



# Season Sprint Starter

Please read the following event information: -

- Coach packs will be available from the entrance 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 either the lockers or the designated club storage rooms.
- H.S.C. & Braintree Swimming Centre cannot be held responsible for the loss or damage to any personal belongings. All items are left at your own personal risk.
- Storage rooms will be provided for the following club : Halstead. These rooms will be clearly labelled. We would like to request that these rooms are to be used for the purpose of the designated club 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 storage rooms, **as these rooms are not lockable.**
- Swimmers will have access to the changing rooms & **Signing in tables from 17:00.** Parents will **not** be allowed passed the changing room entrance.
- Warm up times will be as follows: -

<b>Session 1</b>	Warm up 1	17:30	-	Halstead, First Strokes, St Ives, Welwyn Garden City & Ipswich
	Warm up 2	17:45	-	Braintree, West Suffolk & Harwich.

A HSC designated Marshall will be coordinating warm up.

Technically the 15 minute warm up will consist of 11 mins warm up and 4 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 instuction of the announcer.

No exit will be permitted over the starting end of the pool.

Even lanes to swim anticlockwse & 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, we must adhere to a firm schedule.

## **Signing in will close at the following time : 17:30**

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 17:15. Entry costs will be as follows, £3.00 Adults, Children/Concessions £1.50. Programmes can be purchased at £2.00.
- Anybody wishing to use any form of photography or video imagery must register with both the pool & HSC. The pool registration book & the HSC registration book can be found at the spectator's entrance table. Upon registration a coloured wrist band will be issued, this must be **worn** at all times.
- No unauthorised personnel will be allowed to access the pool. All Swimmers & Coaches will access the pool from the middle 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.
- Cool Down pool – The cool down pool **will not** be in use.
- Postal Address for Braintree Swimming 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 credit or [debit](#) card to pay.  
To register & pay online: visit [www.myRingGo.co.uk](http://www.myRingGo.co.uk) Long Stay Car Parking Charges per Day £3.00
- **Any problems/questions should be directed to Donna Hall. Emergency contact number for the day 07759 191488.**