

LAC INFORMATION

- * Entry to the pool for swimmers will be from 7.30am**
- * Spectator entry will be from 8am (approx) - Please remember that there are PLENTY of seats**
- * Food and drink is not permitted to be taken into the building by spectators - there will be random bag searches**
- * Swimmers are permitted food and drink- PLASTIC SPORTS BOTTLE ONLY FOR DRINKS**
- * SWIMMERS LARGE RUCKSACKS OR BAGS WILL NOT BE PERMITTED ON POOLSIDE - Please supply your swimmer with a small drawstring holdall or a carrier bag - Bags can be left in lockers OR in the allocated room just before the changing rooms - this will be signposted**
- * Clubs will have allocated spaces on poolside**
- * PARENTS WILL NOT BE PERMITTED ON POOLSIDE OR CHANGING AREA UNDER ANY CIRCUMSTANCES**
- * The Merchandise will be available from 9am- This is the last chance to buy**
- * Swimmers WILL be allowed on spectators gallery via ONE access point only**