

## Swim England Suffolk League Grand Final

4ER221118

25<sup>th</sup> June 2022

Crown Pools, Ipswich

Warm-up 2:30pm

### Group 1

Lane 3	Hadleigh
Lane 4	Felixstowe
Lane 5	Stowmarket Blue
Lane 6	Team Waveney

### Group 2

Lane 2	Deben Black
Lane 3	Stowmarket Gold
Lane 4	Newmarket
Lane 5	Leiston
Lane 6	Deben Yellow

Each warm-up will last 20 minutes to be used at the discretion of each Team.

Racing to start at 3:15pm.

Each event will be split into two heats, with group 1 from warm-up forming Heat B and group 2 forming Heat A. Heat B will swim before Heat A. Teams will compete in the lane in which they warmed-up. Coaches / team managers are responsible for making sure that their swimmers are ready to race - no marshalling will be provided. Starts will take place at the shallow end using the old lower blocks.

Each team is allocated a space on poolside - please see detailed map for more information. Spectators will enter through the rear door. Entrance will be free.

We need a few volunteers to help us to run the meet. Please circulate this link for sign up.

<https://swim-meet.com/Availability/?m=990>

Looking forward to an exciting afternoon of competition!

Sarah Elmer  
Swim England Suffolk League Secretary

### **Skins Information**

Skins events are in two age groups for each gender i.e. male and female 13/under and Open. Each team may nominate one swimmer for each skins event (4 swimmers, 2 male and 2 female).

Round 1 for each event will require 2 heats which will be run consecutively at 90 second intervals.

Round 2 will have the fastest 8 swimmers from round 1 (i.e. the slowest swimmer from across the two heats of round 1 will be eliminated). Lanes for this lane will be allocated as soon as the swimmer who is to be eliminated has been identified.

Round 3 will have the fastest 4 swimmers from round 2. Swimmers will swim in the same lane as round 2.

Round 4 will have the fastest 2 swimmers from round 3. Swimmers will swim in lanes 4 and 5.