



PRE MEET INFO SUNDAY 15TH APRIL

Please read the following event information: -

- Sign in will take place poolside. Signs will be clearly displayed with sign in open/close details
Session 1 sign in **NO LATE SIGN IN WILL BE ACCEPTED**
- Coach packs will be available from poolside at the sign in table.
- **No outdoor shoes or jeans to be worn poolside.**
- If swimmers wish to access areas other than poolside they **must** be dry, wear a polo shirt/ t-bag & suitable footwear.
- **Please notify all swimmers/coaches that no large swim bags will be permitted poolside. Each swimmer may take 1 small bag poolside. These restrictions must be adhered to due to Health & Safety regulations. We suggest that all swimmers use the lockers which take £1 coins or trolley coins.**
- Storage rooms will be available for the following clubs HALSTEAD, COLCHESTER, BRAINTREE. These rooms will be clearly labelled. We would like to request that these rooms are to be used for the purpose of the designated clubs only. H.S.C members will be patrolling the changing rooms at regular intervals. We suggest that no VALUABLE items are to be left in the store room, as these rooms will not be locked.
- H.S.C. & Braintree Swim Centre cannot be held responsible for the loss or damage to any personal belongings. All items are left at your own personal risk.
- Swimmers will have access to the changing rooms & **Signing in tables from 07:40 for the morning session and 13:15 for the afternoon session.**

Parents will **not** be allowed passed the changing room entrance.

- Warm up times will be as follows: -

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|------------------|-----------|-------|---|---|
| Session 1 | Warm up 1 | 08:00 | - | Braintree, Chelmsford |
| | Warm up 2 | 08:12 | - | Harwich, Maldon, Rochford, Stanway, Witham Dolphins |
| | Warm up 3 | 08:24 | - | Barking & Dagenham, Colchester, Harlow |
| | Warm up 4 | 08:36 | - | Halstead, Clacton |
| Session 2 | Warm up 1 | 13:30 | - | Braintree, Chelmsford |
| | Warm up 2 | 13:42 | - | Harwich, Maldon, Rochford, Stanway, Witham Dolphins |
| | Warm up 3 | 13:54 | - | Barking & Dagenham, Colchester, Harlow Penguins |
| | Warm up 4 | 14:06 | - | Clacton, Halstead |

A HSC designated Marshall will be coordinating warm up.
Technically the 12 minute warm up will consist of 9 mins warm up and 3 mins sprints.
The announcer will indicate when lanes are to be used for sprints.
All swimmers must enter the pool from the shallow end.
Warm up can only start on the instruction of the announcer.
No exit will be permitted over the starting end of the pool.
Even lanes to swim anticlockwise & odd lanes to swim clockwise.

ALL SWIMMERS MUST BE SUPERVISED DURING WARM UP.

- Swimmers will only be permitted to warm up within their designated club time slot.
- This is a cardless meet. Upon arrival, swimmers must confirm their intention to swim by registering for **EACH EVENT** in which they have been listed. Due to numbers/licensing criteria, we must adhere to a firm schedule.

Signing in will close at the following times :

Session 1 - 08:30

Session 2 - 14:00

Signing in will take place **poolside**. The signing in process will be marshalled by HSC stewards. Signing in must be supervised by the designated coach from each club.

No late sign-ins will be accepted

- Spectators will be allowed to enter the viewing gallery from 07.50.. Entry costs will be as follows, Single session £3.00, All Day £5.00, Children & concessions single session £2.00, All Day £3. Programmes can be purchased at £4.00.
- Under no circumstance shall any photography be taken within the changing rooms.
- No unauthorised personnel will be allowed to access the pool. All swimmers and coaches will access the pool from the end gate of the changing room.
- All spectators, officials & swimmers **must** familiarise themselves with all emergency exits.
- It is the responsibility of each club to ensure that their swimmers report to the marshalling area. We will expect swimmers to report to this area as soon as their event has been called.
- The small pool will not be in use for cool down.
- Gogglebox will be found in the reception area.
- Postal Address for Braintree Swim Centre. Charter Way, Braintree Freeport. CM77 8YJ 01376 333833
- **PARKING – Please note that there are parking charges in force for people parking in the Freeport car park for over 6 hours. See below for information from Freeport. Payment for LONG STAY parking can be made by phone or online.**

To register by phone : **Call 0203 046 0010. Quote the location code 5199 and use your debit/credit card.**

To register & pay online : Visit www.myRingGo.co.uk

Long stay parking charge £3.60

- **Any problems/questions should be directed to Donna Hall. Emergency contact number for the day 07759 191488.**