SOMERSET AMATEUR SWIMMING ASSOCIATION
THE JOHN BOLTON 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.

THE RULES & PROCEDURES

1. All lanes will start with generic swimming for approximately 10-15 minutes.
2. During the generic swimming session feet first entry only is permitted.
3. Competitors exiting the pool at either end of the pool must exit from the side and not over the timing pads.
4. Towards the end of the generic swimming session, lanes will be opened one by one for the purpose of dive starts & sprints.
5. Once a lane is opened for dives & sprints all competitors must exit the pool from the sides.
6. Paddles & fins are not permitted in the pool during warm-up or swim down.

Thank you.

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Warm up Timings

Day of Meet: 1

Session 1: Saturday 14th November

Time	Event	Ages	No of swimmers
17:00 – 17:15	800m Freestyle	ALL	59

Sign in for 800m closes at 16:55

Time	Event	Ages	No of swimmers
19:15 – 19:30	1500m Freestyle	ALL	15

Sign in for 1500m closes at 19:10

Day of Meet: 2

Session 2: Saturday 21st November

Time	Event	Ages	No of swimmers
17:00 – 17:15	1500m Freestyle	ALL	35

Sign in for 1500m closes at 16:55

Time	Event	Ages	No of swimmers
19:40 – 19:55	800m Freestyle	ALL	28

Sign in for 800m closes at 19:35