

Ken Deeley open meet Saturday 14th September 2019

Clubs will be allocated a space on poolside according to the number of swimmers attending

Warm Up times

Withdrawals close 8.45			Withdrawals close 1.45		
Session 1			Session 2		
8.00 - 8.12	Lanes 1-6	Girls/Boys 9/10years	1.30-1.42	Lanes 1-6	Girls/Boys 9/10years
8.12 - 8.24	Lanes 2-6	Girls 11/12 Years	1.42-1.54	Lanes 2-6	Girls 11/12 Years
8.24 - 8.36	Lanes 2-6	Boys 11/12 years	1.54-2.06	Lanes 2-6	Boys 11/12 years
8.36 - 8.48	Lanes 2-6	Girls/Boys 13 years	2.06-2.18	Lanes 2-6	Girls/Boys 13 years
8.48 - 9.00	Lanes 2-6	Girls 14/Over	2.18-2.30	Lanes 2-6	Girls 14/Over
9.00 - 9.12	Lanes 2-6	Boys 14/Over	2.30-2.42	Lanes 2-6	Boys 14/Over

The swim down pool is also available for during the day

Gala start 9.15 am, expected finish 1.15pm

Gala start 2.45pm, expected finish 6.00pm

Warm up & safety reminders

Please cooperate fully with instructions from warm up marshals.

Coaches must supervise their swimmers during warm up.

Swim clockwise in lanes 1,3 & 5 & anti-clockwise in 2,4 & 6

Only enter with a safe jump. NO diving unless in a designated one way lane

Exit at shallow end only & never over timing pads.

Swim continuously without stationary swimmers blocking lanes or ends

Shallow pool can be used for continuous swimming all day.

When announced lane 1 will be a one way sprint lane with diving.

Warm Down Pool

The warm down pool is available all day and should only be used for continuous recovery swims with minimum noise, splash, distractions etc.

There must be No Diving, Butterfly or Tumble turns in the swim down pool

Please inform your swimmers of warm down protocol & inform Brighton SC staff if swimmers from any club are not co-operating.

Thank you for your co-operation