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**Aberdeen ASC Nifty Fifties +**

**12th & 13th November 2022**

**WARM UP INFORMATION**

The warm-up periods are reserved for competitors taking part in the following session. Swimmers, coaches and team managers must follow instructions of the warm-up procedure during the warm-up period.

Due to the number of swimmers in each session, all 10 x 25m lanes in the competition pool will be used for warm-up. We ask swimmers, coaches and team managers to ensure that there is as even a spread of swimmers across the pool as possible.

Due to strict constraints on the number of swimmers permitted in each lane, where a warm-up is busy, swimmers may need to move to a different lane

**10 swimmers per lane is the maximum permitted**

The non-competition pool and Diving Pool are not available for this event as it is being used for other public activities. Please be aware of and be respectful towards other users.

**Warm up details**

The warm-up times are planned as follows:

Each warm-up period will have a period of general swimming where no diving is permitted, followed by a period where diving will be allowed in designated lanes. Due to numbers of swimmers clubs have been identified a specific warm up session.

All aspects of the warm-up periods are subject to operational changes if that becomes necessary.

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|  | Saturday Warm up | Sunday Warm up | Club Names |
| Warm up 1 | 1400-1415 | 0800-0815 | Aberdeen Dolphins & West Dunbartonshire |
| Warm up 2 | 1415-1430 | 0815-0830 | Dyce ASC, Aberdeen ASC, Garioch ASC, Nairn ASC |
| Warm up 3 | 1430-1445 | 0830-0845 | Bridge of Don ASC, Banchory ASC, Inverness ASC, Ythan ASC, UOA PS |
| Warm up 4 | 1445-1500 | 0845-0900 | All other remaining clubs |

All lanes in the competition pool will be used for general swimming and race preparation with no diving from the start of the warm-up period until ten minutes has passed and an announcement is made.

During each warm-up session, when ten minutes of general warm-up has passed, sprint and pace lanes will be provided in Lanes 0, 1, 2, 7, 8 and 9. This is to allow swimmers to leave the pool to make way for others.

* Lanes 0 and 9 will be backstroke start lanes with backstroke starting devices employed – swimmers must exit at the boom
* Lanes 1, 2, 7 and 8 will be sprint/dive Lanes – swimmers must exit at the boom
* Lanes 3 and 6 will be pace swimming lanes from a push only and no diving is permitted
* Lanes 4 and 5 will be continuous swimming

Swimmers will swim clockwise in odd numbered lanes and anti-clockwise in even numbered lanes.

Large paddles and fins are not permitted in any warm-up period.

Please do not climb out over the pads.

**Announcements**

Please listen carefully for announcements.

An announcement will be made at the start of each warm-up and as new sprint and pace lanes become available.

An announcement will be made 5 minutes prior to warm-up finishing and a further announcement will be made at the completion of the warm-up. At this time swimmers are to clear the pool.