



# ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

County Association of East and London Regions

ESSEX AGE GROUP CHAMPIONSHIPS 2019

## SWIMMERS

- Poolside entry for swimmers will be 10 mins before first warm up at Basildon & from 7.00am at LAC
- **ENTRY FOR ALL EVENTS AT BASILDON IS VIA THE ATHLETIC TRACK ENTRANCE ONLY**
- **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**

**DRAWSTRING BAGS OR SMALL CARRIER BAGS ONLY WILL BE PERMITTED**

- **Absolutely no fold up chairs are to be bought onto poolside by swimmers or coaches**
- 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-
- There are no separate warm ups for Relay swimmers at Basildon
- All swimmers must be present at the time of presentations to receive their award
- T-shirts must be worn over swimwear for all presentations
- Any medical conditions MUST be declared before Warm ups

**\*\*\*\*\*IMPORTANT NEW FOR 2019\*\*\*\*\***

**Mobile Phones & Other Image Capturing devices are NOT permitted on poolside or in the changing area FOR ANY PURPOSE at any time during this year's competition-**

**The ONLY exception to this rule is during presentations when ONE representative from each club may take photos of the swimmers on the podium**

