

# Home Series 1 2022



**Venue** Bury St Edmunds Leisure Centre, Beetons Way, IP33 3TT

**Car Parking** Olding Road Car Park, IP33 3TA (entrance just off ASDA roundabout but the steps at far end bring you out opposite the front of the Leisure Centre)

Please Note: the West Suffolk College Car Park is not available

**No one should attend the meet if they are feeling in any way unwell.**

**Swimmers** Please arrive from 2.40pm so that swimmers are ready for warm up from 3pm. Please sign in at the entry desk in the pool hall. Swimmers should assemble for warm up at the far end of the pool (not the end with the blocks). Swimmers will be marshalled for their races in the pool hall at the end with the blocks so please watch for when the marshals are organising your events. Swimmers must wear appropriate **indoor footwear**, the floor can become extremely slippery when wet and we would like to avoid any unnecessary accidents. We also advise swimmers to have **clothing to wear between races** so they don't get cold. It is also a good idea to have a **small bag** in which to store any clothes and shoes they bring onto poolside while they are racing. Please stay to the end of the session for **pizza!**

## Warm up schedule

Time	Ages
3.00pm	Briefing for age 11&under who have not raced before Gather at the end of the pool with the blocks
3.00pm	12&13 years pool warm up
3.15pm	11&under pool warm up
3.30pm	14&over pool warm up

Racing to start at 3.50pm and is expected to finish at about 6pm

**Spectator entry fee** £1 per adult. Please bring correct change if possible

**Withdrawals** Withdrawals should be notified to [meets@westsuffolkswimming.co.uk](mailto:meets@westsuffolkswimming.co.uk) before Friday 20<sup>th</sup> May at 6pm. The start lists for the weekend's races will then be created and published on [www.westsuffolkswimming.co.uk](http://www.westsuffolkswimming.co.uk) Heats will be swum with empty lanes if swimmers don't attend.

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

**Refreshments** Tea, coffee, cold drinks and cakes will be available. Why not be environmentally friendly and bring your own cup for hot drinks?

**Club Shop** If you have any unwanted swimming kit that is in good enough condition to be reused please bring it along. Things like swimsuits and fins are always in demand for growing swimmers. Some WSSC branded items will also be available to buy.

**Race payment** Please make sure you have paid for your races. Sort code 20-16-12; Account 10106593 ref HS1

**Volunteers** We need volunteers to be able to run this event smoothly. Please have a look at the job list on the website or OnDeck app and sign up if you are able to help. Don't worry if you have never done a job before, there are lots of people around to help and show you what to do. You won't miss your child's races if you volunteer.

**Officials** We very much appreciate all our officials as without them we are unable to run these galas. We urgently need more officials so if you are interested there is more information on the website or contact [officials@westsuffolkswimming.co.uk](mailto:officials@westsuffolkswimming.co.uk)

**We hope that all swimmers enjoy their races!**