

Relay Gala Warm up. Horsham 29th January 2017

Warm up timings

Session 1 Warm up 8.30 am

Team changes close at 8.45am

NB. Please be aware of the Sussex County condition regarding withdrawing from events. This reads as follows:--

"Once withdrawals have closed, all entrants shown on the "Heat start sheets" are expected to swim in all events they are declared as entered for. Should a swimmer/team not present themselves for an event then the meet organisers will withdraw that swimmer/team from all heats and finals for that day"

Girls 12/13 Years	8.30 - 8.45
Boys 12/13 Years	8.45 - 9.00
Girls Open championship teams	9.00 - 9.15
Boys Open teams	9.15 - 9.30

Session Start 9.35

There will be a 10/15 minute warm up session for all finalists prior to each finals session.

Session finish is approximately 12.30/12.45

Session 2 Warm Up 1.00

Sign out closes at 1.15

Girls 10/11 Years	1.00 - 1.15
Boys 10/11 Years	1.15 - 1.30
Girls Junior championship teams	1.30 - 1.45
Boys Junior Championship teams	1.45 - 2.00

Session Start 2.05

There will be a 10/15 minute warm up session for all finalists prior to each finals session.

Session finish at approximately 4.45/5.00pm

Warm Up ASA SAFETY REMINDERS

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.