

St Patrick's Day Open Meet

Promoter's Meet Notes and Information

1. Venue and Host Information

a) A Press photographer may be present at this event.

2. Admission and Facilities

- a) **Mobile phones must be turned off** or switched to silent in the pool area and spectator's gallery.
- b) Space is limited and only a small bag will be allowed on poolside. Swimmers are advised to bring a £1 coin (refundable) to use the lockers in the changing rooms. No valuables should be left unattended. The promoter cannot accept liability for any losses or damage that may occur.
- c) Refreshments will be on sale during the Meet from Leisure World cafe.
- d) There will be a swim shop selling costumes, goggles and other accessories.
- d) Spectators will not be able to remain in the pool area or spectators' gallery between each session.

3 Officials

- a) Mentoring will be offered to all officials; please indicate on the officials form, mentoring required.
- b) Officials at the Meet will be provided with poolside drinks, breakfast, mid-morning snack and lunch.

4 Safety

- a) FIRE EXITS are clearly marked. Everyone attending this Meet must ensure that they familiarise themselves with these exits in case of need in any emergency.
- b) The pool is 1.1 metres deep at the shallow end and 2.4 metres deep at the deep end. All starts will be from the deep end and starting blocks are available which are 685mm above the water level.
- c) Team Managers/Coaches shall satisfy themselves that their swimmers are competent to the standard of the ASA Competitive Start Award. Any swimmer not so competent must start from the poolside or in the water and shall inform the referee to this effect. In the event of a faulty start swimmers must execute a shallow racing dive. They must not topple into the water head first as this is dangerous.

6 Event Timings

a) Session 1 warm up 8:00hrs Start 08.30

Event 1 Boys 200m IM

Event 2 Girls 200m IM

Event 3 Girls 200m Freestyle

Event 4 Boys 200m Freestyle

Session 2 warm up 10.00hrs start 11.00

Event 5 Boys 100m Backstroke

Event 6 Girls 100m Backstroke

Event 7 Boys 50m Butterfly

Event 8 Girls 50m Butterfly

Event 9 Boys 100m Freestyle

Event 10 Girls 100m Freestyle

Event 11 Boys 50m Breaststroke

Event 12 Girls 50m Breaststroke

Session 3 warm up 14.00 start 15.00

Event 13 Boys 100m Butterfly

Event 14 Girls 100m Butterfly

Event 15 Boys 50m Freestyle

Event 16 Girls 50m Freestyle

Event 17 Boys 100m Breaststroke

Event 18 Girls 100m Breaststroke

Event 19 Boys 50m Backstroke

Event 20 Girls 50m Backstroke

Finish 17.45hrs

b) The promoter reserves the right to delay the start time of session two and three.

7 Warm Up

a) Swimmers will only be permitted to warm up at their designated time.

Session 1 8.00-8.30, Session 2 10.00-11.00, Session 3 14.00-15.00

b) At least one Team Manager/Coach must be in attendance at each end of each lane during the warm up period before warm up will be allowed to commence.

c) No diving will be allowed from either end except when lanes are designated as sprint lanes at which time diving will be allowed in those lanes from the deep end only.

8 Race Administration

a) It is the responsibility of the swimmers to be at their blocks in time for their race. Any swimmer not at his/her block at the start of the heat shall be excluded by the referee from the event.

9 Results and Awards

a) Results sheets will be posted, as soon as possible after each event, in a position where spectators and swimmers can see the final positions for each event.

c) **Spot Prize** will be awarded to heat winners randomly in all events. A bell will be rung to announce a spot prize heat.

c) Awards may be collected from the Medal Table during the Meet.

d) All Competitors' times and disqualifications will be published on our web site www.colchesterswimming.com as soon as possible after the Meet.

10 Car Parking

Free car parking for 4 hours. Enter car registration details into the computer terminals just beyond entry turn styles in the reception area. If staying longer than 4 hours, re-enter car registration details.

11 Photography

In order to comply with the Swim England's child protection policy and the conditions of the meet licence, all members should ensure they familiarise themselves with the Club's Mobile Phone and Email Policy found on our website before the meet. There is not a requirement to register your own phone, tablet or camera before or at this meet. However, all photos should only be taken in accordance with our Mobile Phone and Email Policy, to ensure we continue to safeguard all our members. The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Note that any photography in the changing rooms is absolutely forbidden by both the club and the swimming pool management.