**To: Swimmers, Coaches  and Team Managers.**

Many thanks for your entries. We have a great Meet planned and look forward to welcoming you to Crook Log in early March. Please find attached the final confirmed entries by Club and then by swimmer. Please check your entries and advise me of any errors in advance of the day by replying to this e-mail. Mistakes are much easier to fix in advance.

The timings for the Meet are as originally planned and are confirmed as follows:

**Session 1 – Saturday 7th March.**

Sign in opens at 3.15pm, closes at 4.00pm.

Warm up 4.00pm to 5.00pm – split into 4 x 15 minute sessions.

Session starts at 5.05pm and finishes at 8.00pm.

**Session 2 – Sunday 8th March.**

Sign in opens at 7.45am, closes at 8.30am

Warm Up 8.30am to 9.30am – split into 4 x 15 minute sessions.

Session starts at 9.35am and finishes at 12.30pm

**Session 3 – Sunday 8th March.**

Sign in opens at 12.15pm, closes at 1.00pm

Warm Up 1.00pm to 2.00pm – split into 4 x 15 minute sessions.

Session starts at 2.05pm and finishes at 5.00pm

There is ample free parking available at Crook Log and the Cafeteria will be open all day serving hot and cold food and drinks. The balcony at Crook Log is large and there will be plenty of seating available for spectators. We have a large number of swimmers taking part so the balcony will be busy and I ask that spectators do not reserve seats. The spectator entry fee is £4.00 per session or £5.00 for the day on Sunday. We will also be running a raffle.

Coach passes / packs will be available for collection on the day from the signing in tables. Please ask your Coaches to collect them from there. They are also welcome to come to the Officials room throughout the weekend for hot and cold drinks and lunch.

Hire conditions at Crook Log dictate that large bags are not taken on to poolside. Swimmers should leave their large bags in the lockers provided and just bring a small bag containing their essential kit on to poolside. The lockers take a £1 coin and this is refunded.

We do have a shop coming along for the weekend – Swimpath – they sell a huge range of costumes and swimming equipment so this may be a good opportunity for you to purchase items that you need.

In a bid to keep things moving as quickly as possible, we will be adopting a slightly different approach in Backstroke events throughout the weekend. We will not be asking swimmers to clear the pool at the end of each race, instead we will ask the swimmers to hold the lane rope and stay in the corner of the lane whilst we get the next set of swimmers in and started. Once the race has started they should exit the pool by the side in the usual manner. Please ensure that swimmers are aware of this subtle change.

As always, we would appreciate offers of help from your Club Officials. If you have qualified Officials who would be able to assist at any session then please ask them to e-mail the Lead Referee for the weekend, Daniel Price (price.daniel@me.com ) and let him know. Additionally, we hope to be able to offer opportunities for mentoring trainees so again, please ask anybody interested to make contact.

If you are a Team Manager, can you please forward this e-mail to your swimmers and coaches as it contains essential information for the smooth running of the Meet.

I do hope that I haven’t missed anything. If you do have any queries, please do not hesitate to contact me.

Again and as always, thanks for your support and I look forward to seeing you all at the Meet.

Best Wishes,

*John*

**John Burdett.**

**Promoter.**