

**SOMERSET AMATEUR SWIMMING ASSOCIATION  
COUNTY DEVELOPMENT MEET 2021**

## **Warm up Rules & Procedures**

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Coaches, team managers and competitors are asked to cooperate with these procedures to give every competitor the best opportunity to prepare for their events.

In the interests of competitor safety, the following pool procedures & rules must be observed throughout the warm-up. Please ensure all your competitors are made aware.

<b>Lane</b>	<b>Direction of swimming</b>
1	Clockwise
2	Anticlockwise
3	Clockwise
4	Anticlockwise
5	Clockwise
6	Anticlockwise
7	Clockwise
8	Anticlockwise

### **THE RULES & PROCEDURES**

1. Competitors must observe the alternate 'clockwise - anticlockwise' lane discipline as detailed above in both pools.
2. Both the Scoreboard end and Changing room end pools will be used for the warmup.
3. Competitors must not enter the pool at any time from the boom.
4. All lanes will start with generic swimming for approximately 10-15 minutes.
5. During the generic swimming session feet first entry only is permitted.
6. Competitors exiting the pool at the Scoreboard end must exit from the side and not over the timing pads.
7. Towards the end of the generic swimming session lanes will be opened one by one for the purpose of dive starts and 25m sprints in the Scoreboard pool only.
8. The Changing room end pool will be for continuous swimming only during the warmup. No diving is permitted in this pool at any time.
9. Once a lane is opened for dives & sprints all swimmers must exit the pool from the side at the boom end.
10. Paddles & fins are not permitted in the pools at any time.
11. So as not to delay the start of the next warm up session coaches and team managers are asked to have their competitors leave the pool promptly.
12. Once the events are underway the warm down pools is exactly for that purpose.
13. Any competitors not using the warm down pool appropriately will be asked to leave the pool by a lifeguard, any of the events management team or official.

Thank you.

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## Warm up Timings

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Saturday 2<sup>nd</sup> October

**Morning session**

Time	Gender	Ages	No of swimmers
13:00-13:15	Girls	10 years & under	37
13:15-13:30	Girls	11 years	43
13:30-13:45	Girls	12 years	41
13:45-14:00	Boys	11 years & under	52
14:00-14:15	Boys	12 years	39

**Afternoon session**

Time	Gender	Ages	No of swimmers
17:15-17:30	Boys	11 years & under	54
17:30-17:45	Boys	12 years	37
17:45-18:00	Girls	10 years & under	44
18:00-18:15	Girls	11 years	44
18:15-18:30	Girls	12 years	36

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Sunday 3<sup>rd</sup> October

**Morning session**

Time	Gender	Ages	No of swimmers
13:00-13:15	Boys	13 years & under	30
13:15-13:30	Boys	14 years & over	49
13:30-13:45	Girls	13 years & under	45
13:45-14:00	Girls	14 years & over	50

**Afternoon session**

Time	Gender	Ages	No of swimmers
16:30-16:45	Girls	13 years	46
16:45-17:00	Girls	14 years & over	49
17:00-17:15	Boys	13 years & under	31
17:15-17:30	Boys	14 years & over	50

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