

**SOMERSET AMATEUR SWIMMING ASSOCIATION
TEAM DAY & 100M I.M. 2026**

Warm up Rules & Procedures

Coaches, team managers and athletes are asked to cooperate with these procedures to give every competitor the best opportunity to prepare for their events.

In the interests of swimmer safety, the following pool procedures & rules must be observed throughout the warm-up. Please ensure all you swimmers are made aware.

Lane	Direction of swimming
1	Clockwise
2	Anticlockwise
3	Clockwise
4	Anticlockwise
5	Clockwise
6	Anticlockwise
7	Clockwise
8	Anticlockwise

THE RULES & PROCEDURES

1. Teams to manage their own swimmers for the warm up and swim in their allocated lanes. Utilising their lanes for generic swimming and diving.
2. Diving is permitted at both ends of the pool.
3. Swimmers exiting the pool at the scoreboard end must exit from the side and not over the timing pads.
4. Backstroke ledges will be available during Relay warm up sessions.
5. Paddles & fins are not permitted in the pools during warm-up or swim down.
6. So as not to delay the start of the next warm up session coaches and team managers are asked to have their swimmers leave the pool promptly.
7. Once the events are underway, the warm down pool will be available for warm down only.
8. Absolutely no diving is permitted during warm down.
9. Any swimmers not using the warm down pool appropriately will be asked to leave the pool by a lifeguard, any of the events management team or official.

Thank you.

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Warm up Timings

Session 1 100m I.M. Only	09:00	Warm up starts
	09:20	Warm up closes

Lanes 1 & 2 Scoreboard	Clevedon
Lanes 3 & 4 Scoreboard	Clevedon
Lanes 5 & 6 Scoreboard	Millfield
Lanes 7 & 8 Scoreboard	Millfield
Lanes 1 & 2 Changing rooms	Taunton Deane
Lanes 3 & 4 Changing rooms	Taunton Deane
Lanes 5 & 6 Changing rooms	Backwell
Lanes 7 & 8 Changing rooms	Team Bath

Session 2 100m I.M. Only	09:20	Warm up starts
	09:40	Warm up closes

Lanes 1 & 2 Scoreboard	Bridgwater
Lanes 3 & 4 Scoreboard	Yeovil
Lanes 5 & 6 Scoreboard	Burnham
Lanes 7 & 8 Scoreboard	Cheddar & Wincanton
Lanes 1 & 2 Changing rooms	Wells & Norton Radstock
Lanes 3 & 4 Changing rooms	AST & Trident
Lanes 5 & 6 Changing rooms	Weston & Street
Lanes 7 & 8 Changing rooms	Frome & Bath Dolphin

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Session 3 Relays Only	12:30	Warm up starts
	12:50	Warm up closes

Lane 1 Scoreboard	Millfield
Lane 2 Scoreboard	Millfield
Lane 3 Scoreboard	Millfield
Lane 4 Scoreboard	Millfield
Lane 5 Scoreboard	Millfield
Lane 6 Scoreboard	Millfield
Lane 7 Scoreboard	Millfield
Lane 8 Scoreboard	Millfield
Lane 1 Changing rooms	Clevedon
Lane 2 Changing rooms	Clevedon
Lane 3 Changing rooms	Clevedon
Lane 4 Changing rooms	Clevedon
Lane 5 Changing rooms	Clevedon
Lane 6 Changing rooms	Clevedon
Lane 7 Changing rooms	Weston
Lane 8 Changing rooms	Weston

Session 4 Relays Only	12:50	Warm up starts
	13:10	Warm up closes

Lane 1 Scoreboard	Millfield
Lane 2 Scoreboard	Millfield
Lane 3 Scoreboard	Millfield
Lane 4 Scoreboard	Millfield
Lane 5 Scoreboard	Yeovil
Lane 6 Scoreboard	Yeovil
Lane 7 Scoreboard	Yeovil
Lane 8 Scoreboard	Yeovil
Lane 1 Changing rooms	Taunton Deane
Lane 2 Changing rooms	Taunton Deane
Lane 3 Changing rooms	Taunton Deane
Lane 4 Changing rooms	Taunton Deane
Lane 5 Changing rooms	AST Burnham
Lane 6 Changing rooms	AST Burnham
Lane 7 Changing rooms	AST Burnham
Lane 8 Changing rooms	AST Burnham

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Session 5 Relays Only	13:10	Warm up starts
	13:30	Warm up closes

Lane 1 Scoreboard	Burnham
Lane 2 Scoreboard	Burnham
Lane 3 Scoreboard	Wells
Lane 4 Scoreboard	Wells
Lane 5 Scoreboard	Wells
Lane 6 Scoreboard	Wells
Lane 7 Scoreboard	Backwell
Lane 8 Scoreboard	Backwell
Lane 1 Changing rooms	Wincanton
Lane 2 Changing rooms	Cheddar
Lane 3 Changing rooms	Cheddar
Lane 4 Changing rooms	Frome
Lane 5 Changing rooms	Frome
Lane 6 Changing rooms	Team Bath
Lane 7 Changing rooms	Team Bath
Lane 8 Changing rooms	Team Bath