



CITY OF DERBY SWIMMING CLUB

Affiliated to ASA East Midland Region and Derbyshire ASA Under ASA Laws and ASA Technical Rules of Swimming

at Ponds Forge Sheffield www.coderby.co.uk

Long Course Licensed Meet 2009

on Saturday / Sunday 10th / 11th January 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 eighth *Long Course Licensed Open Meet*. This year's entry has once again been fantastic with more entries than we can accept within the time available. There have therefore been a small number of rejections.

This will be a busy meet. To help your swimmers and Coaches prepare for this meet please note:

1. **Over the Top starts** will be used for all appropriate events.
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.** 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 9th Jan and over the weekend *or*

Tell us in person in the Meet Office (the Omega Suite).

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 shown below. Also the Diving Pool will be available as directed by Ponds Forge Staff. 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 1:45pm Start 2:45pm

(Estimated finish time 7:00pm)

(Estimated finish time 6:45pm + Presentations)

4. When called for their event, swimmers must report to the Competitor's Stewards to be allocated 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.
However please note that we will NOT be substituting reserves into the finals.
6. Coaches Passes, (which include food, programme and results sheets), ordered prior to the date of the competition should be enclosed. Poolside passes, (which include programme and results sheets) will be available on the day to Coaches and Team Managers at the Coach / swimmer entrance to the pool.

Please enjoy our other 2009 Open Meet Events at Queens Leisure Centre Derby.

Twenty Sixth Level 2 Licensed Open Meet (2EM9068) 25-26th April 2009

B Grade Level 3 Licensed Open Meet (3EM9069) 4th July 2009

check www.coderby.co.uk/meets for details.