

**Coaches Information**

- Coaches passes, programmes etc will be available for collection from the Coaches Room located in the school room by the learner pool.
- Refreshments and snacks will be available for Coaches from this room throughout all sessions. Swimmers should NOT be in the coach's room at any time.
- Coaches and Team Mangers should bring a Drinks Bottle with them. Water Butts will be in the Coaches Room, Sports Hall and poolside as we will no longer be using bottled water.
- Lunch will be served in the Sports Hall for Coaches and Team Mangers with their pass.
- Withdrawal forms will always be available from the Coaches Room. Any withdrawals need to be handed in to the Timing Suite no later than 1 hour prior to the Start of each session.
- Any withdrawals that are known before the meet can be submitted by text to 07508 427 444. Please can make sure that all information is provided for example name, club, event number.
- Results will be posted in the Coaches Room, Sports Hall and Spectator Gallery.
- All clubs will be provided with a bin bag. We kindly ask that you keep your area of the pool reasonably clean and tidy.

**Warm Up**

- Coaches and Team Managers are directly responsible for the supervision and instruction of their swimmers during all designated warm ups.
- Lanes 1,3,5 and 7 to be swum Anti-clockwise
- Lanes 2,4,6 and 8 to be swum Clockwise
- We kindly ask that swimmers refrain from hanging on the lane ropes
- Swimmers must exit the pool from the sides or at the turning end of the pool. Please do not climb out over the timing pads.
- No equipment such as boards, paddles, fins etc are to be used during warm up.
- Sprint lanes will be open for the last 5 minutes of each designated warm up. Coaches please use lanes as necessary for sprints.

<b>Saturday 27 October Session 1</b>	<b>Session Start Time 9.20am</b>	<b>Saturday 27 October Session 2</b>	<b>Session Start Time 2.20pm</b>
8.00am – 8.15am	9,10 and 11 Boys	1.00pm – 1.15pm	9 and 10 Girls
8.15am – 8.30am	12/Over Boys	1.15pm – 1.30pm	11 and 12 Girls
8.30am – 8.45am	9 and 10 Girls	1.30pm – 1.45pm	13/Over Girls
8.45am – 9.00am	11 and 12 Girls	1.45pm – 2.00pm	9,10 and 11 Boys
9.00am – 9.15am	13/Over Girls	2.00pm – 2.15pm	12/Over Boys

<b>Sunday 28 October Session 3</b>	<b>Session Start Time 9.20am</b>	<b>Sunday 28 October Session 4</b>	<b>Session Start Time 2.20pm</b>
8.00am – 8.15am	9 and 10 Girls	1.00pm – 1.15pm	9,10 and 11 Boys
8.15am – 8.30am	11 and 12 Girls	1.15pm – 1.30pm	12/Over Boys
8.30am – 8.45am	13/Over Girls	1.30pm – 1.45pm	9 and 10 Girls
8.45am – 9.00am	9,10 and 11 Boys	1.45pm – 2.00pm	11 and 12 Girls
9.00am – 9.15am	12/Over Boys	2.00pm – 2.15pm	13/Over Girls

### Marshalling/Sports Hall

- Marshalling for all events will take place in the Sports Hall. Please can you ensure that swimmers report to Marshalling in plenty of time.
- Coaches and Team Managers please ensure that all swimmers are wearing appropriate footwear and clothing when marshalling. The Sports Hall has a cooler climate, so we do ask that swimmers are prepared for this.
- The Sports Hall will be available for use as an overspill area, chill out zone. The Sports Hall is **NOT** a playground and is not to be treated as such. No ball games etc will be tolerated. Swimmers in the Sports Hall need to be respectful of the Marshalling stewards who will be working in half of the hall.
- Medals and Speeding Tickets will be available for collection in the Sports Hall.

### Additional Information

- Access to the pool deck in the mornings will be from 7.30am.
- Access to the spectator gallery in the mornings will be from 7.15am.
- We do ask that swimmers do not enter the spectator gallery to save seats.



**REMEMBER THE CLOCKS GO BACK ON SATURDAY**