



# City of Sunderland ASC Firecracker 2014 Timings & Warm Up Procedure



Friday 1 <sup>st</sup> November	
<b>Session 1</b>	
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 <sup>nd</sup> November	Sunday 3 <sup>rd</sup> November
<b>Session 2</b>	<b>Session 4</b>
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
<b>Session 3</b>	<b>Session 5</b>
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
	12:30 – 13:00
	12:30 – 13:15
	13:00 – 13:25
	13:25 – 13:50
	14:00 – 16:15
	Events 401 – 408
	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**Any abuse will result in the facility being withdrawn.**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.