



## **Coventry and District Association of Swimming Clubs**

Affiliated to ASA WM Region Held under ASA Laws and Technical Rules

Licensed at Level 3

To be held at 25m Pool, Alan Higgs Leisure Centre, Allard Way, Coventry CV3 1HW

### **OCTOBER MEET 2023**

Warm-up and Gala Start times are given below:

|           |                                       | <b>Warm-up</b> | <b>Start</b> |
|-----------|---------------------------------------|----------------|--------------|
| Session 1 | Saturday 7 <sup>th</sup> October 2023 | 8.00 am        | 9.00 am      |
| Session 2 | Saturday 7 <sup>th</sup> October 2023 | 1.00 pm        | 1.45 pm      |
| Session 3 | Sunday 8 <sup>th</sup> October 2023   | 8.00 am        | 9.00 am      |
| Session 4 | Sunday 8 <sup>th</sup> October 2023   | 1.00 pm        | 1.45 pm      |
| Session 5 | Sunday 15 <sup>th</sup> October 2023  | 8.00 am        | 9.00 pm      |
| Session 6 | Sunday 15 <sup>th</sup> October 2023  | 12.30 pm       | 1.15 pm      |

Swimmers and Spectators will be allowed into the building at 7.45 am Session 1, Session 3 and Session 5

For Spectating on the Weekend 7<sup>th</sup> & 8<sup>th</sup> of October it will be £3.50 per session or £6.50 for all day Saturday and the same on Sunday, or a weekend ticket may be purchased for £12.

On Sunday the 15<sup>th</sup> of October it will be £3.50 per session £6.50 for all day.

Link for ordering spectator tickets: <https://orderwhizz.com/cadasc/events/october-2023-meets>

The promoters reserve the right to change order of events or start times should the need arise.

To prevent empty lanes, it is essential that any swimmer who has entered but is unable to compete on the day withdraws. These withdrawals can be made either by e-mailing [withdrawals@covdistswimming.org.uk](mailto:withdrawals@covdistswimming.org.uk) . Or on the day of meet, but this must be done at least one hour before the start of the Session.

**For Safeguarding reasons and in line with the Alan Higgs policy:**

No photography or videoing under any circumstances in any part of the building unless authorised by pre-arrangement with the Coventry & District's or Alan Higgs Centre.

No training aids are to be used in the warmups/swim down areas except for kick boards and pull buoys. No fins, hand paddles, bungees and parachutes to be used.

The changing facility at the Centre is a mixed changing village and may be accessed by the public at any time during the day.

For safety reasons swimmers should not leave the pool deck area without suitable footwear.

Camping chairs (any type including the fold up ones) will not be allowed. Competitors will be told to remove them if necessary.

Only food purchased from the centre may be consumed inside the building, if spectators wish to bring their own then this must be eaten outside (this rule does not apply to competitors)