrawal Forms	
17:00 – 17:25	Warm-up Male	
17:25 – 17:50	Warm-up Female	
18:00 – 19:00	Event 101 (approx.)	
19:00 – 19:45	Event 102 (approx.)	
Saturday 2 nd November	Sunday 3 rd November	
Session 2	Session 4	
08:30 – 09:00	Withdrawal Forms	
08:30 – 09:00	Relay Team Forms	
09:00 – 09:25	Warm-up Male	
09:25 – 09:50	Warm-up Female	
10:00 – 12:00	Events 201 – 208	
Session 3	Session 5	
12:30 – 13:00	Withdrawal Forms	
12:30 – 13:00	Relay Team Forms	
13:00 – 13:25	Warm-up Male	
13:25 – 13:50	Warm-up Female	
14:00 – 16:15	Events 301 – 309	
	10:00 – 12:00	Events 401 – 408
	12:30 – 13:00	Withdrawal Forms
	12:30 – 13:15	Relay Team Forms
	13:00 – 13:25	Warm-up Male
	13:25 – 13:50	Warm-up Female
	14:00 – 16:15	Events 501 – 509

Timings & Marshalling

Coaches / Team-Managers please ensure the following

- Withdrawals & Relay Team forms to the Timing Room by **at start of warm up.**
- Swimmers need to be in Marshalling **5 heats before** their heat.

Warm-up Procedure

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 0,1,3, & 7,8,9 from the scoreboard end.

The 25 metre diving pool is available for continuous warm up and swim downs across the event.

The facility is not provided for social recreation. Please could you ensure that all your swimmers are aware of this, you (Coaches / Team-Managers) supervise them and that they use the dive pool appropriately.

Any abuse will result in the facility being withdrawn.

All the very best for a great meet.