WATFORD SWIM CLUB

Regional Qualifier – Licence 3ER190184

Saturday 16TH & Sunday 17TH March 2019

Dear Coaches

We are looking forward to welcoming you and your swimmers to our meet.

Please find below warm up and start times for each session**.**
Please note session 1 is starting 10 minutes earlier than originally notified.

	WARM UP	START
SESSION 1	Boys 12.50 Girls 13.20	13.50
SESSION 2**	Girls 16.45 Boys 17.15	17.45
SESSION 3	Girls 09.00 Boys 0.930	10.00
SESSION 4 **	Boys 13.15 Girls 13.45	14.15

(** no earlier than)

Lanes will be allocated for Clubs on the day. Please split the warm ups into 15 minutes sessions if you have a lot of swimmers to keep the number of swimmers per lane at sensible levels.

Please note that access to poolside is from 12:40 on Saturday and 08:45 on Sunday, with access to changing rooms 15 minutes earlier.

Withdrawals

This is an active withdrawal meet. If you know of a swimmer that now can't swim in a race, please email me asap, but before 9:00 pm on Friday 15th March, at wscswimmeet@btinternet.com After this time, and on the morning of the meet, please text me on 07889 512 022.

Withdrawal forms will also be available at the meet in the Coaches Packs.

Please note, this meet is full, if as a result of withdrawals on the day we have spare lanes, we will open up time trials on a first come first served basis until all heats have full lanes.

Coaches Packs

These can be collected from the Information desk next to the AOE desk.

We are not printing programmes this year but will make an online version available to your club 1 week prior to the Meet should you wish to bring it to the meet.

We will publish the results on Meet Mobile.

Paper copies of the results will also be available on the wall near the medal table and behind the Spectators.

Warm Down Pool

We have use of the small pool for warm up/ down. For health and safety reasons, please can coaches and team managers make sure their swimmers only use the pool for warm up / down.

Car Parking

There is plenty of free parking at Woodside. Please ensure you park within a marked bay as ticket officers patrol the car park even at weekends.

Food & Drinks

There will be a break at the end of session 1 and 3 for coaches and swimmers to eat. Food for coaches is served in the meeting room at the back of the spectator's area.

Please accept our apologies, due to a refurbishment at Woodside this room is now a shadow of its former self and much smaller than before!

We wish all the swimmer's good luck and fast swimming and we hope you achieve your targets.

Tracy

Open Meet Co-ordinator