



# Northumberland & Durham Swimming Association 2019 Teams Day

## FINAL CLUB INFORMATION

### WARM UP DETAILS:

**PLEASE NOTE – coaches, team managers and swimmers will not be permitted into the pool hall before 7.30am.**

<b>Saturday 9<sup>th</sup> March</b>	Session 1	Warm Up:	08:00-08:15 Boys 12yrs/under
			08:15-08:30 Boys & Girls 13/over
			08:30-08:45 Girls 12yrs/under
		Start:	09:00
	Session 2	Warm Up:	13:00-13:15 Girls 12yrs/under
			13:15-13:30 Boys & Girls 13/over
			13:30-13:45 Boys 12yrs/under
		Start:	14:00

All warm ups will have one way sprint lanes introduced after 10 minutes in all lanes from the scoreboard end in the race pool as announced. Swimmers should use both the race pool and the second pool for warm up. The diving pit and second pool can be used for swim down as required but there is to be no diving at any time.

**Please note that Sunderland Aquatic Centre operates a strict limit on the number of swimmers in each lane at any one time. In all pools, no more than 10 swimmers must be in any one lane.**

**Coaches are responsible for ensuring these limits are complied with and for supervising their swimmers in both warm up and swim down.**

### WITHDRAWALS:

Any withdrawals for this meet should be made by email to [ndswimmingentry@hotmail.co.uk](mailto:ndswimmingentry@hotmail.co.uk) by 4pm on Friday 8<sup>th</sup> March.

### FACE/BODY PAINT

On advice from the pool, Clubs should note that **no** face or body paint should be used at this event. Any swimmers ignoring this request will be asked to remove any paint before entering the pools.

## **PRESENTATIONS:**

- Medals shall be awarded to the top 3 teams in each event.
- Due to time constraints there will be no medal presentations and swimmers should collect their medals following the announcement of the results for each final.

## **STUDIO:**

The Studio overlooking the pool can be used by coaches and team managers who are in possession of a poolside pass as a break out room during the day, except for the lunch break. Tea and coffee will be available.

## **INFORMATION FOR SPECTATORS:**

The doors will be opened for spectators at 8am – no spectators will be admitted before this time. All spectators should remain on the right hand side of the pool (when looking from the scoreboard end) and are not permitted on the swimmer side of the pool at any time. The left hand side of the pool is for swimmers and those in possession of a poolside pass only.

Entry prices are set at £4 per session and £6 for a day pass. Please note that there are no concessions and only children aged 5 and under will be allowed free entry. A limited number of start sheets for the heats will be available for spectators at a cost of 50p each.

For health & safety reasons, no chairs are permitted to be brought into the spectator area.