

HART SWIMMING CLUB – INTERNAL COMPETITIONS

Please see Promoters Conditions applicable to each event

Please note the following information

SUNDAY EVENINGS			
Warm-up	6.30pm To 6.55pm	Girls first	Lanes 1,3 & 5 Clockwise Lanes 2,4 & 6 anti-clockwise There will be NO sprint lanes
<u>YOU MUST SIGN IN BY 6.00PM TO GIVE THE ADMINISTRATORS AMPLE TIME TO SEED THE HEATS.</u>			
<p style="text-align: center;"><u>COMPETITORS AND SPECTATORS</u></p> <p><u>PLEASE NOTE SUNDAYS:</u> The pool is being used by the local Disabled swimming club, immediately before we commence, please respect their privacy, and keep all thoroughfares clear for wheel chair access.</p> <p><u>PLEASE NOTE THURSDAYS:</u> The only Competition taking place on a Thursday is the 400 Freestyle championships, it is not scheduled to start until 7.30 when the Minnows, Shrimps & Swordfish finish their training sessions. Warm-up will be at 7.30pm, signing in by 7.00pm.</p> <p><u>ALL SESSIONS:</u> We have been asked NOT to place swimming bags on the plinth between the teaching pool and main pool, please use the plinth at the deep end OR the lockers - club bags will not fit! <i>Bring your swimwear in a small enough bag to fit in a locker.</i></p> <p style="text-align: center;"><u>COMPETITORS</u></p> <p>Please remain in the marshalling area at the shallow end of the pool, you are not permitted to enter the Spectator area, or any other area of the Leisure Centre during the competition. Follow all the instructions given by the Coaches and Race Stewards.</p> <p style="text-align: center;"><u>PRESENTATIONS</u></p> <p>These are made either immediately following an events conclusion. OR at the end of the evening. Please do not go home without first checking whether you have won an award or not.</p>			