

Lancashire County Swimming and Water Polo Association

Age Groups and Championships 2017

Session Times and Operational Notes

(Please note finish times and finals start times are approximate. Finals will start as soon as possible after the heat session has ended.)

	Warm Up	Heats		Finals	
	Start	Start	Finish	Start	Finish
Session 1	8.00 am	9.05 am	12.20 pm	12.25pm	12.40pm
Session 2	1.15 pm	2.20 pm	5.25 pm	No Finals	
Session 3	8.00 am	9.05 am	1.05 pm	1.10 pm	1.25 pm
Session 4	2.15 pm	3.20 pm	5.30 pm	No Finals	
Session 5	8.00 am	9.05 am	12.45 pm	12.50 pm	1.40 pm
Session 6	2.15 pm	3.20 pm	6.00 pm	6.05 pm	6.35 pm
Session 7	8.00 am	9.05 am	12.45 pm	12.50 pm	1.40 pm
Session 8	2.15 pm	3.20 pm	6.00 pm	6.05 pm	6.35 pm

1. All starts including 50m events will take place at the diving pit end of the pool.
2. Over the top starts will be in operation for all events (see 6 below)
3. As you can see the sessions are long therefore swimmers need to be at the marshalling area in good time for their race. We will not wait for late arrivals.
4. For the 800m and 1500m events it is planned to have the lap cards at the turning end of the pool (subject to having sufficient officials) Bells will be used to indicate 2 lengths plus 5 metres to swim.
5. For backstroke it is planned to have backstroke ledges at the start end of the pool. If the swimmer does not wish to use the ledge please make sure they have informed the inspector of turns on their lane. The ledges will be available during warm up.
6. For the 100m and 200m backstroke events the pool will not be cleared at the end of the race. "Over the top" starts will be in operation. Please advise swimmers to hold the lane rope at the side of their lane. This is in preparation for the current procedure at our regional and national events.
7. To ensure smooth running it is important that anybody not wishing to swim in either a heat or a final makes the appropriate withdrawal in order that we minimise empty lanes.
8. Fines will be imposed this year on swimmers who breach note 7 above as per the competition conditions.