

# General Information

WSSC Long Distance Meet

Sunday 16<sup>th</sup> June 2019



**Venue:** Bury St Edmunds Leisure Centre, Beetons Way, BSE, IP33 3TT – Tel No: 01284 753496

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

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

**Spectator Entry:** Entry to the poolside for spectators will be from 9.30 am on the Sunday 16 June. Health and Safety reasons, large swimmer bags must be kept clear of poolside and placed in lockers in the changing rooms (£1 refundable locker fee is required). Spectator Charges are £1.00 session and 50p concessions (under 16 year olds and OAPs). The programme will be available to download from the WSSC website ([www.westsuffolkswimming.co.uk](http://www.westsuffolkswimming.co.uk)) from Thursday 13 June. No paper copies will be available on the day. Spectators and swimmers will all be seated in the spectator seating area. Please note: the swim scheme will be using the training pool adjacent to the starting blocks until 12.00 pm on Sunday 16<sup>th</sup> June.

**Swimmer Registration:** The Registration desk will be situated next to the spectator entry desk and will **close 30 minutes before each Session start time**. 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who has not signed in at closing will be assumed not to be taking part in that session and they will be automatically withdrawn, therefore avoiding the possibility of running with empty lanes.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.

<b>SWIMMER REGISTRATION SIGN TIMES</b>	
<b>Sunday 16 June</b>	<b>Swimmers must sign in by:</b>
Session One	10.00 am
Session Two	1.30 pm

**Warm Up Schedule:** As there are fewer swimmers in the first session, warm up will be split girls first boys second. Coaches, please share the lanes accordingly. We have more swimmers in the second session, we will split by age group as below:

<b>Warm Up Schedule</b>	
Session One	<ul style="list-style-type: none"><li>Girls 10.00 am – 10.13 am (swimmer count: 17)</li><li>Boys: 10.14 am – 10.28 am (swimmer count: 30)</li></ul>
Session Two	<ul style="list-style-type: none"><li>Boys &amp; Girls 13 &amp; Under: 1.30 pm – 1.43 pm (swimmer count: 32)</li><li>Boys &amp; Girls 14 &amp; Over: 1.44 pm – 1.58 pm (swimmer count: 36)</li></ul>

**Marshalling:** All marshalling will take place poolside at the far end of the pool (not diving block end). Please make sure swimmers arrive in a good time for their heats.

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

**Refreshments for Spectators:** there will be tea, coffee and cakes and snacks available to purchase poolside throughout the day, the Leisure Centre also has a café onsite serving hot food and sandwiches.

**Results:** These will be available poolside. A full set of results will be available on our website [www.westsuffolkswimming.co.uk](http://www.westsuffolkswimming.co.uk) as soon as possible. Live results will be on Meet Mobile throughout the weekend.

**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 poolside from 9.30 am along with light refreshments from the end of the first session for coaches, Team Managers and officials free of charge.

**Contact:** We hope you all have an enjoyable and successful day'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: 07881621443 email: [meets@westsuffolkswimming.co.uk](mailto:meets@westsuffolkswimming.co.uk).

**10 June 2019**