

FINAL CLUB INFORMATION

PLEASE NOTE – Coaches, Team managers and Swimmers will not be permitted into the pool hall before 7.30am each morning. All clubs are asked to keep the Timing Suite side of the pool clear for marshalling.

WARM UP DETAILS:**Saturday 4 May****Session 1 (All Events excluding Mixed 800 Free)**

Warm Up: 08:00-08:25 Men
08:25-08:50 Women
Start: 09:00

Session 2 (Event 114 Mixed 800 Free only)

Warm Up: 13:00-13:45 Mixed
Start: 14:00
Finish: 14:55

Finals

Warm Up: 15:00-15:50 Mixed
Start: 16:00

Sunday 5 May**Session 3 (Events up to and including Mens 200 Back)**

Warm Up: 08:00-08:25 Ladies
08:25-08:50 Boys
Start: 09:00

Session 4 (All remaining Events)

Warm Up: 13:15-14:00 Mixed for the remaining events only
Start: 14:15
Finish: 16:20

Finals

Warm Up: 16:20-16:50 Mixed
Start: 17:00

FINAL CLUB INFORMATION

All warm ups will have one way sprint lanes introduced after 20 minutes in lanes 0-3 and 6-9 from the scoreboard end as announced – swimmers should not stop before the 15m mark in sprint lanes. Swimmers can use the diving pit for both warm up and swim down at 09:00, but there is to be no diving.

Coaches are responsible for supervising their swimmers in both warm up and swim down.

WITHDRAWALS:

Any withdrawals should be made by email to swimming@proudys.plus.com by 5pm on Friday 3rd May 2019

Qualified Swimmers including the 2 Reserves not wishing to take part in a final are required to inform the Recorders no later than 15 minutes after the last Individual Event in the Session.

MEDALS

- Medals shall be awarded to the top 3 swimmers in each event .
- Medals for the 800/1500m events can be collected from the President during the Heats once the results have been announced.
- Failure of a swimmer to collect their medal in the relevant session will result in the swimmer forfeiting his/her medal.

INFORMATION FOR SPECTATORS:

The doors will be opened for spectators at 7.30am each morning – no spectators will be admitted before this time. Spectators are not on the pool deck at any time.

Entry prices are set at £6.00 per day, £10.00 for a weekend pass, including start lists.

All Spectators will be seated on the left hand side as you enter the venue.

For health & safety reasons, no chairs are permitted to be brought into the spectator area.