

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 2019

on Saturday / Sunday 12th / 13th January 2019 (Level 1 Licensed 1EM190118)

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

Swimming Officials (Timekeepers, Judges, Starters and Referees)

If you can help by officiating at this meet, then please contact:

Ralph Shepherd, Tel: 07870 742032 or Kirsty Billinge, Tel: 07702 946674

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

SWIMMERS INFORMATION

Thank you for entering our seventeenth *Long Course Licensed Open Meet*. This year's entry has been fantastic and we hope you all have an enjoyable and successful meet.

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.** Meet information and lists of accepted swims for each Club are available on our web site. If you are not going to swim any or all events that you have entered please either:

Email: openmeets@coderby.co.uk or

Telephone **Kirsty Billinge, Tel: 07702 946674** (before the meet) or

Telephone **CoDerby Meets on 07935 335851** from Friday evening 11th 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**
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 200m IM final **MUST** do so as soon as their heat result is posted.
6. Coaches Passes, (which include food, programme and results sheets), ordered prior to the date of the competition can be collected on the day. Poolside passes, (including programme and results) will be available on the day to Coaches and Team Managers at the Coach / swimmer entrance to the pool.

Please enjoy our other 2019 Open Meet Events:

36th Level 3 Licensed Open Meet 16th- 17th March 2019 at ARC Leisure Matlock

B Grade Level 3 Licensed Open Meet 6th July 2019 at Queens Leisure Centre Derby

And our 2020 Level 1 Licensed Meet at Ponds Forge Sheffield 11th - 12th January 2020.

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