

**NORTHUMBERLAND & DURHAM OPEN AND YOUTH  
CHAMPIONSHIPS  
20 – 21 FEBRUARY 2010**

**SUNDERLAND AQUATIC CENTRE**

**WARM UP PROTOCOL**

The 50 metre pool will be available for warm up as follows:

**Saturday morning heats**

8.30 – 8.52 am      Male general warm up  
Sprint lanes will be available from 8.45 am

8.53 – 9.15 am      Female general warm up  
Sprint lanes will be available from 9.08 am

9.30 am              First heat starts

**Saturday afternoon finals**

1.30 – 2.15 pm      Mixed general warm up  
Sprint lanes will be available from 2.00 pm

2.30 pm              First final starts

**Sunday morning heats**

8.25 – 8.52 am      Female general warm up  
Sprint lanes will be available from 8.45 am

8.51 – 9.15 am      Male general warm up  
Sprint lanes will be available from 9.08 am

9.30 am              First heat starts

**Sunday afternoon finals**

1.30 – 2.15 pm      Mixed general warm up  
Sprint lanes will be available from 2.00 pm

2.30 pm              First final starts

The dive pool is available for continuous warm up and swim down from start of the warm up.