

Wrexham Swimming Club: Warm-up and Information Sheet



Meet: 16th Spring Meet - Saturday 4th May & Sunday 5th May 2019

Day 1: Saturday 4th May 2019

Entry to the pool complex will be from 7.45am

Session	Warm-up	Session Start time
Morning	8.10m – 8.55am	9.00am
Afternoon	11.30am – 12.30pm	12.30pm

Warm-up Lanes

Morning	1	2	3	4	5	6
8.10 – 8.25	Wrexham	Wrexham	Wrexham	Wrexham	Wrexham	Wrexham
8.25 – 8.40	Shrewsbury	Shrewsbury	Warrington	Warrington (4) Nantwich (3)	Connah's Quay	Connah's Quay (3) Chester (5)
8.40 – 8.55	Mold	Mold (2) Newtown (6)	Holywell	Bebington (8) Welshpool (1)	Buckley (8) Broadway (1)	Chorley (6) Anglesey (2)

Afternoon	1	2	3	4	5	6
11.30 - 11.45	Wrexham	Wrexham	Wrexham	Wrexham	Wrexham	Wrexham
11.45 - 12.00	Wrexham	Wrexham	Shrewsbury	Shrewsbury (4) Chorley (6)	Bebington	Bebington
12.00 - 12.15	Warrington	Warrington	Buckley	Buckley	Mold	Mold
12.15 - 12.30	Connah's Quay	Connah's Quay	Nantwich (6) Ellesmere (1)	Holywell (8) Anglesey (1)	Chester	Newtown

This warm-up schedule allows for a maximum of 10 swimmers per lane

Please note that will all club coach's sharing a warm-up lane please work together to share lane by age groups or which other formulation you choose.

The evening session will be a mini warm-up session for half an hour (2 x 15-minute slots) for swimmers who have not been in for the earlier sessions of the meet. At the moment this is scheduled to be at 4pm – 4.30pm

Please note that as this is a Level 2 Meet, the Function Pool will be available for swimmers to use for swim down purposes. The Pool must be supervised by the coaches. The Meet Manager reserves the right to close this pool if it's use causes disruption to the gala.

Day 2: Sunday 5th May 2019

Entry to the pool complex will be from 7.45am

Session	Warm-up	Session Start time
Morning	7.55am – 8.55am	9.00am
Afternoon	11.30am – 12.30pm	12.30pm

Warm-up Lanes

Morning	1	2	3	4	5	6
7.55 – 8.10	Wrexham	Wrexham	Wrexham	Wrexham	Wrexham	Wrexham
8.10 – 8.25	Wrexham	Wrexham	Chester	Buckley	Chorley	Connah's Quay
8.25 – 8.40	Nantwich	Newtown (6) Ellesmere (2) Anglesey (1)	Holywell	Holywell	Bebington (7)	Bebington (5) Liverpool (1) Welshpool (1)
8.40 – 8.55	Shrewsbury	Shrewsbury	Mold	Mold	Warrington	Warrington

Afternoon	1	2	3	4	5	6
11.30-11.45	Wrexham	Wrexham	Wrexham	Wrexham	Wrexham	Wrexham
11.45-12.00	Wrexham	Mold	Mold	Buckley	Chorley (3) Wirral (1) Anglesey (2)	Chorley (10)
12.00-12.15	Bebington (10)	Bebington (5) Liverpool (1)	Connah's Quay (10)	Connah's Quay (3) Newtown (6)	Shrewsbury	Shrewsbury (2) Nantwich (10)
12.15-12.30	Warrington (10)	Warrington (10)	Warrington (5) Ellesmere (2)	Holywell	Chester (6) Broadway (1)	Chester (10)

This warm-up schedule allows for a maximum of 10 swimmers per lane, during the morning warm-up and a maximum of 12 swimmers per lane for the afternoon warm-up

Please note that all club coach's sharing a warm-up lane please work together to share lane by age groups or which other formulation you choose.

As with Day 1, the evening session will be a mini warm up session for half an hour (2 x 15-minute slots) for swimmers who have not been in for the earlier sessions of the meet. At the moment this is scheduled to be at 4.15pm – 4.45pm

Please note that as this is a Level 2 Meet, the Function Pool will be available for swimmers to use for swim down purposes. The Pool must be supervised by the coaches. The Meet Manager reserves the right to close this pool if its use causes disruption to the gala.

The pool deck area is restricted to competitors and pass holders only. All Coaches must have collected their passes and coaches' packs from the Meet Office which is along the corridor at the side of the pool office, between 8.00-8.30am. All withdrawals need to be made before 8.15 am and 1.15 pm on each day of the meet. **NB. Withdrawals for Event 14 (Boys 9 & Over 400m Freestyle) on Day 1 of the Meet and Events 25 (Girls 12 & Over 800m freestyle) and Event 32 (Girls 9 & Over 400m freestyle) on Day 2 must be notified to the Meet Office as soon as possible and by no later than the end of the morning session on each day, to allow for alternates to be selected and notified.**

Swimmers **must** use the lockers provided in the changing area. Please make sure a minimum of items is taken poolside **this includes folding camping chairs which will be removed if they are brought on poolside.** All bags must be kept in lockers, teams will be asked to remove bags from the pool deck area if this request is ignored. This will be enforced by the Meet Manager.

No outside shoes should be worn on poolside.

Swimmers are not allowed to go from the poolside to the spectator area via the connecting stairs from the pool deck; this is a Health and Safety requirement by Freedom Leisure. Coaches please make sure your swimmers change and use the main stairs to gain access to the spectator area. Any swimmer in breach of this requirement could be barred from the Meet.

The use of Photography during this meet is permitted and will be subject to a form of consent being filled in at the programme desk; people filling out the consent form may be asked to produce identification. Please note the use of Mobile Phones during the Meet is allowed but swimmers and spectators must have them set to silent mode. The Meet Mobile app is being used with a live results service being used.

Please make sure all swimmers are briefed on the rules concerning mobiles used in changing areas. A copy of these rules is on the last page of this information sheet.

Meet programmes will be sold at the desk in the spectator area for the whole day cost £5.00 (there is no reduction if you attend only one session on each day of the Meet). Please note because we have allowed in the maximum number of competitors on poolside, the spectator area may be extremely full. We apologise in advance about this, but we are trying to accommodate as many competitors as possible.

Medals can be collected when announced; there will be no formal presentations. Medals will be for all age groups advertised and for the first six places. At the end of the evening session on Day 2 the Top Girls and Top Boys Awards will be presented to the swimmers with the highest points in each age group.

We realise that this will be a busy meet, but we hope you all have a very rewarding couple of days with us.

Please will all clubs encourage any qualified timekeepers or officials to volunteer to help us with this meet. We will provide parking refunds, a donation towards lunch and a small gift at the end of each day for any officials helping with 2 sessions or more.

Mobile Phones at Wrexham Meets

Following incidents during recent Meets held at Waterworld we have had to establish new rules concerning mobile phones used at Wrexham Waterworld by swimmers.

All mobile phones **must not** be used in the changing areas in Waterworld. Any swimmer using phones in this area or having them on display will be reported to their coaches and removed from the Meet.

Anyone taking photos in this area will be reported to the centre staff and will immediately be banned from the Meet and reported to the Wrexham Swimming Club Committee, who may enforce further sanctions.

We have had several incidents which have resulted in the Police being called.

These rules were adopted at the Cath Ankers Meet in 2016 and now form part of our Meet Conditions.

Please will all Coaches make these rules known to your swimmers on the day of the Meet or prior to the event being held.

All Wrexham volunteers and Officials will be monitoring this when they go through the changing areas and inform the Meet Manager of anyone breaking this rule.

Louise Wilson (Meet Manager at Wrexham Swimming Club)