



# S.A.S.A North District

## WARM UPS

<b>Session 1</b> Saturday Morning	General warm-up 8.30-8.50am	Sprint Dive lanes 8.50am – 9.00am	Inverness, Nairn, Orkney, Lochaber and Western Isles
	9.00-9.20am	9.20am – 9.30am Start 9.35am	Buckie, Elgin, Forres, Tain, Thurso, Wick
<b>Session 2</b> Saturday Afternoon	General warm-up 12.45-1.05pm	Sprint Dive lanes 1.05 – 1.15pm	Buckie, Elgin, Forres, Tain, Thurso, Wick
	1.15 -1.35pm	1.35 – 1.45pm Start 1.50pm	Inverness, Nairn, Orkney, Lochaber and Western Isles
<b>Session 3</b> Saturday evening	4.40-4.55pm	4.55 – 5.10pm  Start 5.15pm	All swimmers
<b>Session 4</b> Sunday Morning	General warm-up 8.30-8.50am	Sprint Dive lanes 8.50am – 9.00am	Inverness, Nairn, Orkney, Lochaber and Western Isles
	9.00-9.20am	9.20am – 9.30am Start 9.35am	Buckie, Elgin, Forres, Tain, Thurso, Wick
<b>Session 5</b> Sunday Afternoon	General warm-up 12.45-1.05pm	Sprint Dive lanes 1.05 – 1.15pm	Buckie, Elgin, Forres, Tain, Thurso, Wick
	1.15 -1.35pm	1.35 – 1.45pm Start 1.50pm	Inverness, Nairn, Orkney, Lochaber and Western Isles
<b>Session 6</b> Sunday evening	4.40-4.55pm	4.55 – 5.10pm  Start 5.15pm	All swimmers

All sessions –

20 minutes	Lanes 1-8	Continuous swimming (no diving) Lanes 1,3,5,7 Clockwise Lanes 2,4,6,8 Anticlockwise
Final 10 minutes	Lanes 1-2 Lanes 3-7 Lane 8	Continuous swimming (no diving) 1 way sprints Backstroke sprints

Please note that warm-ups have been split by club to allow for easier entry into the building in the mornings in particular, and also bearing travel times in mind.

## PRESENTATIONS

There will be no presentations. There will be certificates issued for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> overall in each event once the results from the Aberdeen and Inverness venues have been combined.