

DERBYSHIRE AMATEUR SWIMMING ASSOCIATION

(Affiliated to the ASA East Midland Region)

2010 County Championships, Youth Competitions and BAGCAT Competitions

(Under ASA Laws & ASA Technical Rules of Swimming)

WARM-UP INFORMATION

The warm-up arrangements for the 2010 Competitions are slightly changed as to what they were in previous years.

Except for the first gala of each day, warm-up will begin one hour before the next session, or if a late finish, immediately after the end of the previous gala.

The numbers of lanes allocated to each sex is based on the number of entrants in that particular session.

Safety is the prime consideration at all times, and the following must be observed.

- 1 No diving during the warm-up until the sprint lanes are in operation. Swimmers should lower themselves into the water at the opposite end from the timing pads.
- 2 Swimmers should exit the pool during Sprint Lane operation at the shallow end of the pool only.
- 3 Team Managers and Coaches are responsible for their swimmers, and must supervise them during the warm-up.
- 4 A maximum of 12 swimmers in each lane only will be permitted at any one time.
- 5 Swimmers should be encouraged to warm-up correctly:-
 - a) No queuing for turns
 - b) No walking

Action will be taken against swimmers who contravene these Safety Instructions.

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Gala One. Saturday February 27th Derby Queens Leisure Centre

Warm-up 9.00am Start 10.00am

Lane 1	Boys	General	9.00am to 9.30am then Sprint lane
Lane 2	Boys	General	
Lane 3	Girls	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	9.00am to 9.30am then Sprint lane

Gala Two. Saturday February 27th Derby Queens Leisure Centre

Warm-up 1.00pm Start 2:00pm

Lane 1	Boys	General	1.00pm to 1.30pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	1.00pm to 1.30pm then Sprint lane

Gala Three. Saturday February 27th Derby Queens Leisure Centre

Warm up 5.00pm Start 6.00pm

Lane 1	Men	General	5.00pm to 5.30pm then Sprint lane
Lane 2	Men	General	
Lane 3	Ladies	General	
Lane 4	Ladies	General	
Lane 5	Ladies	General	
Lane 6	Ladies	General	5.00pm to 5.30pm then Sprint lane

MAXIMUM 12 SWIMMERS PER LANE

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Gala Four. Sunday February 28th Derby Queens Leisure Centre

Warm-up 9:30am Start 10:30am

Lane 1	Boys	General	9.30am to 10.00am then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Boys	General	
Lane 5	Girls	General	
Lane 6	Girls	General	9.30am to 10.00am then Sprint lane

Gala Five. Sunday February 28th Derby Queens Leisure Centre

Warm-up 1.00pm Start 2.00pm

Lane 1	Boys	General	1.00pm to 1.30pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	1.00pm to 1.30pm then Sprint lane

Gala Six. Sunday February 28th Derby Queens Leisure Centre

Warm-up 5.00pm Start 6.00pm

Lane 1	Boys	General	5.00pm to 5.30pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	5.00pm to 5.30pm then Sprint lane

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Gala Seven. Saturday March 6th Eckington

Warm-up 9.00am Start 10.00am

Lane 1	Boys	General	9.00am to 9.30 am then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Boys	General	
Lane 5	Girls	General	
Lane 6	Girls	General	9.00am to 9.30 am then Sprint lane

Gala Eight. Saturday March 6th Eckington

Warm-up 1.00pm Start 2.00pm

Lane 1	Boys	General	1.00pm to 1.30 pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Girls	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	1.00pm to 1.30 pm then Sprint lane

Gala Nine. Saturday March 6th Eckington

Warm-up 5.00pm Start 6.00pm

Lane 1	Boys	General	5.00pm to 5.30 pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Girls	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	5.00pm to 5.30 pm then Sprint lane

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Gala Ten. Sunday March 7th Eckington

Warm-up 9.30am Start 10.30am

Lane 1	Boys	General	9.30am to 10.00 am then Sprint lane
Lane 2	Boys	General	
Lane 3	Girls	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	9.30am to 10.00 am then Sprint lane

Gala Eleven. Sunday March 7th Eckington

Warm-up 1.00pm Start 2.00pm

Lane 1	Boys	General	1.00pm to 1.30 pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Boys	General	
Lane 5	Girls	General	
Lane 6	Girls	General	1.00pm to 1.30 pm then Sprint lane

Gala Twelve. Sunday March 7th Eckington

Warm-up 5.00pm Start 6.00pm

Lane 1	Boys	General	5.00pm to 5.30 pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	5.00pm to 5.30 pm then Sprint lane

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Gala Thirteen Saturday March 20th Derby Queens Leisure Centre

Warm-up 9.00am Start 10.00am

Lane 1	Boys	General	9.00am to 9.30 am then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	9.00am to 9.30 am then Sprint lane

Gala Fourteen. Saturday March 20th Derby Queens Leisure Centre

Warm-up 1.00pm Start 2.00pm

Lane 1	Boys	General	1.00pm to 1.30 pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	1.00pm to 1.30 pm then Sprint lane

Gala Fifteen. Saturday March 20th Derby Queens Leisure Centre

Warm-up 5.00pm Start 6.00pm

Lane 1	Boys	General	5.00 pm to 5.30 pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	5.00 pm to 5.30 pm then Sprint lane

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Gala Sixteen. Sunday March 21st Derby Queens Leisure Centre

Warm-up 10:00am Start 11:00am

Lane 1	Boys	General	10.00 am to 10.30 am then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	10.00 am to 10.30 am then Sprint lane

Gala Seventeen. Sunday March 21st Derby Queens Leisure Centre

Warm-up 1.00pm Start 2.00pm

Lane 1	Boys	General	1.00 pm to 1.30 pm then Sprint lane
Lane 2	Boys	General	
Lane 3	Boys	General	
Lane 4	Girls	General	
Lane 5	Girls	General	
Lane 6	Girls	General	1.00 pm to 1.30 pm then Sprint lane

MAXIMUM 12 SWIMMERS PER LANE