

Before the event:

- Please check the website at in the lead up to the gala, and on the morning of the gala before setting off – all relevant information and latest news will be posted here:
<https://southeastsschoolswimming.org.uk/diary.html?opt=detail&id=193>
- **Team Sheet:** Complete and bring with you the Team sheet (Swimmer nomination form available for download from the above link) with swimmers' names and date of birth.
- **Withdrawals:** Please advise me if you know you are going to withdraw a team – if known in advance this may save some valuable time on the day.
- **Covid:** Please ensure that swimmers, staff or volunteers that are exhibiting symptoms, or that have been in close contact with others that are suffering do not attend the gala.

Arrival:

- **Parking:** Please be aware that the car park is pay before exit. There is no exemption for this gala. Details available at <https://www.horsham.gov.uk/parking/horsham-town-centre-parking/pavilions-car-park>. Pay by cash or card at the machine before leaving — **Please ensure you have entered the vehicle registration correctly** when making payment.
- **Entry to the building:** If you arrive early, please respect the other users of the centre and avoid blocking the facilities/walkways and keep noise to a minimum. There is a reasonable amount of room in the reception area of the pool, however this will fill rapidly with the number of schools we have participating. We should be allowed into the changing area from 12:00.
- **Covid:** Please do not enter the building until 12:00, and then proceed straight to the changing rooms. If the café is open then it would be acceptable to enter slightly earlier to use their facilities, but please do not allow excessive crowds to build.
All the Covid Restrictions at the centre have now been lifted. Facemasks are not mandatory, but customers are more than welcome to still wear these if they feel more comfortable. Please follow the guidelines of your own school.
- **Bags/personal items:** Please ensure swimmers use the lockers to store their bags as there will be limited space poolside. The lockers accept £1 coins. Bags on poolside should be small drawstring or equivalent – schools with excessive bags poolside will be asked to remove them to the lockers to leave space for swimmers.
- **Registration:** The team manager should register at the poolside desk (start end of the pool) and hand in their team sheet.
- **Volunteers/Officials:** Please report poolside at the desk near the start end.
- **Teams:** Swimmers should find a space poolside or in the first row of the spectator area.

WET SWIMMERS ARE NOT ALLOWED INTO THE SPECTATOR AREA BEYOND THE FRONT ROW AT ANY TIME. The steps become EXTREMELY TRECHEROUS when wet. Numbers have been reduced and the events separated into two halves, each with their own warm-up, to avoid any wet swimmers having to use the spectator area.

Warm-up:

- Warm-up will be run in accordance with the schedule that will be uploaded to the website on Tuesday before the gala. – This year each slot is 20 minutes. All warm-up sessions should be under the control of the school's team manager..
- There is little spare capacity so if you arrive late and miss your slot, please talk to the warm-up marshal. Please make sure you are ready at the start of your session and vacate the lane promptly when your session finishes. Unfortunately, I am unable to swap sessions around so please make every effort to make your slot.
- There is to be **no diving during warmups unless announced by the warm-up marshal.**

- Lanes have mixed schools and Gender/Age Group
 - please plan accordingly
 - I have kept schools together or in adjacent lanes in the same time slot where possible
 - where School has multiple lanes and shares one with another school, please choose appropriate team to use shared lane.
 - If you can negotiate a better sharing of the lanes around you (e.g. to keep older swimmers together) that is fine provided all schools involved are happy.
- Please ensure swimmers leave the pool to the sides and **DO NOT** climb over the pads. These can become loose and cause a hazard or can be damaged at considerable expense to repair.

During the Gala:

- Marrelling: To avoid groups of swimmers hanging around in the marrelling area, there will be no central marrelling this year.
 - Teams are to make sure they are available to swim at the end of their lane in time for their event. Please listen to announcements and anticipate the natural sequence of events. **This is a team manager's responsibility.**
 - Swimmers in leg 1 & 3 of the relay should report to the starting end of the pool, swimmers in leg 2 & 4 should be at the end of their lane at the shallow end of the pool.
 - Due to limited space they should not go too early, and if they are late they may miss their event. There should be space for them to take their position immediately after the start of the preceding race.
- No flash photography is to be used at the start of any Heat.
- Swimmers must be quiet and still at the start of each Heat.
- We may be using 'over-the-top' starts for Freestyle events. When the last swimmer in a relay team has completed their swim, they should remain in their lane and hold on to the lane rope and await the start of the next event, or instruction from the referee. The pool will be cleared before the start of a Medley event.
- Disqualifications will be announced as soon as practical; clarifications/protests should await the end of the gala to ensure that we can get through the entire programme in the time available.

After the Gala:

- Please tidy up the area around where your team have been based.
- We try hard to run this event efficiently and fairly, but there are always lessons to be learned. If you have any comments (positive or negative) please pass them back to Phil Williams by email. Please keep them constructive.
- We rely heavily on volunteers to make this event run, many of these have no direct association with a school and give up their own time to help. Please take a little time to let them know you appreciate it.
- We hope to have provisional results available immediately, but this is subject to available help on the day. Official results will be emailed to schools within a day or two. Medals will be available for collection if we can confirm the results on the day, or will be posted to Sussex schools placed in the top 3 of each event after adjustment for out of area swimmers.
- Qualifiers for the South East round will be advised as soon as possible. The South-East round takes place on **Saturday 7th May** at the Spectrum pool, Guildford. The national Final is to be held on **18th June** at the Ponds Forge Pool, Sheffield.

Contact details:

- Should you need to contact the organisers on the day, please text Phil Williams; I am likely to be travelling or busy with the event so unable to take your call immediately, but I will call you back if you leave a number:

Phil Williams: 07740 102806

