

Zonal Meet - Important Information

The entrance for all swimmers, coaches and spectators will be off the bridge at the **balcony level**. Spectators will all be on one side of the pool.

Coaches will pick up their programmes and buy their passes at this balcony entrance.

Doors will be open at 8.45am on Saturday and 7.45pm on Sunday.

If it is bad weather and you arrive early you may wish to delay coming to the Bridge which is exposed to the elements.

Car Park B at Westfield is £9 per day and only a few minutes walk from the LAC. The car park at the LAC is more expensive for a full day, pay and display, and has only 110 places.

Coaches may bring soft bottomed folding chairs for use on poolside. The pool operator has requested these not be left overnight.

We are still short of non-technical officials to man the door, be competitor stewards, etc. If you help us for a session you get free entrance & programme, and a sense of involvement in the swimmers achievements. If you can help please contact jeanette@wandsworthconsulting.com

Anyone who can now be a technical official for a session who has not already volunteered please contact Kay at kayfred@btinternet.com

31st Jan	Warm Up	Withdraw from swim by	Start Time
Session 1	9.00 am	9.00 am	10.00 am
Session 2	1.30 pm	1.15 pm	2.30 pm
1st February	Warm Up	Withdraw from swim by	Start Time
Session 3	8.00 am	8.00 am	9.00 am
Session 4	12.30 pm	12.15 pm	1.30 pm

Notes for the day:

Warm down will be in the training pool. There is no PA in the training pool. It will be up to coaches and swimmers to ensure swimmers report in time for their races.

Swimmers are to avoid walking in front of the timing suite to ensure officials have a full view of the pool.

Marshalling for events will be by the "Olympic Entrance" between the competition pool and the diving pit

Marshalling for Presentations will be behind the rostrum.

Presentations will take place rapidly after the finals, before warm down – swimmers should bring track suit tops, etc to the start, medal winners will not have time to go back to the other end of the pool to their coach. If you are not there you will not get your medal.