

City of Cambridge Swimming Club  
Cambridge Spring Open 2022  
Friday 18<sup>th</sup>, Saturday 19<sup>th</sup> and Sunday 20<sup>th</sup> March 2022

**VENUE LOCATION**

Parkside Pools, 1 Gonville Place, Cambridge, CB1 1LY

**TIMINGS**

**Friday 18<sup>th</sup> March:**

Warm-up for Session 1 will start at 6:15pm and racing at 7pm

**Saturday 19<sup>th</sup> March:**

Warm-up for Session 2 will start at 12pm and racing at 1pm

Warm-up for Session 3 will start at 4pm and racing at 5pm

**Sunday 20<sup>th</sup> March:**

Warm-up for Session 4 will start at 12pm and racing at 1pm

Warm-up for Session 5 will start at 4pm and racing at 5pm

Warm up and Session start times for Sessions 3 and 5 may be subject to change – please listen for announcements on the day. Please note however, they will not start earlier than published in the programme.

**SWIMMERS MUST WITHDRAW FROM EVENTS THAT THEY NO LONGER WISH TO SWIM**

Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawal will be made by coaches or the club representative using the Swim-Meet link sent out prior to the gala and **must be submitted anytime up until 5 minutes after the start of each Warmup for the relevant session.**

Swimmers failing to attend the start of a heat without withdrawing will incur a £10 penalty, which must be paid by the swimmer or the club before the swimmer will be allowed to participate further in the meet.

Any queries should please be addressed to the meet promoter Louise Dexter, NOT the computer operators or helpers. Where possible queries should be made by the club representative or coach.

**SPECTATORS**

Entry fees are as follows:

Spectators        £5.00 per session or £8.00 per day

Programmes       £3.00

OAPs, Carers of disabled spectators and children under 16 are free.

**Swimmers WILL NOT be allowed poolside until 15 minutes before warm-up.**

**Spectators WILL NOT be allowed entry to balcony until 15 minutes before warm up. Please do not congregate with children in the foyer as this will be very busy – spectators please queue on the balcony.**

**Please be aware that no additional seating is allowed on poolside, you will also not be allowed to bring portable seats onto the balcony or use blankets for picnic areas as this blocks the fire escape route. GLL staff will require spectators to remove any additional seating on the balcony and poolside.**

**COVID ADVICE**

We understand restrictions have been lifted and Lateral Flow Tests are not so easy to obtain but we would like to request that you test if you can before you come and do not come if you have any symptoms. If you have symptoms, we hope you will get better soon!

**SWIMSHOP**

We will have a Swim Shop available at the Gala run by RapidSwim on Saturday only:

<https://www.rapidswimshop.co.uk/>

**PARKING**

Please be aware that Parkside Pool is in the centre of Cambridge, neither GLL nor CoCSC are responsible for the cost of car parking.

Parking is available in the Queen Anne Car Park next to Parkside pools. Parking and traffic in Cambridge can be very busy. Please allow enough time to get to the pool, and as an alternative please consider using the Grafton Centre or Grand Arcade car parks (both are located approximately 10 minutes' walk from the pool) or alternatively one of several Park & Ride sites across the City – for information including live parking updates and spaces go to:

<https://www.cambridge.gov.uk/car-parks-map>

We wish you all a happy and successful weekend of racing!  
City of Cambridge Swimming Club.

# Meet Programme

## Session 1

Friday 18<sup>th</sup> March

Warm-up 6.15pm

Start 7pm

101	400m IM	Female
102	400m Freestyle	Male
103	50m Backstroke	Female
104	50m Backstroke	Male
105	50m Fly	Female
106	50m Fly	Male

## Session 2

Saturday 19<sup>th</sup> March

Warm-up 12pm

Start 1pm

201	100m Freestyle	Female
202	100m Freestyle	Male
203	200m IM	Female
204	200m Butterfly	Male
205	200m Butterfly	Female
206	50m Breaststroke	Male

## Session 4

Sunday 20<sup>th</sup> March

Warm-up 12pm

Start 1pm

401	100m Butterfly	Male
402	100m Butterfly	Female
403	200m IM	Male
404	200m Freestyle	Female
405	200m Freestyle	Male
406	50m Breaststroke	Female

## Session 3

Saturday 19<sup>th</sup> March

Warm-up 4pm

Start 5pm

301	50m Freestyle	Female
302	50m Freestyle	Male
303	100m Breaststroke	Female
304	100m Breaststroke	Male
305	200m Backstroke	Female
306	200m Backstroke	Male

## Session 5

Sunday 20<sup>th</sup> March

Warm-up 4pm

Start 5pm

501	400m IM	Male
502	400m Freestyle	Female
503	100m Backstroke	Male
504	100m Backstroke	Female
505	200m Breaststroke	Male
506	200m Breaststroke	Female