COACH/TEAM MANAGER PACK
19 & 20 NOVEMBER OPEN MEET

NOVA Centurion very much look forward to welcoming you to our Open Meet on the 19th and 20th November.

Prior to attending the meet, we would really appreciate if you could read this document for important information and if you have any questions please do not hesitate to contact Michelle Parkins at michelle.parkins@novacenturion.co.uk.

Points of contact at the meet
If you require any assistance during the meet please find either Glenn Smith or Tina Dickerson – both will be poolside the whole weekend.

Entrance to poolside
Please note that ALL swimmers must enter the poolside through the changing village. Coaches and Team Managers can enter poolside via the door in reception, but please do encourage your swimmers to not use that entrance – it will be monitored at all times.

Coach/Team Manager Pass
Passes for the weekend can be collected from the medal table – which will be located by the poolside entrance from reception.

Tea/Coffee/Lunch
Tea and coffee will be available from Studio 2 from 8am – if you are unsure where the studio is, please ask at the medal table. Lunch will be served both days from 1pm also in Studio 2.

Poolside Seating
There will be seating available around the poolside – please note that the meet is extremely busy please so please be kind and considerate and aware of other swim clubs. Lockers are available to store swim bags if needed for £1. Once the meet is underway there should be sufficient space.

Warm Up Schedule
There will be no specific lanes for clubs but both pools will be used for the warmup.

	North Pool	**South Pool**
Session 1	Girls 14/Under 8:00am – 8:25am	Girls 15/Over 8:00am – 8:25am
	Boys 14/Under 8:30am – 8:55am	Boys 15/Over 8:30am – 8:55am
Session 2	15 minute warm up session finals / 800m – North Pool	
Session 3	Boys 14/Under 1:30pm – 1:55pm	Boys 15/Over 1:30pm – 1:55pm
	Girls 14/Under 2:00pm – 2:25pm	Girls 15/Over 2:00pm – 2:25pm
Session 4	10 minute warm up session finals – North Pool	
Session 5	Boys 14/Under 8:00am – 8:25am	Boys 15/Over 8:00am – 8:25am
	Girls 14/Under 8:30am – 8:55am	Girls 15/Over 8:30am – 8:55am
Session 6	15 minute warm up session finals / 1500m – North Pool	
Session 7	Girls 14/Under 1:30pm – 1:55pm	Girls 15/Over 1:30pm – 1:55pm
	Boys 14/Under 2:00pm – 2:25pm	Boys 15/Over 2:30pm – 2:55pm
Session 8	10 minute warm up session finals – North Pool	

Finally, we are very pleased to announce we will have Swimzi onsite throughout the day – can you please ensure all swimmers are dry and wearing appropriate clothing/footwear if visiting the Swimzi stand.