Sussex County Winter meet 2018
K2 Crawley

Saturday 20th October			Sunday 21st October	
Session 1 Warm up 8.30 am			**Session 3 Warm up 8.30 am**	
Sign out closes at 8.45			**Sign out closes at 8.45**	
Coaches/Team Managers are responsible for ensuring that swimmers are withdrawn. If a swimmer does not present themselves for an event in which they are entered, they will not be allowed to compete in any further events in the competition on that day. County entry conditions read (Entry management)				
Girls 10/11/12	8.30-8.42		Girls 10/11/12	8.30-8.42
Boys 10/11/12	8.42-8.54		Boys 10/11/12	8.42-8.54
Girls 13/14	8.54- 9.06		Girls 13/14	8.54- 9.06
Boys 13/14	9.06-9.18		Boys 13/14	9.06-9.18
Girls/Boys 15/Over	9.18- 9.32		Girls/Boys 15/Over	9.18- 9.32
Session start 9.35. Finish at app 1.15			**Session start 9.35. Finish at app 1.30**	
The morning session will require a 15 minute break programmed in as part of licensing regulations. This is planned to be held after event 105			**The morning session will require a 15 minute break programmed in as part of licensing regulations. This is planned to be held after event 306**	

Session 2 Warm Up 1.45 pm			**Session 4 Warm Up 1.45**	
Sign out closes at 2.00			**Sign out closes at 2.00**	
Coaches/Team Managers are responsible for ensuring that swimmers are withdrawn. If a swimmer does not present themselves for an event in which they are entered, they will not be allowed to compete in any further events in the competition on that day. County entry conditions read (Entry management (n))				
Girls 10/11/12	1.45-1.57		Girls/Boys 15/Over	1.45 - 2.00
Boys 10/11/12	1.57-2.09		Girls/Boys 14	2.00 - 2.15
Girls 13/14	2.09-2.21		Girls/Boys 13	2.15 - 2.27
Boys 13/14	2.21-2.33		Girls/Boys 12	2.27 - 2.39
Girls/Boys 15/Over	2.33-2.45		Girls 10/11	2.39 - 2.51
Session start 2.50. Finish at app 5.15.			Boys 10/11	2.51 - 3.03
			Session start 3.05. Finish at app 5.45.	

Warm Up ASA SAFETY REMINDERS

Please co-operate fully with instructions from warm up marshals.

Coaches must supervise their own swimmers during warm up.

Swim clockwise in lanes 1,3, 5 & 7 anti-clockwise in 2,4, 6 & 8

Only enter with a safe jump, diving is not allowed except in a designated sprint lane.

Exit at the side only & never over timing pads.

Swim continuously without stationary swimmers blocking lanes or ends.

One way Sprint lane availability will be announced on the day.