

Sussex County Winter meet 2019

Please note the warm up differences for both Sunday sessions

Saturday 19th October

Session 1 Warm up 8.30 am

Sign out closes at 9.00

Sunday 20th October

Session 3 Warm up 8.30 am

Sign out closes at 9.00

Coaches/Team Managers are responsible for ensuring that swimmers are withdrawn. If a swimmer does not present themselves for an event in which they are entered, they will not be allowed to compete in any further events in the competition on that day.

County entry conditions read (Entry management)

Girls/Boys 10/11 Years	8.30-8.40
Girls 12/13 Years	8.40-8.50
Boys 12/14 Years	8.50- 9.00
Girls 14/15 Years	9.00-9.10
Boys 15/Over	9.10- 9.20
Girls 14/Over	9.20-9.30

Session start 9.35. Finish at app 1.35

The morning session will require a 15 minute break programmed in as part of licensing regulations.
This is planned to be held after event 105

Girls/Boys 10/11 Years	8.30-8.40
Girls 12/13 Years	8.40-8.50
Boys 12/14 Years	8.50- 9.00
Girls 14/Over	9.00-9.15
Boys 15/Over	9.15- 9.30

Session start 9.35. Finish at app 1.45

The morning session will require a 15 minute break programmed in as part of licensing regulations.
This is planned to be held after event 306

Session 2 Warm Up 2.00 pm

Sign out closes at 2.15

Session 4 Warm Up 2.00

Sign out closes at 2.15

Coaches/Team Managers are responsible for ensuring that swimmers are withdrawn. If a swimmer does not present themselves for an event in which they are entered, they will not be allowed to compete in any further events in the competition on that day.

County entry conditions read (Entry management (n))

Girls/Boys 10/11 Years	2.00-2.10
Girls 12/13 Years	2.10-2.20
Boys 12/14 Years	2.20-2.30
Girls 14/15 Years	2.30-2.40
Boys 15/Over	2.40-2.50
Girls 14/Over	2.50-3.00

Session start 3.05. Finish at app 5.45.

Girls/Boys 10/11 Years	2.00-2.10
Girls 15/Over	2.10-2.20
Boys 15/Over	2.20-2.30
Girls/Boys 14 Years	2.30-2.40
Girls/Boys 13 Years	2.40-2.50
Girls/Boys 12 Years	2.50-3.00

Session start 3.05. Finish at app 6.00.

Warm Up & Safety Reminders

Please co-operate fully with instructions from warm up marshals.

Coaches must supervise their own swimmers during warm up.

Swim clockwise in lanes 1, 3, 5 & 7 anti-clockwise in 2, 4, 6 & 8

Only enter with a safe jump, diving is not allowed except in a designated sprint lane.

Swim continuously without stationary swimmers blocking lanes or ends.

Exit at the shallow end only to allow for smooth & safe group changeovers.

Lane 8 will become a sprint lane after the first group has finished their warm up and will remain a sprint lane for the remainder of the warm up.