

**SOMERSET AMATEUR SWIMMING ASSOCIATION
COUNTY DEVELOPMENT MEET 2026**

Warm up Rules & Procedures

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

In the interests of competitor safety, the following pool procedures & rules must be observed throughout the warm-up. Please ensure all your competitors 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 are 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 in the competition pool must exit from the side and not over the timing pads.
4. Backstroke ledges will be available during 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

Saturday 17th October - AM Warm up

Session 1 Warm up 1	08:40	Warm up starts
	09:00	Warm up closes

Lanes 1, 2 & 3 Scoreboard	Team Bath
Lanes 4, 5 & 6 Scoreboard	Taunton Deane
Lane 7 Scoreboard	Norton Radstock
Lane 8 Scoreboard	ANT
Lanes 1 & 2 Changing rooms	Backwell
Lane 3 Changing rooms	Wellington
Lane 4 Changing rooms	Street
Lane 5 Changing rooms	Yeovil
Lane 6, 7 & 8 Changing rooms	AST Burnham

Session 1 Warm up 2	09:00	Warm up starts
	09:20	Warm up closes

Lanes 1 & 2 Scoreboard	Burnham-on-Sea
Lanes 3, 4 & 5 Scoreboard	Bridgwater
Lanes 6, 7 & 8 Scoreboard	Millfield
Lane 1 Changing rooms	Wells
Lane 2 Changing rooms	Weston-super-Mare
Lanes 3 & 4 Changing rooms	Wincanton
Lanes 5 & 6 Changing rooms	Cheddar
Lanes 7 & 8 Changing rooms	Clevedon

SOMERSET AMATEUR SWIMMING ASSOCIATION COUNTY DEVELOPMENT MEET 2026

Saturday 17th October - PM Warm up

Session 2 Warm up 1	12:20	Warm up starts
	12:40	Warm up closes

Lanes 1, 2 & 3 Scoreboard	Team Bath
Lanes 4, 5 & 6 Scoreboard	Taunton Deane
Lane 7 Scoreboard	Norton Radstock
Lane 8 Scoreboard	ANT
Lanes 1 & 2 Changing rooms	Backwell
Lane 3 Changing rooms	Wellington
Lane 4 Changing rooms	Street
Lane 5 Changing rooms	Yeovil
Lane 6, 7 & 8 Changing rooms	AST Burnham

Session 2 Warm up 2	12:40	Warm up starts
	13:00	Warm up closes

Lanes 1 & 2 Scoreboard	Burnham-on-Sea
Lanes 3, 4 & 5 Scoreboard	Bridgwater
Lanes 6, 7 & 8 Scoreboard	Millfield
Lane 1 Changing rooms	Wells
Lane 2 Changing rooms	Weston-super-Mare
Lanes 3 & 4 Changing rooms	Wincanton
Lanes 5 & 6 Changing rooms	Cheddar
Lanes 7 & 8 Changing rooms	Clevedon

SOMERSET AMATEUR SWIMMING ASSOCIATION COUNTY DEVELOPMENT MEET 2026

Sunday 18th October - AM Warm up

Session 3 Warm up 1	08:40	Warm up starts
	09:00	Warm up closes

Lanes 1, 2 & 3 Scoreboard	Team Bath
Lanes 4, 5 & 6 Scoreboard	Taunton Deane
Lane 7 & 8 Scoreboard	Cheddar
Lanes 1 & 2 Changing rooms	AST Burnham
Lanes 3 & 4 Changing rooms	Street
Lane 5 Changing rooms	Yeovil
Lanes 6, 7 & 8 Changing rooms	Backwell

Session 3 Warm up 2	09:00	Warm up starts
	09:20	Warm up closes

Lane 1 Scoreboard	Burnham-on-Sea
Lane 2 Scoreboard	Wells
Lanes 3, 4 & 5 Scoreboard	Bridgwater
Lanes 6, 7 & 8 Scoreboard	Millfield
Lanes 1 & 2 Changing rooms	Weston-super-Mare
Lanes 3 & 4 Changing rooms	Wincanton
Lane 5 Changing rooms	Wellington
Lane 6 Changing rooms	Norton Radstock
Lanes 7 & 8 Changing rooms	Clevedon

SOMERSET AMATEUR SWIMMING ASSOCIATION COUNTY DEVELOPMENT MEET 2026

Sunday 18th October - PM Warm up

Session 4 Warm up 1	12:10	Warm up starts
	12:30	Warm up closes

Lanes 1, 2 & 3 Scoreboard	Team Bath
Lanes 4, 5 & 6 Scoreboard	Taunton Deane
Lane 7 & 8 Scoreboard	Cheddar
Lanes 1 & 2 Changing rooms	AST Burnham
Lanes 3 & 4 Changing rooms	Street
Lane 5 Changing rooms	Yeovil
Lanes 6, 7 & 8 Changing rooms	Backwell

Session 4 Warm up 2	12:30	Warm up starts
	12:50	Warm up closes

Lane 1 Scoreboard	Burnham-on-Sea
Lane 2 Scoreboard	Wells
Lanes 3, 4 & 5 Scoreboard	Bridgwater
Lanes 6, 7 & 8 Scoreboard	Millfield
Lanes 1 & 2 Changing rooms	Weston-super-Mare
Lanes 3 & 4 Changing rooms	Wincanton
Lane 5 Changing rooms	Wellington
Lane 6 Changing rooms	Norton Radstock
Lanes 7 & 8 Changing rooms	Clevedon