



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

County Association of East and London Regions

ESSEX AGE GROUP CHAMPIONSHIPS 2017

SWIMMER & SPECTATOR INFORMATION

SWIMMERS

- Poolside entry for swimmers will be 10 mins before first warm up at Basildon & from 7.45am at LAC
- **Absolutely NO** large bags will be permitted on poolside at Basildon or LAC- Bags will need to be left in lockers or spaces provided at both centres – Staff will be policing this
- Poolside drinks are only permitted in a Plastic **sports** bottle at all venues
- ALL swimmers MUST change in the changing areas
- ALL swimmers MUST report to the marshalling area before their event
- Swimmers are not permitted on the Balcony without an entry ticket at ANY venue
- SWIMMERS MUST SWIM IN THEIR ALLOCATED WARM UP ONLY- 400m swimmers that are also swimming in 100m events are not permitted to swim in the second warm up for 100m swimmers
- Relay swimmers that have already swum in that days session are not permitted to swim in the Relay warm ups
- Any medical conditions MUST be declared before Warm ups

SPECTATORS

- **ENTRY FOR ALL EVENTS AT BASILDON IS VIA THE ATHLETIC TRACK ENTRANCE ONLY** – A numbered ticket will be issued when joining the queue at the **ATHLETIC TRACK GATE** therefore If you enter by any other entrance you will not get a queueing ticket – **QUEUEING TICKETS ARE REQUIRED FOR ENTRY AT ALL SESSIONS** (except 1500 and 800 sessions)
- When joining the queue at Basildon or LAC a coloured numbered ticket will be given – Spectators will be asked for their ticket at the entrance and will be permitted entry in numerical order
- ALL seats at Basildon will be numbered (except 1500 and 800m events) – a seat number will be provided on entry on a first come first served basis
- Disabled seats can be reserved at Basildon ONLY by emailing essexswimming@bopenworld.com a copy of a blue badge MUST be provided- **THESE SEATS ARE FOR THE BLUE BADGE HOLDER ONLY** (where the badge holder is 18+)- No other seats can be reserved
- Fold up chairs are not permitted on the Spectators Gallery at ANY Centre
- ALL spectators will require an entry ticket including children
- Parents are not permitted in the Changing Village or on Poolside at ANY centre
- Spectators are not permitted to take food or drink onto the spectators gallery at LAC
- The door for spectators will be open at all venues 15 minutes before the start of each warm up
- Queuing is not always necessary but is advised for Saturday sessions at Basildon- Queuing at LAC is not necessary as there are plenty of seats for everyone
- Please email essexswimming@bopenworld.com if you have any questions regarding spectator entry
- If you have any questions regarding your swimmers entry or warm up times please email your Club Official