



CITY OF DERBY SWIMMING CLUB

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

at ARC Centre Matlock www.coderby.co.uk

Thirty Sixth Short Course Licensed Meet 2019

on Saturday / Sunday 16th / 17th March 2019

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.

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

SWIMMERS INFORMATION

Thank you for entering our *Thirty Sixth Short Course Level 3 Licensed Open Meet* this year at the ARC Leisure Centre Matlock. We thank you once again for your continued support. We also warmly invite you to our **B Grade Level Three Licensed Meet** on 6th July 2019 and of course next years Licensed Meets particularly our **Long Course Level 1 Licensed Meet at Pond's Forge Sheffield** 11th / 12th January 2020.

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

1. **Over the Top** starts may or may NOT 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 **Kirsty Billinge, Tel: 07702 946674** (before the meet) *or*

Telephone **CoDerby Meets on 07935 335851** from Friday evening 15th March and over the weekend or **Tell us in person** in the Meet Office.

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 1:00pm Start 1:45pm

Session Three W/up 8:30am Start 9:15am

Session Two: W/up 5:15pm Start 6:00pm

Session Four W/up 12:30pm Start 1:15pm

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. Poolside Passes, (which include a **programme and results**), ordered prior to the date of the competition can be collected on the day. 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 6th July 2019

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