NUEL Regional Qualifying Meet 2020
7th March & 8th March 2020

We are delighted to welcome you to the prestigious London Aquatic Centre (LAC) for our Regional Qualifying Meet 2020. The interest for this meet was staggering and the club would like to say a big thank you to everyone who had input in choosing this meet. We hope that this will be an enjoyable meet for all involved although it is going to be a very busy meet!

The LAC is a new venue to some swimmers, coaches, officials and parents so please ensure that this information is cascaded to everyone involved at the LAC for the weekend.

Entry for swimmers, spectators and coaches will be as follows:
Saturday and Sunday will be from 7.30am
Please note that the security team will restrict entry before these times.

All access to the building for officials, spectators, swimmers and coaches is through the event doors upstairs. Officials must be carrying their Swim England cards at all times.

Withdrawals
We are operating an active withdrawal system for this meet. Swimmers must complete the withdrawal forms at the table next to the medals table (poolside towards the diving pool) to confirm that they are not swimming in these events, by the allocated time as shown below. The withdrawal desk will be open from:

Session	Withdrawals
Sessions 1 & 3	7.45am – 8.15am
Sessions 2 & 4	1.15pm – 1.45pm

Warm Up & Session Times
All Clubs must ensure that their swimmers are supervised during warm up. Coaches and swimmers disregarding health and safety instructions will be excluded from Warm Up.

All lanes will be swim lanes until sprint lanes are announced for each session. **Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads** as this can cause damage to the pads and lead to delays to the meet. Sprint lanes will be opened by the announcer.

Due to the number of swimmers each session, warm up will be split into 4 sections by gender & age group Sprints will be the last 5 minutes of each section of the warm up.

Warm Up Procedures

Session 1 – Starts @ 9.10am		Session 2 – Starts @ 2.40pm	
Withdrawal close	8:15am	Withdrawal closes	1:45pm
Warm up 1 (Boys 13/U)	8:00-8:15am	Warm up 1 (Boys 13/U)	1:30 – 1:45pm
Warm Up 2 (Boys 14/O)	8:15-8:30am	Warm Up 2 (Boys 14/O)	1:45 – 2:00pm
Warm up 3 (Girls 13/U)	8:30-8:45am	Warm up 3 (Girls 13/U)	2:00pm – 2:15pm
Warm Up 4 (Girls 14/O)	8:45-9:00am	Warm Up 4 (Girls 14/O)	2:15pm – 2:30pm

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Session 3 – Starts @ 9.10am		Session 4 – Starts @ 2.40pm	
Withdrawal closes	8:15am	Withdrawal closes	1:45pm
Warm up 1 Girls 13/U)	8:00-8:15am	Warm up 1 Girls 13/U)	1:30 – 1:45pm
Warm Up 2 (Girls 14/O)	8:15-8:30am	Warm Up 2 (Girls 14/O)	1:45 – 2:00pm
Warm up 3 (Boys 13/U)	8:30-8:45am	Warm up 3 (Boys 13/U)	2:00pm – 2:15pm
Warm Up 4 (Boys 14/O)	8:45-9:00am	Warm Up 4 (Boys 14/O)	2:15pm – 2:30pm

Warm Up Lane Allocations

Saturday 7th March 2020

	Session 1		Session 2	
Name of Club	Boys	Girls	Boys	Girls
	(Lane No)	(Lane No)	(Lane No)	(Lane No)
Alton & District SC	1		1	
Anaconda SC	1			
Barking & Dagenham Aquatics	8	8	8	8
Barnes SC	6	6	6	6
Barnet Copthall SC	3	3	3	3
Bethnal Green SC	6	6	6	6
Brentwood SC	3		3	
Bromley SC		1		1
Chelsea & Westminster SC	0 & 1	0 & 1	0 & 1	0 & 1
Colchester SC	4	4	4	4
Diss Otters SC	8	8	8	8
Dover Lifeguard SC	2	2	4	4
Hackney Aquatics		1		1
Halstead	2	2	8	8
Haringey Aquatics	5	5	5	5
Killerwhales	9	9	9	9
Loughborough Town SC			1	
Newmarket & District SC	7	7	7	7
NUELSC			2	2
Romford Town SC	7	7	7	7
Southend on Sea SC	2	2	5	5
SouthWest Londonfin SC	4		4	4
Witham Dolphins SC		4	4	

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Sunday 8th March 2020

	Session 3		Session 4	
Name of Club	Girls	Boys	Girls	Boys
	(Lane No)	(Lane No)	(Lane No)	(Lane No)
Barking & Dagenham Aquatics	8	8	8	8
Barnes SC	6	6	6	6
Barnet Copthall SC	3	3	3	3
Bethnal Green SC	2	2	8	8
Brentwood SC		2		
Chelsea & Westminster SC	0 & 1	0 & 1	0 & 1	0 & 1
Colchester SC	4	4	4	4
Diss Otters SC	7	7	6	6
Dover Lifeguard SC	2	2	5	5
Hackney Aquatics	1		1	
Halstead	2	2	7	7
Haringey Aquatics	5	5	5	5
Killerwhales	9	9	9	9
Newmarket & District SC	8	8	2	2
NUELSC			2	2
Romford Town SC	7	7	7	7
Southend on Sea SC	5	5	5	5
SouthWest Londonfin SC	4	4	4	4
Witham Dolphins SC	6	6	9	9

Marshalling for races

Swimmers will be called to marshalling by the announcer. It is the responsibility of the swimmer and club coaches to ensure that they attend marshalling once called. Swimmers will then be directed by the clerk of the course (whippers) to specific areas designated for whipping. It is the swimmers responsibility to check with the timekeeper that they are in the correct lane/heat.

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Food, Drinks and Refreshments

The LAC are quite specific about food and drinks and we would urge you to comply and respect the wishes of the LAC.

- Spectators **ARE NOT** permitted to bring any food/drinks/refreshments into the facility, regardless of purpose or intent. Only refreshments that have been purchased on site may be consumed in the communal areas and spectators seating areas. The Café is equipped with staff to manage the expected number of spectators for the day.
- Swimmers/Coaches/Team Managers **ARE** permitted to bring food/drinks/refreshments into the facility.
- It is preferred that any food/drinks/refreshments brought into the facility are consumed in the changing rooms, communal areas and spectators seating area.
- The consumption of food/drinks/refreshments on the poolside/deck is not preferred but is not prohibited.
- In the circumstance that food/drinks/refreshments are consumed on the poolside/deck, the swimmers & coaches are considered responsible for the management/collection of the waste produced. Please ensure you tidy your area before leaving
- Please be aware that there will be security checks of bags at point of entry.

Photography and the use of mobile phones/tablets

The permitted use of devices which capture still or moving images is no longer dependent upon pre-registration.

- Flash photography remains prohibited at all times.
- All persons who attend our meet at the London Aquatic Centre must have a clear understanding of their responsibilities and obligations as detailed in the "SE Photography Guidance" section of Wavepower 2016-19 (the current SE Child Safeguarding Policies and Procedures publication).
- Any type of photography, including the use of mobile phones or any other mobile device is not allowed in changing rooms.

Poolside bags

As it will be a very busy meet, we will be restricting the size of bags poolside. Swimmers are advised to leave their large bags in the lockers provided and just bring a small bag containing their essential kit on to poolside. There are over 300 lockers available at the LAC that uses the new £1coin which is refundable

Medals

Medals will be awarded for the top 3 placing in each age group as set out in the Meet Pack and are available on the day and can be collected from the medal table on poolside. No medals will be posted after the meet.

Officials

The meeting point for those of you who have kindly agreed to officiate is downstairs in the Crèche. Please report to one of the referees in the crèche by 8.30am for the am sessions and 1.15pm for the pm sessions. For those officiating both sessions within a day, hot food will be served in the crèche at approx. 1pm, but we would ask that Coaches are given priority to enable them to return to poolside for warm up. Light refreshments will be brought round during the sessions.

Coach Pack

Coaches' pack containing the coaches passes/wristbands will be available poolside on the announcers' table. Please ensure your wristbands are worn at all times and visible.

Health and Safety

- Coaches are responsible for ensuring the clean-up of their 'area' on poolside.
- No hot drinks will be allowed on poolside; this is for health and safety reasons.
- **Only coaches** are allowed to bring their chairs on poolside so long as they have 'soft' feet.
- Swimmers are not allowed to go to the balcony wet and without footwear

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Spectator Information

1. The venue will open for spectator entry at 7.30am on day of the Meet. Any persons in the spectator gallery beforehand will be asked to leave and wait outside until the designated start. Please ensure your wristbands are worn at all times and are visible.
2. Spectator entry will be by a coded wrist-band and will be charged at £10.00 per day or £5 per session. Children under the age of 10 will gain entry free of charge.
3. Programme can be downloaded from NUEL website. There is no printed programme available on the day.
4. Refreshments – There is a Café at the LAC which provides catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet.
5. Parents are not permitted in the changing rooms or on the poolside.
6. Getting to the park via public transport is quite easy because the Olympic park has some of the best transport links in London. For the latest information visit http://www.tfl.gov.uk/
7. Parking at the LAC will be shut to swimmers attending the event. Please park at Stratford Westfield.
    a. Parking charges are:
        i. Up to 1 hr £3.00
        ii. Up to 2 hrs £6.00
        iii. Up to 14 hours £7.50
        iv. Over 14 hrs and up to 24 hrs £15.00
    b. Car Park opening times:
        i. Car Park A – open 24/7
        ii. Car Park B - open 24/7; Car Park B is the nearest car park to the LAC.
        iii. Car Park C – Sat 5am – 10pm & Sunday 7am – 10pm.

Car Park B entry and exit from Montfichet Road will be closed for 25 weeks from Monday 3rd February 2020. During this period, Car Park B will remain fully operational and can be accessed via the tunnel through Car Park A. The entrance to Car Park A is located on Roundhouse Lane. To find the entrance, follow the signs to Car Park A or put "Roundhouse Lane Stratford" into your Sat Nav.

Corona Virus (COVID-19)

We'd like to take this opportunity to remind participants, coaches, volunteers and spectators of the hygiene precautions to help reduce the spread of infection. For the latest infection control advice, please click here.

Contact

Please do not hesitate to contact me by email at - nuelopenmeets@gmail.com if you have any queries/questions.

Thanks for your support and we look forward to seeing you all at the Meet.