



# Warmup Midsummer Madness 2021

## Saturday 10<sup>th</sup> July

**Session 1:** 8:30-9:15 Warm up (8:30-8:50 Girls; 8:55-9:15 Boys) 9:30 Start.

**Session 2:** 10:35-10:55 Warm up *approx* (Mixed warmup, preferably only for swimmers who did not compete in session 1) 11:00 Start

### LUNCH

**Session 3:** 13:00-13:55 Warm up (13:00-13:25 Girls; 13:30-13:55 Boys) 14:00 Start.

**Session 4:** 15:15-15:40 Warm up *approx* (Mixed warmup, preferably only for swimmers who did not compete in session 3) 15:45 Start

## Sunday 11<sup>th</sup> July

**Session 5:** 8:30-9:15 Warm up (8:30-8:50 Boys; 8:55-9:15 Girls) 9:30 Start.

**Session 6:** 10:35-10:55 Warm up *approx* (Mixed warmup, preferably only for swimmers who did not compete in session 5) 11:00 Start

### LUNCH

**Session 7:** 13:00-13:55 Warm up (13:00-13:25 Boys; 13:30-13:55 Girls) 14:00 Start.

**Session 8:** 15:15-15:40 Warm up *approx* (Mixed warmup, preferably only for swimmers who did not compete in session 7) 15:45 Start

No diving when entering the pool during warmup. Coaches must supervise their swimmers during warmup – and will be supported by the meet warmup/COVID marshals. The last 5m of each warmup will be allocated to sprints and announced by the commentator. Warmup time changes may be announced if necessary. All lanes will be clockwise due to COVID guidance. Please ensure your swimmers leave the pool promptly to allow the competition to start on time.

The timings for the 2<sup>nd</sup> session in each block remain approximate – based on the need to work with new process flows and COVID guidance. To help parents and swimmers know when to arrive we will be using the CONSC Twitter Feed - [@cityofnorwichsc](https://twitter.com/cityofnorwichsc) – to update with any changes to timings, so please make sure coaches, team managers and parents all follow.

**Backstroke Ledges:** We are pleased to confirm that we will have backstroke ledges available for this event. Please let your swimmers know that the ledges will be used for all backstroke events. We are aware that many swimmers will not be used to them. It will be OK to ask the official to remove the ledge from the water if they are not comfortable, but please feel free to offer guidance, we will ensure ledges are available during warmup for the Sunday.