



West Norfolk Swimming Club

Affiliated to ASA East Region

Norfolk County ASA, RLSS

Open Meet Information Pack 18th & 19th March 2017

Entries & withdrawals

All accepted entries can be viewed on the website www.westnorfolksc.co.uk Withdrawals can be emailed to l.addis136@btinternet.com up until 8pm Friday 17th March. After this time, all withdrawals must be made on the withdrawal form in the Coaches pack and handed in to the timing desk. Withdrawals for each session will close 15 minutes after the start of warm up.

Coaches packs

These will be available from the door on the day. Lunch is included on the Sunday.

Session times & Access to the facilities

Alive St James' Pool is a relatively small facility and space is limited, please note the time at which we will be able to give swimmers and spectators access to the building. Until this time you will be asked to wait outside as there isn't any room in the reception area. **Poolside, the changing rooms, viewing and reception areas must be cleared in between sessions 2 and 3 on Sunday.**

	Access to the building from	Warm Up	Session Starts	Est. Finish Time
Session 1 (Saturday)	2.30pm	2.45pm	3.35pm	6.35pm
Session 2 (Sunday)	8am	8.15am	9.05am	12.05pm
Session 3 (Sunday)	12.15pm	12.30pm	1.20pm	3.40pm

Warm up

Warm up for each session will be split into 3 x 15min periods. Clubs have been allocated set lanes as designated on the warm up schedule in the Coaches Pack.

Bag stores / lockers

Swimmers bags are not allowed on poolside as per the Pool Operators conditions of hire. Lockers are available in the changing rooms (20pence piece non-returnable) and we will allocate larger clubs Bag Stores within the Changing rooms as well, these will be sign posted on the day.

Spectator seating

Seating for spectators is limited at Alive St James' Pool therefore each competing family has been allocated one spectator ticket per session in which they are competing. These tickets have been sent out to your club representative for distribution. Please present your ticket at the door with admission fee for entry.

Admission Fee: £3 per session or £5 all day on Sunday 19th March.

Weekend Programme: £2

If you have any spare spectator tickets, please make them available at the door on arrival.

Officials have not been issued a spectator ticket.

Raffle

We will be holding one mega raffle over the weekend, a 'Grand Draw' made at the start of Session 3 on Sunday. We have a huge number of fantastic prizes on offer, if you are not going to be in attendance at Session 3, please leave a contact number or the name of someone that we can pass your prize on to.



Prizes include:

- 2 euro traveller tickets to anywhere on the British Airways network from London City or **Stansted airport subject to T&C's.**
- Overnight Stay for 2 in a Mansion Suite at Lynford Hall Hotel
- Signed Norwich City Football top
- Signed Ian Thorpe photo
- **Signed copy from Stephen Fry of a full DVD set "Kingdom"**
- Tea for 2 at the Bank House

.... Plus many more exciting prizes!! Tickets £1.

Car parking

There is a multi-storey car park situated opposite the swimming pool which is pay on exit.

Cafes

There is not a café at the swimming pool, limited vending provision is available. King's Lynn town centre is a 5-minute walk from the swimming pool, with numerous coffee shops, bakeries and a couple of supermarkets available.

There is also a large park across the road from the swimming pool which is nice to get some fresh air in in-between sessions should the weather allow!