

SUMMER SPRINT OPEN MEET

24th June 2017, Harlow Leisurezone, Harlow

Dear Swimmers and Parents,

Thank you for choosing to come to Hoddesdon Novice Open Meet. We hope that this will be both a fun and competitive meet where you can achieve new times and practice those technical skills!

Timings:

Swimmers can access poolside from 12.15pm at the earliest.		
	Session 1	Session 2 (at the earliest)
Warm up	12.30-1.20pm	5.00-5.50pm
Start time	1.30pm	6.00pm
Estimated finish time for individual events	4.00pm	8.00pm
Estimated finish time for all events including skins/relays	4.30/4.00pm	8.20pm

Travel to the meet:

Access to Harlow Leisurezone, CM20 3DT is either via the M11 (Stanstead/London) or via the A414 from Hertford/Hoddesdon. Harlow town centre can be very busy on Saturdays so it is advisable to add an additional 30 minutes to your time particularly if coming via the A10/A414.

Harlowleisurezone:

There is plenty of parking on site. You will be issued with a token as you come in which will need to be validated at reception before you leave. Parking is £2.80 for up to 4 hrs, or £3.70 for all day. There is a café but this can be busy so please ensure swimmers have sufficient food and drinks to get them through the meet. We will also have Bishops Stortford Supplies selling swimming items such as goggles, swimsuits etc.,

At the meet:

- No outdoor shoes or jeans to be worn poolside.
- Swimmers must be dry, wear a polo shirt/ t-bag & suitable footwear in any areas outside poolside.
- Please be aware that no large swim bags will be permitted poolside. Each swimmer may take 1 small bag poolside. We suggest that all swimmers use the lockers £1 returned.
- Swimmers will have access to the changing area from 12.00pm. Parents will not be allowed past the changing room entrance.
- Swimmers are prohibited from taking any photographs within the changing room area.

On the day:

If for any reason you are unable to swim please could you let your coach know as soon as possible but also email me at hoddesdonscgaldas@gmail.com by 12pm on Friday 23rd of June. After this time withdrawals will need to be done via your coach. If you have been rejected from either the 100IM or 200IM then your coach will be contacted if a space becomes available on the day or beforehand if known.

Any changes in information will be available via <https://twitter.com/HoddSC> or our [f](https://www.facebook.com/HoddesdonSwimmingClub) <https://www.facebook.com/HoddesdonSwimmingClub>

We are looking forward to welcoming you and your swimmer on the 16th. If you have any problems or questions on the day please look for a helper in a red t-shirt.

Many thanks

Anna

Anna Baker

Open Meet Manager

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