

# Teamipswich Summer Novice 2023

## Coach Information

### Entry and Exit

- Entry to our venue will be from 2pm, via the ramp to the front of the pool on the left-hand side of the main entrance as you look at the pool. Coaches may enter via reception but swimmers should not enter this way. This will be sign posted.
- All personnel will leave the pool via the main reception.

### Coach Passes

- Please collect coach pass on entry
- Only those with coach passes will be allowed poolside
- Please leave coach passes in the box on exit

### Warm-up

- A coach or team manager must be on deck with their swimmers while warming up
- Warm up session will be conducted in 15 minute sessions
- Please be on time getting into and out of the water

### Diving blocks

- We shall be using the new higher diving blocks.
- Swimmers that do not have a competitive start in line with Swim England will start in the water. Swimmers competing in the 25m events will start in the water at the shallow end and finish at the deep end. Swimmers in the 50m races may start in the water but must inform the referee before the start of the race.

### Withdrawals

- Please can all withdrawals be made by 1pm on Saturday
- Please email withdrawals to: [teamipswich.mm@gmail.com](mailto:teamipswich.mm@gmail.com)
- Subsequent withdrawals must be verbally notified on the day **before the start of warm up** to the Promoter to avoid holding up the competition whilst we look for “missing” swimmers. Heats will be swum with empty lanes.

### Results

- Results will be available on Meet Mobile and will be emailed to the Club contact after the event

# Summer Novice Meet 2023

## Session Timings

Warm Up: 2:30 pm

Start: 3:05 pm

Est. Finish: 6:00 pm

Based on 6 lanes – we will finish earlier if more officials come forward to help!

## Warm Up Schedule

The warm up session will be conducted in **15 minute** sessions. Please be on time getting into and out of the water.

Please feel free to work with other clubs in nearby lanes if that works better for you.

	Warm up 1	Warm up 2
	2:30pm – 2:45pm	2:45pm – 3:00pm
Lane 1	Teamipswich	Clacton
Lane 2	Teamipswich	Clacton/Diss Otters
Lane 3	Teamipswich	Diss Otters
Lane 4	Teamipswich	Leiston
Lane 5	Stowmarket	Leiston/Felixstowe
Lane 6	Stowmarket	Team Waveney
Lane 7	Stowmarket	Team Waveney
Lane 8	Deben	Team Waveney

