

Sussex County Development Gala Sovereign Centre. Eastbourne

Sunday 21st June	Sunday 5th July
Session 1 Warm up 12.00 am	Session 1 Warm up 12.00 am
Sign out closes at 12.15	Sign out closes at 12.15

Coaches/Team Managers are responsible for ensuring that swimmers are withdrawn if they are not competing. Empty lanes mean a longer gala.

Girls/Boys 9/10 Years	12.00-12.10	Girls/Boys 9/10 Years	12.00-12.10
Boys 11/12 Years	12.10-12.20	Girls 11/12 Years	12.10-12.20
Girls 11/12 Years	12.20-12.30	Boys 11/12 Years	12.20-12.30
Girls/Boys 13/over	12.30-12.40	Girls/Boys 13/Over	12.30-12.40
Session start 12.40. Finish at app 3.30.		Session start 12.40. Finish at app 3.30.	
Session 2 Warm Up 3.30 pm		Session 2 Warm Up 3.30	
Sign out closes at 3.45		Sign out closes at 3.45	

Coaches/Team Managers are responsible for ensuring that swimmers are withdrawn if they are not competing. Empty lanes mean a longer gala.

Boys 9/10 Years	3.30-3.40	Girls/Boys 9/10 Years	3.30-3.40
Girls 9/10 Years	3.40-3.50	Girls/Boys 11 Years	3.40-3.50
Boys 11/12 Years	3.50-4.00	Girls/Boys 12 Years	3.50-4.00
Girls 11/12 Years	4.00-4.10	Girls/Boys 13/over	4.00-4.10
Boys/Girls 13/over	4.10-4.20		
Session start 4.25. Finish at app 7.45.		Session start 4.15. Finish at app 7.30.	

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 anti-clockwise in 2,4 & 6
 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**