



CoStA Winter Open Meet (Level 3) License No 3ER171804

Last minute notes

1. If you already know of any events your swimmer/s are entered for but no longer wish to swim please let us know by emailing clubevents@costaasc.org at your earliest convenience. We will process advance withdrawals up to 6pm on Friday 1st Dec.
2. *Otherwise, the meet is 'sign-in', which means swimmers need to confirm the events they are swimming prior to **each** session.* If your swimmer/s is involved in two sessions on one day they must sign-in for the **both** sessions at the correct sign-in time. Please note the sign-in times for each session (below). If a swimmer has not signed in on time they will not be able to participate in that session and there will be no exceptions to this rule.
3. Parking at Westminster Lodge is free for the first two hours only (although you must still display a ticket) and payable thereafter (including on Sundays). It's approx £5.50 for the full day.
4. The café at Westminster Lodge should be open for much of the time our Meet is on but we would suggest swimmers still bring plenty of water and food to keep them going. PLEASE encourage your swimmer/s to clear up after themselves.
5. Only coaches, officials and event support people should be on poolside with swimmers. There is a good viewing balcony for spectators. An entry fee will be payable.
6. Lockers at Westminster Lodge require a £1 coin.
7. MRC photography will be attending the event and taking professional photos which will be available to buy at the event and after via a secure website.
8. Results will be available at the venue (stuck on balcony wall and poolside) and also on MeetMobile Swim (download the app).
9. Address Westminster Lodge, Holywell Hill, St Albans, AL1 2DL.

Looking forward to some great races from all the swimmers!

The CoStA Events Team



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Programme of Events

SATURDAY 2 nd DECEMBER 2017		
	Event No.	Event
SESSION 1 <i>Sign In: 12.00 - 12.30</i> <i>Warm Up: 12:30</i> <i>Start: 1:30</i>	1	Girls 400m IM
	2	Boys 200m IM
	3	Girls 100m Butterfly
	4	Boys 100m Backstroke
	5	Girls 50m Breaststroke
	6	Boys 100m Freestyle
	7	Girls 200m Back
	8	Boys 400m Freestyle
SESSION 2 <i>Sign In 16.00 - 16.30</i> <i>Warm Up: No Earlier than 16:30</i> <i>Start: No Earlier than 17:30</i>	9	Girls 200m Butterfly
	10	Boys 200m Breaststroke
	11	Girls 50m Freestyle
	12	Boys 50m Backstroke
	13	Girls 100m Breaststroke
	14	Boys 100m IM
	15	Girls 50m Butterfly
	16	Boys 200m Freestyle

SUNDAY 3 rd DECEMBER 2017		
	Event No.	Event
SESSION 3 <i>Sign In: 12.00 - 12.30</i> <i>Warm Up 12:30</i> <i>Start 1:30</i>	17	Boys 400m IM
	18	Girls 200m IM
	19	Boys 100m Butterfly
	20	Girls 100m Backstroke
	21	Boys 50m Breaststroke
	22	Girls 100m Freestyle
	23	Boys 200m Back
	24	Girls 400m Freestyle
SESSION 4 <i>Sign In 16.00 - 16.30</i> <i>Warm Up: No Earlier than 16:30</i> <i>Start: No Earlier than 17:30</i>	25	Boys 200m Butterfly
	26	Girls 200m Breaststroke
	27	Boys 50m Freestyle
	28	Girls 50m Backstroke
	29	Boys 100m Breaststroke
	30	Girls 100m IM
	31	Boys 50m Butterfly
	32	Girls 200m Freestyle