

Sussex County Winter meet K2 Crawley

Saturday 15th October		Sunday 16th October	
Session 1	Warm up	9.00 am	
Sign out closes at 9.15		Sign out closes at 9.15	
Coaches/Team Managers are responsible for ensuring that swimmers are withdrawn. If a swimmer does not present themselves for an event in which they are entered, they will not be allowed to compete in any further events in the competition on that day. County entry conditions read (Entry management (n))			
Girls 2004/2003	9.00-9.12	Girls 2004/2003	9.00-9.12
Boys 2004/2003	9.12-9.24	Girls 2004/2003	9.12-9.24
Girls 2000/Older	9.24-9.36	Girls 2000/Older	9.24-9.36
Boys 2000/Older	9.36-9.48	Boys 2000/Older	9.36-9.48
Girls/Boys 2006/2005	9.48-10.00	Girls/Boys 2006/2005	9.48-10.00
Session start 10.05. Finish at app 1.50		Session start 10.05. Finish at app 2.00	
Session 2	Warm Up	2.00 pm	
Sign out closes at 2.15		Sign out closes at 2.30	
Coaches/Team Managers are responsible for ensuring that swimmers are withdrawn. If a swimmer does not present themselves for an event in which they are entered, they will not be allowed to compete in any further events in the competition on that day. County entry conditions read (Entry management (n))			
Girls/Boys 2006/2005	2.00-2.12	Girls/Boys 2006/2005	2.15-2.27
Girls 2004/2003	2.12-2.24	Girls 2004/2003	2.27-2.39
Boys 2004/2003	2.24-2.36	Boys 2004/2003	2.39-2.51
Girls 2000/Older	2.36-2.48	Girls 2000/Older	2.51-3.03
Boys 2000/Older	2.48-3.00	Boys 2000/Older	3.03-3.15
Session start 3.05. Finish at app 5.45.		Session start 3.20. Finish at app 6.00.	
		15 Minute swim down & Warm up for 100IM Finalists Finals will start at 5.15.	
<u>Warm Up ASA SAFETY REMINDERS</u>			
Please co-operate fully with instructions from warm up marshals.			
Coaches must supervise their own swimmers during warm up.			
Swim clockwise in lanes 1,3, 5 & 7 anti-clockwise in 2,4, 6 & 8			
Only enter with a safe jump, diving is not allowed except in a designated sprint lane.			
Exit at the side only & never over timing pads.			
Swim continuously without stationary swimmers blocking lanes or ends.			
One way Sprint lane availability will be announced on the day.			

**Any questions regarding the warm up timing or procedures should be directed to
Nigel Carrucan (County Coach) or Brian Smith Entry co-ordinator**