# County Long Distance Qualifier

# 26-27 Nov 2022

## St Felix School

## Guidance

We are looking forward to welcoming swimmer and coaches to St Felix for the County Long Distance Qualifier event. Please read these notes carefully. All timings given in heat information are "not before".

## **Entrance and Exit**

Swimmers, official and coaches should enter through the Refectory Entrance at the front of the Sports Centre (between the Chapel and the Sports Hall).

# **Changing rooms**

Swimmers may choose to arrive "pool ready" but changing rooms are available along with toilet facilities.

# **Spectating**

The balcony area will be open for spectating, but numbers are limited to 15 at anytime. Please vacate this area as soon as possible. There are also windows overlooking the pool area from the outside. Please respect other people if you are using this area.

#### Arrival

Please do not arrive before 2pm on Saturday or 9am on Sunday as the pool is in use during this time.

Swimmers should arrive in time for their water familiarisation session and will wait in the stage area until their heat is called.

### Water familiarisation

Although there is no "warm up", a 10 minute water familiarisation session will be held every 4 heats of the 800m and every 2 heats of the 1500m.

# **Timings**

Timings for heats and familiarisation sessions are available on the heats documentation.

Saturday

**Entry for marshalling:** 2:15pm **Entry to poolside:** 2:30pm

Racing starts: 2:45pm Estimated end: 6:00pm

Sunday

**Entry for marshalling:** 9:15am **Entry to poolside:** 9:30am

Racing starts: 9:45am
Estimated end: 12:50pm