



S.A.S.A North District

NOTES FOR COACHES

◆ **Coach Packs**

These can be collected on arrival from the reception desk in the foyer

◆ **Warm Ups**

Arrangements are contained overleaf. Please supervise your swimmers at all times during the warm up and follow the instructions of the announcer. Warm-up supervisors may be appointed at this meet to ensure safe conduct during the warm up and that swimmers enter and exit the warm up at the allotted times. No diving into the pool during warm-up except in the designated lanes during the one-way sprints.

Please note that the turn end is 1.0m deep and entry must be with caution.

If you have any concerns about the warm ups please contact the Meet Convenor.

◆ **Changing Village**

Please ensure that your swimmers do not leave their belongings in the cubicles in the changing rooms and that they use the lockers provided. Lockers in use must be locked. Lockers take £1 coins.

There should be no changing anywhere other than in the changing village.

Mobile phones must not be used at all in the changing village, toilets or shower areas.

◆ **Seating and Poolside Team Management**

Seating may be limited during some sessions but will not be allocated to teams. Teams are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of each competition day. Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them. Glass bottles or containers are not permitted in the pool hall – this includes any spectator area.

Please ensure that your team does not at any time block emergency exits or access around the pool.

◆ **Withdrawals**

Withdrawals should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders no later than the start of each warm up ie first session withdrawals by 9.00am on Saturday. Withdrawal forms must be updated accordingly at the start of each session warm-up thereafter. Please note withdrawals for the whole session must be done at the start of the session warm up regardless of the fact that there will be an interim warm-up.

◆ **Marshalling**

There will be marshalling. All swimmers must attend marshalling before their events and are advised to attend in good time. The start of a race will not be delayed for absent competitors and swimmers who have not presented themselves to the marshals prior to their heat leaving at the first marshalling area will not be permitted to swim and will be treated as a late withdrawal and fined accordingly. Reserves must marshal unless they have withdrawn.

◆ **Photography and Mobile Phones in the Pool Hall**

Permission must be sought to take photographic images during this meet. Please apply to the Meet Convenor on the appropriate form. There should be no flash photography at any

time and photography from the pool deck is at the discretion of the Meet Convenor and permission must be sought.

In the pool hall mobile phones must be silenced and no calls are permitted by the facility. Mobile phones can only be used to take photographs if permission has been sought and approved.

◆ **Medals**

Medals will be awarded to first, second and third in each event. These will not be presented but instead can be collected from the designated medal collection desk.

◆ **General**

All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct. Please ensure that your team is aware of this.

Different people have authority and overall responsibility for the running of the meet at different stages. The list below shows whom you should approach with any queries, concerns or complaints during the various stages of the meet.

Prior to Start of Competition	Meet Convenor	Lorena Buchan
During Competition	Session Referees	Saturday
		Durno Jessiman
	Sunday	Brian Hendry
		Dianne Smith
Between Competition Sessions	Meet Convenor	Lorena Buchan
End of Competition	Meet Convenor	Lorena Buchan

☺We hope that you all have a successful and enjoyable weekend! ☺

◆ **Warm-up Information**

Saturday	Session 1	9.00 – 9.30am	Boys
		Intermediate warm up commences approx. 10.50am*	Girls
	Session 2	1.30 – 2.00pm	Boys
		Intermediate warm up commences approx. 3.10pm*	Girls
Sunday	Session 3	9.00 – 9.30am	Boys
		Intermediate warm up commences approx. 10.45am*	Girls
	Session 4	1.30 – 2.00pm	Boys
		Intermediate warm up commences approx. 3.05pm*	Girls

*The intermediate warm up in each session will be of 25 minute duration. These warm up sessions are not timetabled and may be earlier or later than the times shown here and in the meet information. They will commence when announced on the completion of the first set of heats.

15 minutes interim warm up	Lanes 1-6	All - continuous swimming (no diving)
		Lanes 1,3,5 Clockwise
		Lanes 2,4,6 Anticlockwise
Final 10 minutes	Lane 1 and 2	1 way sprints (pace from a dive)
	Lane 3 and 4	Continuous swimming (no diving)
	Lanes 5 and 6	Pace lanes (from a push – no diving)