

City of Cambridge Swimming Club
Jeanne Barker July Open 2019
Saturday 13th and Sunday 14th July, 2019

Parkside Pools, Gonville Place, Cambridge, CB1 1LY

TIMINGS

Saturday 13th July:

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

Warm-up for Session 2 will start at 4.10pm and racing at 5.00pm

Sunday 14th July:

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

Warm-up for Session 4 will start at 3.10pm and racing at 4.00pm

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 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. 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.

RESULTS

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

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>

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

Saturday 13th 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 13th July

Warm-up 4.10pm

Start 5.00pm

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 14th 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 14th July

Warm-up 3.10pm

Start 4.00pm

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.***

Warm-up Procedures

Please note the following procedures that will be employed for the warm-up of each session:

- Lanes 1, 3, 5, 7 – clockwise.
- Lanes 2, 4, 6, 8 – anti-clockwise.
- The depth of the pool is 1.2m at the shallow end and 1.8m at the deep end.
- There will be three 15-minute warm-up periods each session.
- Warm-ups are coach-led in the assigned lanes listed below. Clubs that are sharing lanes need to coordinate their use of the three periods so that there are under 11 swimmers per lane per 15-minute warm-up period.
- Dive starts are allowed under the instruction of the coaches at any time during warm-up.
- Please keep moving to ensure everyone is able to warm up.
- To avoid congestion, coaches should ensure swimmers leave the pool promptly at the end of each warm-up period.

Session 1 – Saturday 13th July	
Times: 12.00-12.15; 12.16-12.31; 12.32-12.47	
Lane	Teams
1	Cambridge / Royston
2	Cambridge / Royston
3	Cambridge / Royston
4	Cambridge / Royston
5	Milton Keynes
6	Chatteris / West Suffolk
7	Colchester / Ely / Sudbury
8	Bottisham / St Neots Bishop's Stortford* / F S Godmanchester* Hatfield* / Hoddesdon* / Rotterdam*

Session 3 – Sunday 14th July	
Times: 11.00-11.15; 11.16-11.31; 11.32-11.47	
Lane	Teams
1	Cambridge / Bottisham
2	Cambridge / Bottisham
3	Cambridge / Bottisham
4	Cambridge / Bottisham
5	Milton Keynes
6	Ely / St Neots
7	Sudbury / West Suffolk
8	Chatteris / Royston / Basildon Phoenix* Bishop's Stortford* / Colchester* / Hatfield* Hoddesdon* / Rotterdam*

Session 2 – Saturday 13th July	
Times: 4.10-4.25; 4.26-4.41; 4.42-4.57	
Lane	Teams
1	Cambridge
2	Cambridge
3	Cambridge
4	Cambridge
5	Milton Keynes
6	Chatteris / Royston
7	Colchester / Ely / West Suffolk
8	Bottisham / St Neots / Sudbury Basildon Phoenix* / Bishop's Stortford* Hatfield* / Rotterdam* / Wisbech*

Session 4 – Sunday 14th July	
Times: 3.10-3.25; 3.26-3.41; 3.42-3.57	
Lane	Teams
1	Cambridge / St Neots
2	Cambridge / St Neots
3	Cambridge / St Neots
4	Cambridge / St Neots
5	Milton Keynes
6	Ely / Sudbury
7	Bottisham / West Suffolk
8	Royston / Chatteris / Bishop's Stortford* Colchester / F S Godmanchester* / Hatfield* Hoddesdon* / Rotterdam* / Wisbech*

* Individual Entries (1 or 2 swimmers)