

North Lancs Swimming & Water Polo Association
Level 3 Sprint Meet 2022

Thank you for your entries to the NL Sprint 2022.

Withdrawals must be made on an official withdrawal form (available at the pool) or to Janice Whittle by text to mobile number **07951 652410** on from Thursday 14 July. Saturday 16 July. To help the event run smoothly withdrawals must be made no later than 45 minutes before the start of a session.

Please withdraw in time to avoid empty lanes.

Warm Up

Session 1 **8:30 – 8:45 am – Girls 12/14 yrs**
 8:45 – 9:00 am – Boys 12/14 yrs
 9:00 – 9:15 am – Girls 9/11 yrs
 9:15 – 9:30 am – Boys 9/11 yrs

Start as soon after 9:30 am as possible

Session 2 **1:30 – 1:45 pm – Girls 9/11 yrs**
 1:45 – 2:00 pm – Boys 9/11 yrs
 2:00 – 2:15 pm – Girls 12/14 yrs
 2:15 – 2:30 pm – Boys 12/14 yrs

Start as soon after 2:30 as possible

Swimmers are under the supervision of their coaches and team managers.

There is a café facility in the reception area of the centre.

Swimmers will be marshalled in the school changing rooms near the changing village.

Half the sports hall is available for clubs so as not to over crowd poolside. Clubs must provide supervision for their swimmers.

No photography in the facility (centre policy)

No parents/carers allowed in the changing rooms.

There is a training session taking place prior to the gala.

Coaches and poolside personnel will be able to access poolside at 8:05 am.

Please advise your swimmers and parents/carers not to arrive too soon. No need to arrive before 7:50/8:00 am.

If you have any queries, please do not hesitate to contact me.

Kind Regards and thank you for your co-operation.

Janice Whittle