



Christmas Cracker 15



Opening Times

On Saturday Session 1 Sign In will be opened from 9:00. Spectators will be allowed into the gallery from 9:00, so the reception can remain clear.

Session 2 Sign In is planned to commence at 13:00.

On Sunday Session 3 Sign In will be opened from 7:45. Spectators will be allowed in from 8:00.

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

Session 5 Sign In is planned to commence from 13:30.

Session Times

Session 1 - Warm Up Starts at 9:30

Session 2 – Warm Up Starts at 13:45

Sess 3 - Warm Up Starts at 8:00

Sess 4 – Warm Up Starts at 9:30

Sess 5 – Warm Up 14:00

Signing In will be just inside 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If the swimmers are not signed in by the start of Warm Up they will be withdrawn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.

Bag Rooms

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

Braintree Colchester Chelmsford

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 normally very warm and is linked to the pool temperature, please dress in light clothing. Please use all available seating, once full, we may have to limit entrance. Drinks will be available in the reception.

Marshalling

It is the swimmers/coaches responsibility to ensure that swimmers are at the Marshalling Area in time for their swims, please listen out for the calls. We shall expect swimmers to be at the Marshalling Area at least 6 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 to 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 day and swim well !

Christmas Cracker 15 Coaches Information

Session 1 - Est Length 2hr 25 mins

Warm Up 9:30 – 3 x 15 mins Sessions

- Boys 12Yrs & Under
- Girls 12Yrs & Under
- Boys & Girls 13 +

Session starts with Boys 100IM @ 10:30 for 13:00 finish

Session 2 - Est Length 2hr 20 mins

Warm Up 13:45 – 3 x 15 mins Sessions

- Boys 12Yrs & Under
- Girls 12Yrs & Under
- Boys & Girls 13 +

Session starts with Boys 100FS @ 14:45 for 17:00 finish

Session 3 - Est Length 55 mins

Warm Up 8:00 15 min Session

- Everyone doing the 400m FS

Session Start @ 8:20 for 9:15 finish

Session 4 - Est Length 2hr 45 mins

Warm Up 9:30 – 3 x 15 mins Sessions

- Girls 12Yrs & Under
- Boys 12Yrs & Under
- Boys & Girls 13 +

Session starts with Girls 100IM @ 10:30 for 13:15 finish

Session 5 - Est Length 2hr 25 mins

Warm Up 14:00 – 3 x 15 mins Sessions

- Girls 12Yrs & Under
- Boys 12Yrs & Under
- Boys & Girls 13 +

Session starts with Girls 100FS @ 15:00 for 17:25 finish

Warm Up Lanes – subject to change upon review

Lane 1 – Colchester

Lane 2 – Braintree

Lane 3 – Chelmsford

Lane 4 – Dunmow

Lane 5 – Halstead / Rochford

Lane 6 – Harlow / Saffron Walden

Lane 7 – Stanway / Witham

Lane 8 - Maldon / Havering / Other Clubs