



DISS OTTERS

A local swimming club at the heart of the community



DISS OTTERS OPEN SPRINT MEET 2021

Sunday 17th October 2021

Swimmers Information

Entry

Entry onto poolside will be approximately 15 minutes prior to the commencement of each warm up. For the morning session entry will be permitted from 8:15am onwards

Warm up

All swimmers are requested to follow the warm up schedule as provided to club coaches in their welcome packs. All swimmers must be supervised by a club coach/team manager during warmup. 2 lanes will be opened from 8:40am for sprints: one for dives, the other for backstroke ledge. Only club coaches/officials are permitted to adjust the backstroke starting ledge.

Withdrawals

Withdrawals for this meet are being managed digitally. Club coaches will be given the link for online withdrawals.

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.



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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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.

Awards

Award will be presented to the top 3 in the following age groups: 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15-16 years, 17 and over. Swimmers are asked to collect their medals in a timely fashion after their event results have been published. Any uncollected awards can be given to club coaches/team manager at the conclusion of the event. If any awards are not collected by the swimmer/coach/team manager these will not be posted to the clubs after the event.

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. 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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