



Welcome and thank you for supporting the second of our Waves Winter Meet. Thanks to all clubs for providing officials. These meets are designed for everyone to have fun and keep things relaxed.

Meet Director: Kay Alexander, ph:021993104

Entries: 104 Athletes, 371entries.

Approx session length: 4.30pm – 6.53pm

Warm up: Lane 1 for 10 and under.
Lane 2-7 – General lanes. No diving, feet first entry only.
Lane 8 for Sprints from 4.00 to 4.25pm

Warm down: No warm down lanes have been allocated

Marshalling

Please Note that we have moved this series of meets onto a “self-marshalling” basis. This means that the swimmers are responsible for assembling in the Marshalling Area – this is the normal area on the Leisure Pool side under the 3m Diving Board – and then moving out onto the pool deck when their heat is due without being ticked off and then called by a Marshall.
Many major meets internationally are run this way.

To assist with using this system we will have the Meet Programme displayed on a white board in the Marshalling Area and we will have Matthew Heaton in attendance calling the each Event and Heat as they occur.

Please explain this change in procedures to your swimmers and if you have any queries, our Meet Director, Kay Alexander will be happy to assist.

Spot Prizes: Spot prize of \$100.00 to be presented prior to Duel in the Pool

Team Briefing Meeting

There will be no team managers meeting

Out of bounds areas:

Please could all managers ask their swimmers to not walk past the referee / start area as this can be distracting to the starter and the swimmers competing.

Please **scratch any swimmers** but please remember as stated in flyer that no refunds will be issued following the Psych Sheets being published.

Starts:

There will be over the top starts. Please could managers assist by telling newer swimmers to move to the side of the lane and hold onto lane ropes during the start of the next race. Once race has started the swimmer can exit the pool.