

CoStA Spring Open Meet 2017

A LEVEL 3 Licensed meet

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 March 2017

Information for swimmers, coaches, team managers 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 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 for session one, unless you are helping.

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, you may only need this.

Officials

Please meet in the studio upstairs at 1245 for session one briefing and at 1645 for session two. Please wear whites, bring your clipboard and stopwatch. We are very low on numbers of officials so please assume you are needed for each session you have volunteered for. Thank you.

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. St Albans city centre is about a 10 minute walk, up Holywell Hill.

There will be a charge for spectators and please bring £ coins if you can.

Mailsports shop

<https://www.mailsports.co.uk/>

We are pleased to welcome Mailsports who are bringing a range of competition and training equipment. They will be on the first floor, near the spectator balcony.

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, and are below

Session one- sign in 1200-1230

Session two-no earlier than 1600-1630. The exact time will depend on how long session 1 runs for and we will make an announcement on the day. If you are coming for session two only, there is no need to arrive before 4pm.

If you do know in advance that you won't be swimming, please email clubevents@costasc.org by 12 noon on Friday 24 March. If you decide on the day not to swim an event or session, then there's no need to let us know; just don't sign in for that event.

Poolside

Only coaches, officials and event support people should be on poolside with swimmers. There is a smaller pool which should be available for warm up and swim down only.

The policy at the venue is that there is strictly **no photography** allowed on poolside or in the changing rooms. This of course includes mobile phones/tablets etc.

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. No medals are available for time trial swims.

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. This will be in a studio upstairs at Westminster Lodge.

We have been asked by the venue to remind swimmers not to leave rubbish around the pool, as in the past there have been issues with food and packaging in the small pool and in the air conditioning vents. Please remind your swimmers not to leave rubbish as there will be plenty of bin bags around.

Good luck- swim fast and enjoy the day!
CoStA events team