



General Information

Venue: Bury St Edmunds Leisure Centre, Beetons Way, BSE, IP33 3TT – Tel No: 01284753496

Car Parking: Olding Road Car Park (entrance just off ASDA roundabout but steps at far end bring you out opposite front of Leisure Centre)

Suffolk House car park (opposite front of Leisure Centre)

Please Note: the West Suffolk College Car Park is no longer available

Swimmer Registration: The Registration desk will be situated in the Sports Hall and will **close 1 hour before each Session start time**. As the Meet is full and we will be operating to a very tight schedule to comply with ASA regulations regarding session times, any swimmer who has not signed in at closing will be assumed not to be taking part in that session and they will be automatically withdrawn, therefore avoiding the possibility of running with empty lanes. To that end, we would ask if Coaches/Team Managers could please check their team's entries before closing to avoid any errors. We will not be able to re-seed once the start sheets have been printed. Withdrawal advice from Swimmer or Coach only please.

SWIMMER REGISTRATION SIGN TIMES	
Saturday 6 May	Swimmers <i>must</i> sign in by:
Session One	11.30 am
Session Two	4.00 pm
Sunday 7 May	
Session Three	8.00 am
Session Four	11.45 am
Session Five	3.45 pm

Spectators Seating Poolside: Entry to the poolside for spectators will not be possible before 11.15 am on the Saturday, due to the Swim Scheme running till this time. On Sunday, the door will be open from 7.45 am. Spectator seating will be available on a **'first come, first served basis'** and we do ask that swimmers do not occupy any seats in this area. Also for Health and Safety reasons, swimmers bags must be kept clear of this area.

Spectator Charges are as follows:

Saturday: £3.00 per session or £5.00 all day

Sunday: £3.00 per session or £6.00 all day

Programmes: £2.50

Concessions half price (Under 16s & OAPs)

Spectators are kindly requested not to approach the computer desk, all queries should be directed through their club Coach.

Sports Hall: The Sports Hall has been allocated for use by the swimmers for relaxation between races and the Marshalling process will also begin in the Sports Hall. It will be available on Saturday from 11.00 am only, due to classes taking place beforehand. Swimmers are allowed to eat in the Sports Hall but we would request that they please use the rubbish bags provided and most importantly, **remember to bring and wear appropriate footwear**, the floor can become extremely slippery when wet and we would like to avoid any unnecessary accidents. Please note, there is no seating available, please bring fold up chairs if required.

Refreshments, BBQ & Raffle: A range of drinks and snacks will be available poolside for swimmers and spectators and our very popular BBQ will be operating just outside the building serving hamburgers and hot dogs with all the trimmings! Sunday morning only, there will be bacon rolls too. Your custom and support of our raffle will be greatly appreciated we have variety of prizes including an Apple Watch Sport, a round of golf for four people at Bury Golf Club and beer prizes courtesy of Greene King.

Awards: These will be available from our medal table as soon as the results for each event have been posted. Age groups are 9,10,11,12,13,14,15 and over. Awards will be made for the three top placed swimmers in each age group. Awards will also be made to the highest scoring Boy and Girl using Hy-tek cumulative points system.

Results: These will be available to view in the Sports Hall after the conclusion of each event. A full set of results will be available on our website www.westsuffolkswimming.co.uk as soon as possible should you require a Hy-tek compatible file then please just ask. Live results will be on Meet Mobile throughout the weekend.

Swim Shop & Swimzi: We are fortunate to have both SwimPath and Swimzi at our Meet this weekend. They provide a great selection of all your swimming needs and offer an excellent service. They will be situated in the Sports Hall, please support them if you can. On the Swimpath stand will be **Jemma Lowe** GB swimmer who represented GB at the Beijing Olympics in 2008 in the 100/200m Butterfly and as part of the 4x100m Medley Relay Team and will be available for autographs.



Photography: We ask all swimmers and spectators wishing to take photographs and videos to ensure that they are aware of the ASA guidelines and respect them. A copy of the guidelines are available to view at <http://www.swimming.org/asa/clubs-and-members/safeguarding-children/> (Wavepower p76-77). In particular we draw your attention to the need to seek the permission of a parent or guardian of any child contained in an image BEFORE posting it on social media. Please note that, other than the official photographer, devices such as cameras, phones and tablets are not allowed to be used inside the barriers on poolside for safety reasons.

Coach Packs: These will be available for collection from the Registration desk on arrival and Refreshments will be available in Studio 1 (upstairs). A warm-up schedule will be provided separately, please ensure your team arrives for their allocated time promptly and clears the pool when requested. Swimmer numbers per club do not lend themselves to exact lane allocation so we please ask for Coaches co-operation with each other for best use of water space available.

Contact: We hope you all have an enjoyable and successful weekend's swimming with WSSC, should you require any further information please don't hesitate to contact Tina Hudson mob: 07939372031 or Andrea O'Connor mob: 07512100153.

2nd May 2017