

The St Albans Open Meet 2016

A LEVEL 3 Licensed meet No 3ER161417

Under ASA Laws & ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria at:

Westminster Lodge Leisure Centre, St Albans, Hertfordshire AL1 2DL

26-27 November 2016

Information for swimmers, coaches and parents

Welcome!

Thank you to everyone who has entered our meet and/or is helping out as an official, team manager or event volunteer. We are very much looking forward to seeing you on Saturday and Sunday. Please find below some information about the meet.

Arrival

Westminster Lodge is very busy on weekend mornings so please do not arrive before 12 noon unless you are helping out.

Parking

Westminster Lodge has a pay and display car park which is £5:30 for 24 hours.

Parking charges apply up until 1830 each day, and there is 2 hours of free parking (with a pay and display ticket). Up to 3 hours is £2.20 so if you are just coming for the later session each day, you may only need this.

Officials: you are being offered free parking nearby and we will be in contact with further details.

Facilities for spectators

There is a good viewing balcony for spectators. There is also a café at the leisure centre and a Verulamium Park is right outside the leisure centre if you need some fresh air. St Albans city centre is about a 10 minutes walk, up Holywell Hill.

There will be a charge for spectators and please bring £ coins if you can. We will also be having a raffle. CoStA parents please bring your prize donations to training this week.

Sign in/ withdrawals

The meet is sign in, which means that you need to confirm the events you are swimming prior to each session. This helps us to minimise empty lanes.

Sign in is always very busy for the first 10 mins and then usually there is no queue for the remaining 20 minutes. We will be applying a strict cut off on the closing of sign in to allow our volunteers enough time to prepare for the session. These times are posted on the website.

If you do know in advance that you won't be swimming, please do email clubevents@costaasc.org by 12 noon on Friday 25 November. If you decide on the day not to swim an event or session, then there's no need to let us know; you just don't sign in for that event.

Poolside

Only coaches, officials and event support people should be on poolside with swimmers.

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There is a smaller pool which should be available for warm up and swim down only.

Results

Results will be available at the venue as soon as possible after each event. We are also on MeetMobile. A full list of results will be on our website at the end of the weekend.

Medals

If you have won a medal, please collect it on the day from the table on poolside. We are not able to post them. Coaches or team managers can collect medals for any swimmers who have left the venue without their medals.

Coaches and team managers

Visiting coaches and team managers- please find the meet organiser, Anna Jex, when you arrive to collect your coach pass and programme. Please ensure we have the name of your coaches in advance of the meet. No coach passes may be purchased on the day.

You will be offered refreshments in between sessions each day. This will be in a studio upstairs at Westminster Lodge.

There are plenty of lockers around the centre to store your belongings and these require £1 coins.

Good luck- swim fast!

Good luck swimmers and we look forward to seeing you at the meet for some great racing.