

City of Cambridge Swimming Club
Jeanne Barker July Open 2017
Saturday 15th and Sunday 16th July, 2017

Parkside Pools, Gonville Place, Cambridge, CB1 1LY

TIMINGS

Saturday 15th July:

Warm-up for Session 1 will start at 12pm and racing at 1pm

Warm-up for Session 2 will start at 4.30pm and racing at 5.30pm

Sunday 16th July:

Warm-up for Session 3 will start at 11am and racing at 12pm

Warm-up for Session 4 will start at 3.30pm and racing at 4.30pm

Warm up and racing start times for Sessions 2 and 4 may be subject to change – please listen for announcements on the day. Please note however that they will not start earlier than published in the programme.

SWIMMERS MUST WITHDRAW FROM EVENTS THAT THEY NO LONGER WISH TO SWIM

Withdrawals should be made via email to meets@cocsc.org.uk by midnight on Thursday 13th July, 2017 stating the event number, full name, date of birth, entry time and club.

Any on the day withdrawals **must** be made by coaches or the club representative one hour prior to the start of the first event in each session. Withdrawal forms will be included in the coach packs; completed forms should be given to the meet promoter or volunteer co-ordinator via the computer desk.

Swimmers failing to attend the start of a heat without withdrawing will incur a £10 penalty, which must be paid by the swimmer or the club before the swimmer is allowed to participate further in the meet.

Any queries should please be addressed to the meet promoter, NOT the computer operators or helpers. Where possible, queries should be made by the club representative or coach.

SPECTATORS

Entry fees are as follows:

Spectators £3.00 per session or £5.00 per day

Programmes £3.00

OAPs, carers of disabled spectators and children under 16 are free.

Please be aware that no additional seating is allowed on poolside, you will also not be allowed to bring portable seats onto the balcony or use blankets for picnic areas as this blocks the fire escape route. GLL staff will require spectators to remove any additional seating on the balcony and poolside.

SWIM SHOP

We will have a Swim Shop available at the Gala run by Stortford Sport Supplies:

<http://www.stortfordsportssupplies.co.uk>

PARKING

Please be aware that Parkside Pool is in the centre of Cambridge – neither GLL nor CoCSC are responsible for the cost of car parking. Parking is available in the Queen Anne Car Park next to Parkside pools. Parking and traffic in Cambridge can be very busy. Please allow enough time to get to the pool, and as an alternative please consider using the Grafton Centre or Grand Arcade car parks (both are located approximately 10 minutes' walk from the pool) or alternatively one of the several Park & Ride sites across the City – for information including live parking updates and spaces go to:

<https://www.cambridge.gov.uk/car-parks-map>

<http://cambridgeparkandride.info>

N.B. ON SUNDAY THERE WILL BE ROAD CLOSURES DUE TO THE RACE FOR LIFE – PARKING WILL ALSO BE EXCEPTIONALLY BUSY ACROSS ALL CAMBRIDGE CAR PARKS. SEE OUR WEB SITE FOR MORE INFORMATION:

<http://www.cocsc.org.uk/jb2017meetpage.html>

We wish you all a happy and successful weekend of racing!
City of Cambridge Swimming Club.

Meet Programme

Session 1 Saturday 15th July

Warm-up 12pm
Start 1pm

1	200m IM	Female
2	50m Breaststroke	Male
3	50m Butterfly	Female
4	200m Backstroke	Male
5	200m Breaststroke	Female
6	100m Butterfly	Male
7	100m Freestyle	Female

Session 2 Saturday 15th July

Warm-up 4.30pm
Start 5.30pm

8	50m Freestyle	Male
9	50m Backstroke	Female
10	100m IM	Male
11	200m Freestyle	Female
12	200m Butterfly	Male
13	100m Backstroke	Female
14	100m Breaststroke	Male

Session 3 Sunday 16th July

Warm-up 11am
Start 12pm

15	200m IM	Male
16	50m Breaststroke	Female
17	50m Butterfly	Male
18	200m Backstroke	Female
19	200m Breaststroke	Male
20	100m Butterfly	Female
21	100m Freestyle	Male

Session 4 Sunday 16th July

Warm-up 3.30pm
Start 4.30pm

22	50m Freestyle	Female
23	50m Backstroke	Male
24	100m IM	Female
25	200m Freestyle	Male
26	200m Butterfly	Female
27	100m Backstroke	Male
28	100m Breaststroke	Female

***Timings noted above are indicative, and may alter slightly.
Final timings will be confirmed shortly before the meet.***