

BRITISH GAS SUFFOLK COUNTY CHAMPIONSHIPS

UPDATED INFORMATION

17 MARCH 2010

We are nearly there...Let's finish strong!

The morning session may have some **parking challenges due to the Sport Relief Mile** being run in Christchurch Park. Orwell Quay and Burrell Road have inexpensive Sunday parking options, but require a walk through town.

It is going to be VERY crowded in the pool, both for spectators and swimmers. Please be aware that everyone wants a view and we will have to work together to make that happen. The relays are exciting and very loud!

We have re-arranged the schedule for the afternoon in attempts to end earlier than planned. Please see below.

Session 13 400m events

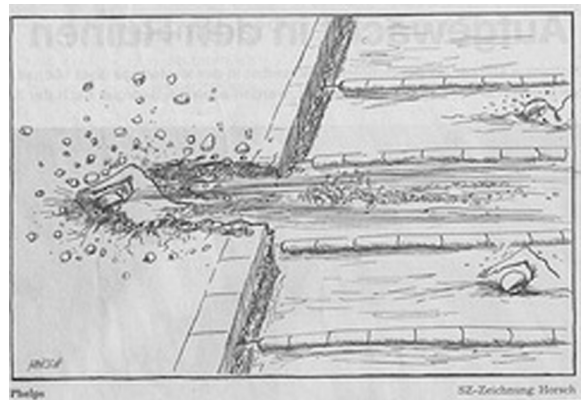
10:30AM Warm up **11:15AM** Start **1:15PM** End

Session 14/15 COMBINED

1:30PM Warm up **2:45PM** Start **7:00ish** End

Order of events:

SKINS Event
BAGCAT Presentations (Skins swimmers can cool down)
SKINS Presentations (marshalling relays)
First Block of Relays
Volvo Cup – Top Club (Marshalling relay winners)
Relay Presentations
Top Male & Female Presentations
Coach of the Year
Young Coach of the Year
Second Block of Relays
Relay Presentations
Doug Lambert Trophy – Top Relay Club



BAGCAT Confusion:

Another apology on my part for posting general information on BAGCAT points with typographical errors in it that was emailed on 27 FEB. I have sent all clubs corrected information; given out the Long Term Athlete Development brochure with all programmes that explains it; and will post a corrected version next week. I also need to make it clear that based on British Swimming directive in October 2009, all BAGCATS are based on FINA points (with no age correction factors, etc) as of 1 JAN 2010. If you are trying to calculate things yourself, make sure you are using a current FINA point calculator NOT British Age Group points.

FEEDBACK

I welcome any feedback from clubs for suggested changes for next year. I will be compiling this information for the County meeting on the 27th of March. Feedback forms will be sent to all clubs.

THANK YOUS!

I would like to publicly thank many people that have made County Champs a success!

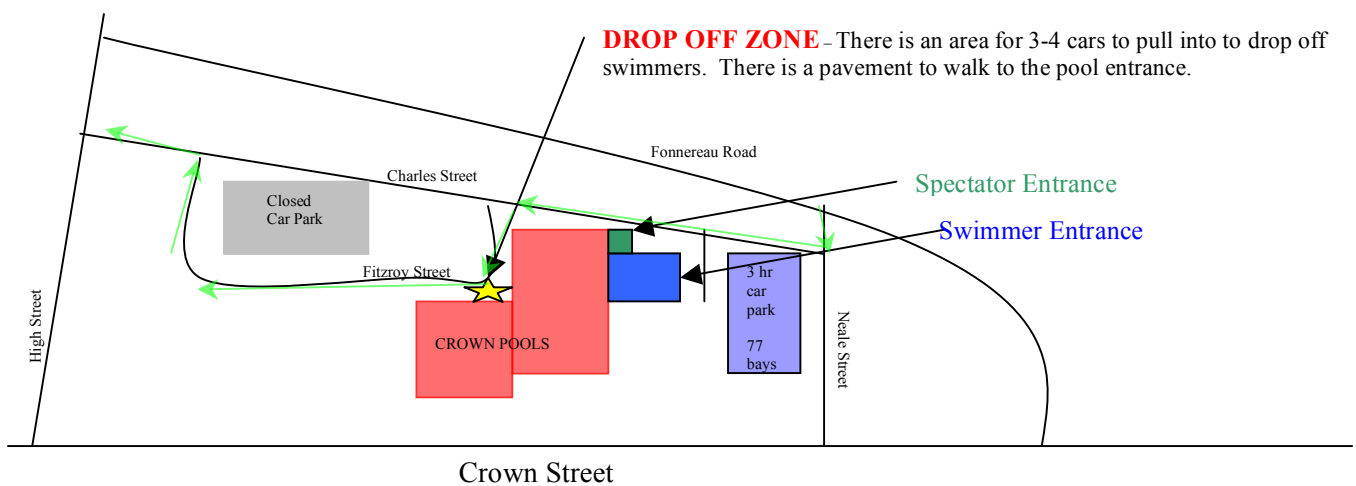
- ❖ Robin Deal and the backroom staff (Claudia, Caroline, Sarah, Karen)
- ❖ Dave Whelan and ALL of the officials
- ❖ Alison Vinter for presentations
- ❖ Bill Blackaby at the medals table
- ❖ Bobbie Wilson for organizing the trophies
- ❖ Bill Korth and John North on the timing equipment
- ❖ Ed Croswaithe and the commentators (Ian, Alex and Charlie)
- ❖ Debbie and Tony Scifo for their hospitality
- ❖ Deben Swim Club on the door
- ❖ Teamipswich Club as Clerks of Course and Safety Marshals

PARKING:

The multi storey car park adjacent to Crown Pools has been closed creating challenges for parking. **I cannot emphasize enough how important it is to ride share if possible.** I am sorry for the inconvenience, and can only help in pointing out other alternatives. **Please have a plan before you arrive so you are not caught out. Make sure that you are parking legally and have read all signs for on-street parking, as the council is very diligent in their review of parking.**

Suffolk ASA cannot take responsibility for your car parking and I recommend you look through the options prior to coming.

If you are going to drop your swimmer at the pool prior to parking, we will have a “drop and go” zone on Fitzroy Street. Please use this to assure safety of our swimmers.



Some Options for Parking:

There are a variety of car parks in the city that are more expensive. Note that parking “K” is next to the pool, but has a 3 hour maximum and limited to 77 places. Prices vary but many are cheaper on Sunday.

http://www.ipswich.gov.uk/site/scripts/documents_info.php?documentID=655

On Sundays, you may be able to find parking on single yellow lines and around Christchurch Park.