

City of Cambridge Swimming Club
Cambridge Spring Open 2019
Friday 29th, Saturday 30th and Sunday 31st March, 2019

VENUE LOCATION

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

TIMINGS

Friday 29th March:

Warm-up for Session 1 will start at 6pm and racing at 7pm

Saturday 30th March:

Warm-up for Session 2 will start at 11.45pm and racing at 12.45pm

Warm-up for Session 3 will start at 3.45pm and racing at 4.45pm

Sunday 31st March:

Warm-up for Session 4 will start at 11am and racing at 12.00pm

Warm-up for Session 5 will start at 3.00pm and racing at 4.00pm

Warm up and Session start times for Sessions 3 and 5 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.

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 27 March, 2019 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 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 Catherine Pearson, 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.

Swimmers WILL NOT be allowed poolside until 15 minutes before warm-up.

Spectators WILL NOT be allowed entry to balcony until 15 minutes before warm up. Please do not congregate with children in the foyer as this will be very busy – spectators please queue on the balcony.

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 on SUNDAY only:

<http://www.stortfordssportssupplies.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 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>

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

Meet Programme

Session 1

Friday 29th March

Warm-up 6pm - Start 7pm

101	50m Butterfly	Female
102	50m Butterfly	Male
103	50m Backstroke	Female
104	50m Backstroke	Male
105	50m Breaststroke	Female
106	50m Breaststroke	Male

Session 2

Saturday 30th March

Warm-up 11.45am - Start 12.45pm

201	400m Freestyle	Male
202	100m Breaststroke	Female
203	100m Breaststroke	Male
204	200m Butterfly	Female
205	200m Butterfly	Male
206	50m Freestyle	Female

Session 4

Sunday 31st March

Warm-up 11am - Start 12.00pm

401	400m Freestyle	Female
402	100m Butterfly	Male
403	100m Butterfly	Female
404	200m Breaststroke	Male
405	200m Breaststroke	Female
406	50m Freestyle	Male

Session 3

Saturday 30th March

Warm-up 3.45pm - Start 4.45pm

301	400m IM	Female
302	200m IM	Male
303	100m Freestyle	Female
304	100m Freestyle	Male
305	200m Backstroke	Female
306	200m Backstroke	Male

Session 5

Sunday 31st March

Warm-up 3.00pm - Start 4.00pm

501	400m IM	Male
502	200m IM	Female
503	100m Backstroke	Male
504	100m Backstroke	Female
505	200m Freestyle	Male
506	200m Freestyle	Female