



CoStA Winter Open Meet (Level 3) License No 3ER182062

1. ****PLEASE NOTE**** that we are running this meet as 'ACTIVE WITHDRAWAL' not sign-in. This means that your swimmers will **NOT** be required to sign-in before the start of each session at the event. This is different from previous CoStA open meets.

You are requested to notify us at the earliest opportunity of any withdrawals. If you know already that your swimmer will no longer be participating in an event you originally signed up for the sooner you can tell us the better. Please email opensmeetsec@costaasc.org including the swimmer's name, club and the event/s they are withdrawing from.

The deadline for advance withdrawals by email is 7pm on Friday 30 Nov. After this time please text Zarrine Dye (CoStA's event lead) on 07788974554 with details of any withdrawals as the email address will no longer be monitored.

During the event any last minute withdrawals must be made by completing a withdrawal form available from the CoStA meet and greet team or at the recorders table upstairs on the spectators' balcony.

We cannot process withdrawals received by the recorder (table on the spectator balcony) less than 50 mins before the start of each racing session.

If you fail to withdraw your swimmer on time you could be liable for a £10 fine under the terms of events conditions which have been available on the CoStA website since we opened for entries.

2. Our gala coincides with a Christmas market/festival being held in the field adjacent to our venue. Market-goers are not permitted to park on the leisure centre carpark and security has been organised with the aim of keeping the carpark free for centre users. However, it is likely there will be a higher than normal volume of traffic. Please set off early, organise car-shares or possibly consider parking in St Albans town centre and walking to avoid being late.
3. In the event of a fire alarm please take direction from centre staff who will have the relevant information as to what action is necessary.
4. PLEASE encourage your swimmer/s to clean 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. We strongly advise all swimmers and poolside helpers to use lockers.
7. MRC photography (<http://www.mrcphoto.co.uk>) is the official meet photographer. Photos taken at the event will be uploaded to a secure password protected website, available at the gala. They will not be distributed or shared by MRC or CoStA. If your child is not to be photographed please inform a member of the CoStA events team before the start of each session.
8. There is no place for unacceptable behaviour at this event. Behaviour becomes unacceptable when it is considered offensive to others; this includes, but is not limited to, the following: taking and or sharing the photos of a swimmer under 18 without consent, theft, wilful damage to property

and / or equipment, bullying, offensive language, actions that bring the sport of swimming or CoStA club into disrepute.

9. Results will be available at the venue (stuck on balcony wall and poolside) and also on MeetMobile Swim (download the app).

10. Address Westminster Lodge, Holywell Hill, St Albans, AL1 2DL.

Schedule of Events

SATURDAY 1 st DECEMBER 2018		
	Event No.	Event
SESSION 1 <i>Warm Up 12:30 pm</i> <i>/ Start 1:15 pm</i>	1	Boys 400m IM
	2	Girls 200m IM
	3	Boys 50m Breaststroke
	4	Girls 100m Backstroke
	5	Boys 100m Butterfly
	6	Girls 50m Freestyle
	7	Boys 200m Back
	8	Girls 400m Freestyle
SESSION 2 <i>Warm Up No earlier than 4.45pm</i> <i>Racing No earlier than 5.30pm</i>	9	Boys 200m Butterfly
	10	Girls 200m Breaststroke
	11	Boys 100m Freestyle
	12	Girls 50m Backstroke
	13	Boys 100m Breaststroke
	14	Girls 100m IM
	15	Boys 50m Butterfly
	16	Girls 200m Freestyle
SUNDAY 2 nd DECEMBER 2018		
	Event No.	Event
SESSION 3 <i>Warm Up 12:30 pm</i> <i>/ Start 1:15 pm</i>	17	Girls 400m IM
	18	Boys 200m IM
	19	Girls 50m Breaststroke
	20	Boys 100m Backstroke
	21	Girls 100m Butterfly
	22	Boys 50m Freestyle
	23	Girls 200m Back
	24	Boys 400m Freestyle
SESSION 4 <i>Warm Up No earlier than 4.45pm</i> <i>Racing No earlier than 5.30pm</i>	25	Girls 200m Butterfly
	26	Boys 200m Breaststroke
	27	Girls 100m Freestyle
	28	Boys 50m Backstroke
	29	Girls 100m Breaststroke
	30	Boys 100m IM
	31	Girls 50m Butterfly
	32	Boys 200m Freestyle