

**FINAL CLUB INFORMATION****John Charles Centre for  
Sport, Leeds**

**PLEASE NOTE – Coaches, Team managers and Swimmers will not be permitted entry into the pool hall before 7.30am each morning.**

**WARM UP DETAILS:****Saturday 11 May**

## Session 1

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

Session 2  
FINALS

Warm Up: 14:00-15.50 Mixed  
Start: 15:00

**Sunday 12 May**

## Session 3

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

Session 4  
FINALS

Warm Up: 14:00 -14:50 Mixed  
Start: 15:00

**Saturday 25 May**

## Session 1

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

Session 2  
Finals

Warm Up: 14:00-15.50 Mixed  
Start: 15:00

**FINAL CLUB INFORMATION****John Charles Centre for  
Sport, Leeds****Sunday 26 May****Session 3**

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

**Session 4****Finals**

Warm Up: 14:00 -14:50 Mixed  
Start: 15:00

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](mailto:swimming@proudys.plus.com) by 5pm on Friday 10th May 2019 for weekend and for second weekend by 5pm on Friday 24<sup>th</sup> 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.

**FINAL CLUB INFORMATION****John Charles Centre for  
Sport, Leeds****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 permitted 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.

For health & safety reasons, no chairs are permitted to be brought into the spectator area on the balcony from the Dennison Suite. No camping chairs are permitted on the spectator balcony area.

7 May 2019