

City of Cambridge Swimming Club

Cambridge Grand Prix

Friday 27th, Saturday 28th and Sunday 29th September, 2019

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

Friday 27th September :

Warm-up for Session 1 will start at **6.15pm and racing at 7.15pm**

Saturday 28th September:

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

Warm-up for Session 3 will start at **10.15am and racing at 11.15pm**

Warm-up for Session 4 will start at **2.30pm and racing at 3.30pm**

Sunday 29th September:

Warm-up for Session 5 will start at **8am and racing at 9.00am**

Warm-up for Session 6 will start at **10.30am and racing at 11.30pm**

Warm-up for Session 7 will start at **3.00pm and racing at 4.00pm**

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 £1 coin – bags are NOT allowed.

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

Withdrawals should be made via your Club representative.

Any on the day withdrawals **must** be made by coaches or the club representative via the online withdrawal process one hour prior to the start of the first event in each session. Any queries please speak to 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, 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.

RESULTS

Live results will be available at <http://www.cocsc.org.uk/2019gpmeet/results>

SWIM SHOP

We will have a Swim Shop available at the Gala run by Stortford Sports 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. 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>

PLEASE LEAVE PLENTY OF TIME TO GET INTO CAMBRIDGE AND PARKED

We wish you all a happy and successful weekend of racing!

City of Cambridge Swimming Club

Meet Programme

Session 1 – Friday 27th September

Warm-up 6.15pm

Start 7.15pm

Event 101	200 Freestyle	Female
Event 102	200 Freestyle	Male

Session 2 – Saturday 28th September

Warm-up 8.00am

Start 9.00am

Event 201	400 IM	Male
Event 202	400 Freestyle	Female

Session 3 – Saturday 28th September

Warm-up 10.15am

Start 11.15am

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 28th 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 28th September

Warm-up 2.30pm

Start 3.30pm

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 28th 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 29th September

Warm-up 8.00am

Start 9.00am

Event 501	400 IM	Female
Event 502	400 Freestyle	Male

Session 6 – Sunday 29th September

Warm-up 10.30am

Start 11.30am

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 29th September

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 29th September

Warm-up 3.00pm

Start 4.00pm

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 29th September

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