



## OPEN MEET SUNDAY 9<sup>th</sup> APRIL 2017 COLCHESTER LEISURE WORLD

Please read the following event information: -

- Sign in will take place upstairs in the dance studio. Signs will be clearly displayed indicating the way.
- Coach packs will be available from poolside by the starting blocks on the results table. (refunds have been made by BACS once details provided)
- **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.
- H.S.C. & Colchester Leisure World cannot be held responsible for the loss or damage to any personal belongings. All items are left at your own personal risk.
- The onsite Coffee Shop will be open from 8am.
- 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: -

<b>Session 1</b>	Warm up 1	08:00	-	Colchester, Leiston
	Warm up 2	08:15	-	Braintree, Clacton, Dunmow Atlantis, Maldon Sharks
	Warm up 3	08:30	-	Killerwhales, Witham
	Warm up 4	08:45	-	Halstead, Harwich
<b>Session 2</b>	Warm up 1	13:30	-	Colchester, Leiston
	Warm up 2	13:45	-	Braintree, Clacton, Dunmow Atlantis, Maldon Sharks
	Warm up 3	14:00	-	Killerwhales, Witham
	Warm up 4	14:15	-	Halstead, Harwich

A HSC designated Marshall will be coordinating warm up.

Technically the 15 minute warm up will consist of 12 mins warm up and 3 mins sprints.

The announcer will indicate when lanes are to be used for sprints and these will be marshalled due to boom.

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 - 13:50**

Signing in will take place **in the studio**. The signing in process will be marshalled by HSC stewards. Signing in must be supervised by the designated coach from each club. Clubs will be marshalled to the changing area in warm up slots.

**No late sign-ins will be accepted**

- Spectators will be allowed to enter the viewing gallery from 08.00. 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.
  - Anybody wishing to use any form of photography or video imagery must register with HSC. 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.
  - Under no circumstance shall any photography be taken within the changing rooms.
  - No unauthorised personnel will be allowed to access the pool.
  - 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 diving pit will not be in use for cool down.
  - Gogglebox will be found in the reception area.
  - Postal Address for Colchester Leisure World. Cowdry Avenue Colchester C01 1YH 01206 282000
  - **PARKING – The Colchester Leisure world carpark has had all restrictions removed for the day. You do not need to register your car with the centre or purchase a ticket.**
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- **Any problems/questions should be directed to Donna Hall. Emergency contact number for the day 07759 191488.**