

WARM UP

SUSSEX COUNTY RELAY MEET

Sunday Morning SESSION arrive 10:10
Races Start 11:30

10.30 to 10.40 Girls & Boys age 9
10.40 to 10.50 Girls & Boys age 10
10.50 to 11.00 Girls & Boys age 11
11.00 to 11.10 Girls & Boys age 12

Sunday Afternoon SESSION warm up starts approximately 2:00pm

1st 15 minutes Girls & Boys age 13 & 14 years
2nd 15 minutes Girls & Boys age 15 & over
Coaches: please distribute your swimmers safely over the whole 30 minutes.

ASA SAFETY REMINDERS

Cooperate fully with instructions from warm up marshals.
Coaches must supervise their swimmers during warm up.
Prevent more than 12~14 swimmers per lane. (dependent on size)
Swim clockwise in lanes 1,3,5 & anti-clockwise in 2,4,6.
Only enter with a safe jump (NO dives).
Exit at shallow end only & never over timing pads.
Swim continuously without stationary swimmers blocking lanes or ends.
note: Shallow pool can be used only for continuous swimming
 during your age allotted time.
When instructed Lanes 1 (& maybe 2) will be sprint lanes with diving.

Thank you for your co-operation.
Nigel Carrucan. Head Coach