

City of Cambridge Swimming Club

Cambridge Grand Prix

Friday 29th, Saturday 30th September and Sunday 1st October, 2017

VENUE LOCATION

Parkside Pools, 1 Gonville Place, Cambridge, CB1 1LY

TIMINGS

Friday 29th September :

Warm-up for Session 1 will start at 6.15pm and racing at 7.00pm

Saturday 30th September:

Warm-up for Session 2 will start at 8am and racing at 9am

Warm-up for Session 3 will start at 11.00am and racing at 12.00pm

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

Sunday 2nd October:

Warm-up for Session 5 will start at 8am and racing at 8.45am

Warm-up for Session 6 will start at 11.00am and racing at 12.00pm

Warm-up for Session 7 will start at 3.45pm and racing at 4.45pm

Warm up and Session start times for Sessions 3, 4, 6 and 7 may be subject to change – please listen for announcements on the day. Please note however, they will not start earlier than published in the programme.

Lockers – Parkside Pools lockers only take an OLD £1 coin – bags are NOT allowed poolside – non-refundable tokens can be bought at reception

Please find attached a full event running order for the weekend.

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 Weds 27th September, 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 1 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 promotor 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 £4.00 per session or £10.00 per day

Programmes £4.00

OAPs 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.

SWIMSHOP

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

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

PARKING

Parking is available in the Queen Anne Car Park next to Parkside pools. Unfortunately free weekend parking in local streets is no longer available. 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):

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

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

Meet Programme

Session 1 – Friday 29th September

Warm-up 6.15pm

Start 7.00pm

Event 101	400 Freestyle	Female
Event 102	400 IM	Male

Session 2 – Saturday 30th September

Warm-up 8am

Start 9am

Event 201	200 Freestyle	Male
Event 202	200 Freestyle	Female

Session 3 – Saturday 30th September

Warm-up 11.00am

Start 12.00pm

Event 301	100 Freestyle	Male
Event 302	200 Backstroke	Female
Event 303	200 Butterfly	Male
Event 304	100 Butterfly	Female
Event 305	50 Backstroke	Male
Event 306	50 Breaststroke	Female

15 minute break before Finals

FINALS – Saturday 30th September

Event 307	100 Freestyle	Male
Event 308	100 Freestyle	Male
Event 309	100 Butterfly	Female
Event 310	100 Butterfly	Female
Event 311	50 Backstroke	Male
Event 312	50 Backstroke	Male
Event 313	50 Breaststroke	Female
Event 314	50 Breaststroke	Female

Session 4 - Saturday 30th September

Warm-up 3.30pm

Start 4.30pm

Event 401	200 IM	Male
Event 402	50 Freestyle	Female
Event 403	50 Butterfly	Male
Event 404	100 Backstroke	Female
Event 405	100 Breaststroke	Male
Event 406	200 Breaststroke	Female

15 minute break before Finals

FINALS - Saturday 30th September

Event 407	50 Freestyle	Female
Event 408	50 Freestyle	Female
Event 409	50 Butterfly	Male
Event 410	50 Butterfly	Male
Event 411	100 Backstroke	Female
Event 412	100 Backstroke	Female
Event 413	100 Breaststroke	Male
Event 414	100 Breaststroke	Male

Session 5 – Sunday 1st October

Warm-up 8am

Start 8.45am

Event 501	400 IM	Female
Event 502	400 Freestyle	Male

Session 6 – Sunday 1st October

Warm-up 11.00am

Start 12.00pm

Event 601	100 Freestyle	Female
Event 602	200 Backstroke	Male
Event 603	200 Butterfly	Female
Event 604	100 Butterfly	Male
Event 605	50 Backstroke	Female
Event 606	50 Breaststroke	Male

15 minute break before Finals

FINALS – Sunday 1st October

Event 607	100 Freestyle	Female
Event 608	100 Freestyle	Female
Event 609	100 Butterfly	Male
Event 610	100 Butterfly	Male
Event 611	50 Backstroke	Female
Event 612	50 Backstroke	Female
Event 613	50 Breaststroke	Male
Event 614	50 Breaststroke	Male

Session 7 - Sunday 1st October

Warm-up 3.45pm

Start 4.45pm

Event 701	200 IM	Female
Event 702	50 Freestyle	Male
Event 703	50 Butterfly	Female
Event 704	100 Backstroke	Male
Event 705	100 Breaststroke	Female
Event 706	200 Breaststroke	Male

15 minute break before Finals

FINALS - Sunday 1st October

Event 707	50 Freestyle	Male
Event 708	50 Freestyle	Male
Event 709	50 Butterfly	Female
Event 710	50 Butterfly	Female
Event 711	100 Backstroke	Male
Event 712	100 Backstroke	Male
Event 713	100 Breaststroke	Female
Event 714	100 Breaststroke	Female