

# British Gas Suffolk County Championships

## UPDATED INFORMATION

21 FEB 2010

### Long Distance Champs at UEA (13 and 20 February)

Thank you to all the swimmers making for two very exciting weekends of swimming. We had a great start to counties and can look forward to 3 more weekends of exciting swimming. Thank you to Robin Deal for all of his work extracting Suffolk results and to all the officials that sat through many hours of flipping cards and counting!

### Projected Time Table

Saturday, 6th March 2010			Saturday, 13th March 2010		
<b>Session 3</b>			<b>Session 8</b>		
3:00PM Warm up	4:00PM Start	6:00PM End	3:00PM Warm up	4:00PM Start	6:00PM End
<b>Session 4</b>			<b>Session 9</b>		
6:15PM Warm up	6:45PM Start	8:45PM End	6:15PM Warm up	6:45PM Start	9:15PM End
Sunday, 7th March 2010			Sunday, 14th March 2010		
<b>Session 5</b>			<b>Session 10</b>		
9:30AM Warm up	10:30AM Start	1:00PM End	9:30AM Warm up	10:30AM Start	1:00PM End
<b>Session 6</b>			<b>Session 11</b>		
1:15PM Warm up	2:15PM Start	4:15PM End	1:15PM Warm up	2:15PM Start	4:15PM End
<b>Session 7</b>			<b>Session 12</b>		
4:30PM Warm up	5:00PM Start	7:00PM End	4:30PM Warm up	5:00PM Start	6:45PM End
Sunday, 21st March 2010			<p><b>Please note the change in start time for the last day, 21st March, returned to the original start time.</b></p> <p>BAGCAT Awards will be presented at the beginning of session 14 before SKINS.</p>		
<b>Session 13</b>					
10:30AM Warm up	11:15AM Start	1:15PM End			
<b>Session 14</b>					
1:30PM Warm up	2:45PM Start	5:15PM End			
<b>Session 15</b>					
5:30PM warm up	6:45PM Start	8:45PM End			

- This is a cardless meet, therefore, **swimmers who wish to withdraw must notify ahead of time or have coach/team manager complete withdrawal form no later than 30 minutes prior to the start of the session.**
- Crown Pools is under construction and will have an impact for our swimmers and spectators.
  - During the competition, the leisure pool and gym will be closed to the public. In no circumstances may swimmers or others use the leisure pool.
  - **Swimmers enter through temporary building on green.**
  - **Spectators will enter through the Vitality Suite.**
  - Temporary Changing rooms, 3 female & 3 male will be used and designated by age groups (9-11; 12-14; 15+ years) These are small and it would be best of swimmers were very quick as there will be many needing to change at the same time. Showers in changing rooms may be used for quick showers but should not be used for lounging, as they will not work properly.
  - **Swimmers MUST wear pool shoes**, as they will be walking through the public area to access changing rooms.
- Coach/Team Manager Passes will be issued free of charge with a ratio of 1:10 of overall swimmer numbers. Clubs must ensure that coaches or team managers have CRB check through the ASA. Coach passes and programmes can be picked up at the beginning of Session 3.

## 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 is parking at Portman Road, which will be helpful on the 6th, 7th, 14, & 21st of March for a cost of £4.40 – correct change needed. (There is football game on the 13th)

[http://www.ipswich.gov.uk/site/scripts/documents\\_info.php?documentID=726](http://www.ipswich.gov.uk/site/scripts/documents_info.php?documentID=726)

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

Ipswich does have a park and ride system that runs on Saturday that is very inexpensive (£2.90 for 5 people), however, it stops running at 7PM. Other buses will access London Road Park and Ride (Buses 93 & 95 from Old Cattle Market) and Martlesham Park and Ride (Buses 62A, 62B & 66 from Old Cattle Market). The park and ride stops at Tower Ramparts across the street from Crown Pools. The Old Cattle Market Bus Stop is on the otherside of the Buttermarket. This may be a good option for the 13th as there is an Ipswich Town Football home game this day. <http://maps.google.com/maps?client=safari&rls=en&q=old%20cattle%20market%20bus%20station%20ipswich&oe=UTF-8&um=1&ie=UTF-8&sa=N&hl=en&tab=w/>

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

If you have any questions regarding the championships please feel free to contact me via email: [korth@btinternet.com](mailto:korth@btinternet.com).

Kathy Korth,  
Championships Secretary