

DISS OTTERS

A local swimming club at the heart of the community



DISS OTTERS OPEN SPRINT MEET 2021

Sunday 17th October 2021

Coach Information

Coach passes can be collected from the timing desk on poolside. Passes should only be used by the coaching/poolside staff named. You will be issued with the number of passes paid for. Coaches must wear the passes provided at all times. Refreshments will be shared with poolside staff throughout the gala, lunch passes will be provided to those who have paid for lunch. Entry onto poolside will be approximately 15 minutes prior to the commencement of each warm up. The below are the approximate event timings – please note these are only approximate and are subject to change on the day.

Approximate Event Timings							
Session 1				Session 2			
Warm up (60 mins)		08:30 AM		Warm up (60 mins)		01:15 PM	
Warm up end		09:30 AM		Warm up end		02:15 PM	
Start		09:35 AM		Start		02:20 PM	
101	Girls 200m Free	30 mins	8 Heats	201	Boys 200m Free	15 mins	4 Heats
102	Boys 100m Breast	16 mins	6 Heats	202	Girls 100m Breast	23 mins	9 Heats
103	Girls 100m Fly	9 mins	4 Heats	203	Boys 100m Fly	8 mins	3 Heats
104	Boys 50m Back	15 mins	9 Heats	204	Girls 50m Back	23 mins	14 Heats
105	Girls 50m Breast	23 mins	15 Heats	205	Boys 50m Breast	14 mins	9 Heats
106	Boys 100m Free	20 mins	9 Heats	206	Girls 100m Free	33 mins	16 Heats
107	Girls 100m Back	22 mins	9 Heats	207	Boys 100m Back	15 mins	6 Heats
108	Boys 50m Fly	13 mins	9 Heats	208	Girls 50m Fly	19 mins	13 Heats
109	Girls 50m Free	28 mins	21 Heats	209	Boys 50m Free	16 mins	12 Heats
Swim Time		02 hours 56 mins		Swim Time		02 hours 46 mins	
Finishes at		12:31 PM		Finishes at		05:06 PM	



SANTA'S SPLASH & DASH

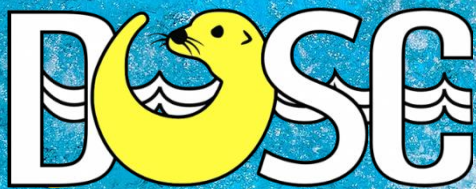
SUNDAY 12TH DECEMBER 2021
AT UEA SPORTSPARK, NORWICH

HELD UNDER SWIM ENGLAND REGULATIONS & TECHNICAL RULES
LICENCE LEVEL 3



12th March 2022 - Diss Leisure Centre

www.dissotters.co.uk/springboard-2022



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Withdrawals

Withdrawals for this meet are being managed digitally. Each club will be given the link for online withdrawals for their own club. All withdrawals can be made at any point up until the withdrawal deadline of each session. The system will automatically close for withdrawals 15 minutes after the start of the warm up each session i.e 8.45am for session 1.

All swimmers are asked to liaise with their coach or club contact to ensure withdrawals are communicated to avoid empty lanes in heats.

A bar code will also be provided within the welcome packs which will take you straight to your clubs withdrawal system. The bar codes will also be available from the timing desk.

Backstroke Ledges

We are pleased to confirm that we will have backstroke ledges available for this event. We are aware that many swimmers will not be used to them, therefore if a swimmer wishes not to use the ledge, the swimmer will need to inform the official in their lane who will remove the ledge from the water, but they will be able to offer guidance if a swimmer has any questions. We will ensure a lane is made available for a backstroke ledge during warmup. We ask that only coaches/team managers/officials adjust the backstroke ledge to avoid damage and covid-19 transmission.

Marshalling

Competitors from all clubs will be asked to ensure they are at the marshalling area in a timely manner. It is the responsibility of the competitor to report in sufficient time before the event. Swimmers failing to report in time may lose the opportunity to compete, marshals will not search for missing swimmers. Swimmers in the first heat of each session are asked to report to the marshalling area at least 5 minutes before the session start time.

When swimmers are in the marshalling area they will be asked to bring as little with them as possible, along with a single plastic bag. The plastic bag could contain goggles, snack, waterbottle, and swimmers should put their poolside shoes, shirts and any other items in the bags when they arrive at the blocks. The bags should be placed on a table behind the blocks at the scoreboard end of the pool whilst they swim. A bag for life is ideal for this as it is waterproof and stays upright. Swimmers can then collect their bag upon completion of their swim.

Covid-19

Although it is no longer a requirement by law, Diss Otters still kindly request that all swimmers, helpers, marshals and officials and coaches wear face coverings when moving around the venue. When attendees – including swimmers are static at their station, or about to swim, they may remove the mask. The Refs and Starters will not wear masks once in position – along with the commentator – as the mask would impede their performance of their duties. Club coaches are encouraged to remind their own swimmers about the recommendation of wearing a face covering. Each club is considered to be a 'bubble' for the purposes of this competition – every reasonable effort should be made to maintain appropriate distancing from other teams and when walking around the facility.



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