



S.A.S.A North District

WARM UPS

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

PRESENTATIONS

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