



CITY OF DERBY SWIMMING CLUB

Affiliated to ASA East Midland Region and Derbyshire ASA Under ASA Laws and ASA Technical Rules
at Queen's Leisure Centre Derby www.coderby.co.uk

Level 3 Licensed B Grade Open Meet 2010

on Saturday 3rd July 2010 (3EM0021)

See www.coderby.co.uk/meets for latest information

Swimming Officials (Timekeepers, Judges, Starters and Referees)

If you will be attending this Meet and are prepared to officiate, then please contact
Mrs Christine Brocklehurst Tel: 01332 605101.

Please volunteer if you can, your help will be greatly appreciated, thank you.

SWIMMERS INFORMATION

Thank you for entering our Annual B Grade Open Meet. This year it has been Licensed at Level 3 by the ASA. We hope to have an enjoyable meet with plenty of excitement and good swimming performances. To help your swimmers and Coaches prepare for this meet please make them aware of the following:

1. **Over the Top** starts may be used for all events except Backstroke. Swimmers at the end of your swim please stay in the water, close to the end of your lane. Please remain still until the next heat starts and then leave the water, by the steps, as soon as possible. For Backstroke events please leave the water when instructed to do so by the Referee, as normal.
2. **This event will be run WITHOUT ENTRY CARDS.** You will not receive entry cards and therefore do **NOT** need to post cards on your arrival at the pool. We will assume that all swimmers that have entered this meet are going to swim all the events they entered. **IF YOU ARE NOT GOING TO SWIM ANY ONE, OR ALL OF THE EVENTS THAT YOU HAVE ENTERED YOU MUST LET US KNOW BY EITHER EMAIL, TELEPHONE OR IN PERSON AT THE MEET OFFICE BEFORE THE START OF THE WARM UP FOR EACH SESSION.**

If you are not going to swim any or all of the events that you have entered please either:

Email: info@coderby.co.uk *or*

Telephone **Christine Brocklehurst** on **01332 605101** (before the meet) *or*

Telephone **Co Derby Meets** on **07935 335851** from Friday evening 2nd July and over the weekend *or*

Tell us in person in the Meet Office behind the Deep End of the pool.

You **must** tell us that you are withdrawing from an event before the start of the warm up for the session in which the event is due to be swum. After this time it will be assumed that you are swimming the event and a lane will be allocated to you. (Withdrawals after this time may result in an empty lane).

3. **Session Warm Up.** Swimmers **must** be supervised by Coaches and / or Team Managers during warm up. Also listen for warm-up announcements on the day.
Session One: W/up 12:00noon Start 1:00pm Session Two: W/up 4:30pm Start 5:30pm
4. When called for their event, swimmers must report to the **Competitor's Stewards** who will have Heat Start Lists, which will indicate their Heat and Lane number. Swimmers **MUST** be marshalled for their event by the Competitor's Stewards.
5. Coaches Passes, (which include **programme and results sheets**), ordered prior to the date of the competition can be collected at the swimmer entrance to the pool. Poolside passes will be available on the day to Coaches and Team Managers price £5 per session, including programme and results sheets.
6. **In common with all sporting venues our pool has a finite limit on spectator capacity. Spectators will therefore be admitted strictly on a first come first served basis. PLEASE CO-OPERATE WITH MEET OFFICIALS TO ENSURE THAT WE HAVE A SAFE AND ENJOYABLE EVENT FOR AS MANY PEOPLE AS POSSIBLE. Thank you.**