



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

Twenty Sixth Short Course Licensed Meet 2009

on Saturday / Sunday 25th / 26th April 2009

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 *Twenty Sixth Short Course Level 2 Licensed Open Meet*. We thank you once again for your continued support. We also warmly invite you to our **B Grade Level Three Licensed Meet** 4th July 2009 and of course next years Licensed Meets particularly our **Long Course Level 1 Licensed Meet at Pond's Forge Sheffield** on 9th / 10th January 2010.

To help your swimmers and Coaches prepare for this meet please make them aware of the following:

1. **Over the Top** starts will be used for appropriate events, listen for the Referee's instructions.
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 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.** Also we will be returning by post, meet information and a list of swims for each swimmer in the envelopes that you provided. If you are not going to swim any or all events that you have entered please either:

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

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

Telephone **CoDerby Meets** on **07935 335851** from Friday evening 24th April 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 times are as follows. 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 8:30am Start 9:30am **Session Three W/up 8:30am Start 9:30am**
Session Two: W/up 2:00pm Start 3:00pm **Session Four W/up 2:00pm Start 3:00pm**
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. Swimmers wishing to withdraw from a final **MUST** do so as soon as their heat result is posted.
6. Poolside Passes, (which include a **programme and results sheets**), ordered prior to the date of the competition should be enclosed. Poolside passes are also available on the day to Coaches and Team Managers at the Coach / swimmer entrance to the pool.

Please enjoy our B Grade Level Three Licensed Open Meet 4th July 2009
see www.coderby.co.uk/meets for details.