

Affiliated to Essex County ASA & the ASA East Region

COLCHESTER
SWIMMING CLUB



Colchester Regional Qualifier

Open Meet

16th & 17th March 2019

SWIMMER

Pre Meet Information Pack

Version 2.0

14 March 2019



COLCHESTER SWIMMING CLUB



Important Pre-Meet Information

1. Marshalling

Swimmers must report to the Competitors Stewards when instructed to do so by the announcer. Any competitor not reporting in time will be excluded. Results sheets will be posted on the day at the venue, as soon as possible after each event, in a position where spectators and swimmers can see the final positions for each event. Results will also be available on the Colchester Swimming Club website as soon as possible after the meet.

2. Withdrawal

Swimmers who wish to withdraw from an event must inform their Club Coach of the withdrawal at least 1 hour before the start of the session. The coach in turn will then complete the withdrawal form and deliver it to the AOE suite not less than 45 minutes before the start of the session.

3. Spectator Fees

Admission for spectators will be £5.00 all day, £3.00 single session. No non-swimmers will be allowed on poolside without a pass, this is to safeguard the swimmers.

4. Mobile phones and image capturing policy

The use of mobile phones and tablets are NOT ALLOWED in changing rooms and poolside, with the exception of the Head Coach or Team Manager in case of notification of meet-withdrawals or emergencies

5. Bag Policy

Large bags are to be stored in the changing room lockers and only a small bag may be taken onto poolside.

6. Parking Charges

Parking at Freeport Braintree is free for the first 6 hours and will be subject to Freeport Parking Policy. Non-shoppers can register by phone by calling 0203 046 0010, quote the location code 5199 and use your credit or debit card to pay. To register & pay online: visit www.myRingGo.co.uk

7. Swimshop

A swim shop will available at the Meet.

REGIONAL QUALIFIER MEET WARM UP

THERE WILL BE **THREE** WARM UP SESSIONS BEFORE EACH SEESION OR RACING.

All lanes shall become sprint lanes 5 mins before the end of each part of the warm – up session.

Coaches from each visiting club **must** be present at the ends of lanes to supervise their swimmers during the warm up.

No club shall commence warm up until instructed to by the announcer.

No Diving at start of warm up. Entry to warm up shall be made at the deep end of each lane.

LANES 1,3,5,7 WILL SWIM IN A **CLOCKWISE** DIRECTION

LANES 2, 4, 6,8 WILL SWIM IN AN **ANTI – CLOCKWISE** DIRECTION

SATURDAY

WARM UP SESSION 1 1.00-1.55PM

1.00-1.17 PM FIRST WARM UP

Lanes 1-8	COLCHESTER, COLCHESTER PHOENIX, DEBEN, DUNMOW, HARLOW, NORWICH SWANS, SAFFRON WALDEN, WEST SUFFOLK, HARWICH
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1.18-1.36 PM SECOND WARM UP

LANES 1, 2 & 3	KILLERWHALES,
LANES 4, 5 & 6	SOUTHEND ON SEA
LANES 7 & 8	WITHAM

1.37 – 1.55 PM THIRD WARM UP

LANES 1 & 2	BRAINTREE
LANES 3 & 4	SUDBURY
LANES 5 & 6	ST FELIX
LANE 7	CLACTON
LANE 8	STOWMARKET

WARM UP SESSION 2 4.00-4.45PM

4.00-4.14PM FIRST WARM UP

LANES 1 & 2	BRAINTREE
LANES 3 & 4	SUDBURY
LANES 5 & 6	ST FELIX
LANE 7	CLACTON
LANE 8	STOWMARKET

4.15-4.29PM SECOND WARM UP

LANES 1, 2 & 3	KILLERWHALES,
LANES 4, 5 & 6	SOUTHEND ON SEA
LANES 7 & 8	WITHAM

4.30 – 4.44PM THIRD WARM UP

Lanes 1- 8	COLCHESTER, COLCHESTER PHOENIX, DEBEN, DUNMOW, HARLOW, NORWICH SWANS, SAFFRON WALDEN, WEST SUFFOLK, HARWICH
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<u>SUNDAY</u>	
<u>WARM UPS SESSION THREE 08.00 – 08.44</u>	
08.00-08.14 FIRST WARM UP	
<u>Lanes 1 - 8</u>	COLCHESTER, COLCHESTER PHOENIX, DEBEN, DUNMOW, HARLOW, NORWICH SWANS, SAFFRON WALDEN, WEST SUFFOLK, HARWICH
08.15-08.29 AM SECOND WARM UP	
LANES 1 ,2 & 3	KILLERWHALES,
LANES 4, 5 & 6	SOUTHEND ON SEA
LANES 7 AND 8	WITHAM
08.30 – 08.44 THIRD WARM UP	
LANES 1 &2	BRAINTREE
LANES 3 &4	SUDBURY
LANES 5 & 6	ST FELIX
LANE 7	CLACTON
LANE 8	STOWMARKET

WARM UP SESSION 4 10.30.- 11.44 AM

10.30- 11.15.AM FIRST WARM UP

LANES 1 & 2	BRAINTREE
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LANES 3 & 4	SUDBURY
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LANES 5 & 6	ST FELIX
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LANE 7	CLACTON
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LANE 8	STOWMARKET
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10.45- 10.59 AM SECOND WARM UP

LANES 1, 2 & 3	KILLERWHALES,
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LANES 4, 5 & 6	SOUTHEND ON SEA
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LANES 7 & 8	WITHAM
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11.00 -11.14 AM THIRD WARM UP

LANES 1 - 8	COLCHESTER, COLCHESTER PHOENIX, DEBEN, DUNMOW, HARLOW, NORWICH SWANS, SAFFRON WALDEN, WEST SUFFOLK, HARWICH
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WARM UP SESSION 5 1.25 -2.10PM

1.25 – 1.39 PM FIRST WARM UP

LANES 1 - 8	COLCHESTER, COLCHESTER PHOENIX, DEBEN, DUNMOW, HARLOW, NORWICH SWANS, SAFFRON WALDEN, WEST SUFFOLK, HARWICH
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1.40 -1.54 SECOND WARM UP

LANES 1, 2 &3	KILLERWHALES,
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LANES 4, 5 & 6	SOUTHEND ON SEA
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LANES 7 AND 8	WITHAM
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1.54 - 2.09 PM THIRD WARM UP

LANES 1 & 2	BRAINTREE
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LANES 3 AND 4	SUDBURY
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LANE 7	CLACTON
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LANE 8	STOWMARKET
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