

## BRIGHTON S.C TOM HANDLEY OPEN MEET

Saturday & Sunday 13th & 14th January 2018

<b>Saturday morning session One</b> <u>Warm up 8.00</u> <b>Withdrawals close 8.30</b>	<b>Sunday morning session Three</b> <u>Warm up Times</u> <b>Withdrawals close 8.30</b>
08:00 Girls/Boys 9/10	08:00 Girls/Boys 9/10
08:12 Girls/Boys 11/12	08:12 Girls/Boys 11/12
08:24 Girls/Boys 13	08:24 Girls/Boys 13
08:36 Girls 14+	08:36 Girls 14+
08:48 Boys 14+	08:48 Boys 14+
09:00 Competition start time	09:00 Competition start time
<b>11:00 15 Minute break for officials</b>	<b>Projected finish time 12.15pm</b>
01:30 6 x 50m Invitation Relay	<b>15 Minute break for officials</b>
<b>Projected finish time 1.40pm</b>	<b>Skins competition 12.30- 1.00pm</b>
<b>Saturday afternoon session Two</b> <u>Warm up 1.45</u> <b>Withdrawals close 2.00</b>	<b>Sunday afternoon session Four</b> <u>Warm up 1.15</u> <b>Withdrawals close 1.45</b>
01:45 Girls/Boys 9/10	01:15 Girls/Boys 9/10
01:57 Girls/Boys 11/12	01:27 Girls/Boys 11/12
02:09 Girls/Boys 13	01:39 Girls/Boys 13
02:21 Girls 14+	01:51 Girls 14+
02:33 Boys 14+	02:03 Boys 14+
02:45 Competition start time	02:15 Competition start time
<b>04:30 15 Minute break for officials</b>	<b>04:00 15 Minute break for officials</b>
<b>Projected finish time 6.00pm</b>	<b>Projected finish time 5.30pm</b>

### Warm Up ASA SAFETY REMINDERS

Please cooperate fully with instructions from warm up marshals.

Coaches must supervise their swimmers during warm up.

Prevent more than 12~14 swimmers entering each lane. (dependent on size)

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

Only enter with a safe jump (NO dives).

**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 during the day.

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

#### Warm Down Pool

Please can all coaches assist in ensuring that the warm down pool is used for continuous recovery swims with minimum noise, splash, distractions etc.

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

Thank you for your co-operation

Brighton SC Open meet Team