



Christmas Cracker 16



Opening Times

On Saturday, the Pool and Session 1 Signing In will be opened from 8:45. Spectators will be allowed into the gallery from 9:00, so the reception can remain clear. Session 2 Signing In is planned to commence at 13:30.

On Sunday the pool - Session 3 Signing In will be opened from 7:45 to swimmers. Spectators will be allowed into the gallery from 8:00.

Session 4 Signing In is planned to commence from 9:00.

Session 5 Signing In is planned to commence from 13:50.

Signing In will be on Poolside just outside the changing rooms.

If the swimmers are not signed in by the start of Warm Up they will be withdrawn

Your coach can sign you in, call them if you are going to be late.

Session Times

Session 1 - Warm Up Starts at 9:30

Session 2 – Warm Up Starts at 14:10

Sess 3 - Warm Up Starts at 8:00 Sess 4 – Warm Up Starts at 9:35 Sess 5 – Warm Up 14:30

Warm Up will be split into 3 x 18 mins segments.

Bag Rooms & Bags

The following clubs have been allocated rooms for storing their bags, this is to maximize Poolside space.

Braintree Colchester Dunmow

Please encourage your swimmers to use these Storage Rooms, leaving the lockers available for the remaining clubs/swimmers (Lockers require £1 coin), Large bags will **not** be allowed on poolside.

If anyone is found in a Bag Room not allocated to their club, we may request that swimmer to leave the event. There will be regular patrols of the changing rooms.

Spectators

The viewing gallery is always very warm, please dress in light clothing. Please use **all** available seating, once full, we may have to limit entrance. There will be a drinks stall in the foyer.

Marshalling

It is the swimmers/coaches responsibility to ensure that swimmers are at the Marshalling Area in time for their swims. We shall expect swimmers to be at the Marshalling Area at least 5 heats before their swim.

Code of Conduct for Braintree Swimming Centre

- No outdoor shoes, jeans or denim to be worn on poolside
- No breakables on poolside (Glass, Mugs etc) and no hot drinks on poolside.
- No unauthorised personnel allowed on poolside – Coach Passes must be worn.
- The small pool is closed and is not to be used.
- No mobile devices to be used on poolside for photographic purposes.

Very important note, enjoy the events and swim well !



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Warm Up Information

Firstly apologies, due to the number of swimmers involved in Sessions 1, 2, 4 & 5, the Warm Up has been split into three 18 min segments. This is to try and limit the swimmers to about 15-18 per lane. As a suggestion the last 5 mins of each segment to be for sprints/starts.

Sessions 1, 2 and 4, 5

	Club (1 st 18 mins)	Clubs (2 nd 18 mins)	Club (3 rd 18 mins)
Lane 1	Braintree	Braintree	Braintree
Lane 2	Colchester	Colchester	Colchester
Lane 3	Dunmow Atlantis	Dunmow Atlantis	Dunmow Atlantis
Lane 4	Thurrock	Thurrock	Other Clubs*
Lane 5	Halstead	Halstead	Witham Dolphins
Lane 6	Brentwood	Brentw'd/Canvey Is	Canvey Island
Lane 7	Epping Forest	Epping/Runnymede	Runnymede
Lane 8	Saffron Walden	Saffron W/Stanway	Stanway

*Other Clubs – Bishop Stortford, Co Milton Keynes, Harwich, Hoddesdon, Sudbury & West Suffolk.

We suggest, the clubs in Lanes 6-8, please mix your older/faster swimmers together in the middle warm up segment.

For Session 3

	Club (15 mins)
Lane 1	Braintree
Lane 2	Braintree/Witham
Lane 3	Colchester
Lane 4	Colchester
Lane 5	Dunmow Atlantis
Lane 6	Thurrock
Lane 7	Runnymede/Stanway
Lane 8	Halstead/Canvey