



SOUTH TYNESIDE SWIMMING CLUB

Annual Club Championship
Sunday 8th December 2019
Haven Point, South Shields

Admission to the Spectator Gallery and access to Haven Point Changing Village will be from 12.45pm. Changing for swimmers aged 8 to 10 years of age will be available in the group change areas of the Changing Village. We remind all parents that only swimmers under 8 years of age may be accompanied into the changing area. No outdoor footwear is allowed in the changing areas or on poolside. Swimmers entered in 25m and 50m events need to be on poolside ready for warm-up at 1pm.

Please can all swimmers put non-essential items in a locker (£1 refundable) and take only the bare minimum onto poolside ie kit to keep warm between events, towel, water bottle and food/snacks. Please remember to mark all items with your child's name or Squad Number so any mislaid items can be easily returned.
Electronic devices will NOT be allowed on poolside.

Please ensure your child has a t-shirt or towel to keep them warm on poolside. There will be no access to poolside from the Spectator Gallery for either swimmers or parents and no parents will be allowed onto poolside. STSC Coaches/Teachers and volunteers on poolside and in areas of the Changing Village will ensure all swimmers are safe and happy. We request that all swimmers remain on poolside between their events.

Warm-up will be split into two time slots:-

1.00pm to 1.15pm

Lane 1 - 3	Learn to Swim	Continuous Swimming 1.00pm – 1.15pm
Lane 4 - 8	D & DD Squads	Continuous Swimming 1.00pm – 1.10pm Dive Starts from Changing Village end of pool 1.10pm – 1.15pm

1.15pm to 1.30pm

Lane 1 - 2	A, B, C, P & Sprint Squads	Continuous Swimming 1.15pm – 1.30pm
Lane 3 - 8		Continuous Swimming 1.15pm – 1.25pm Dive Starts from Scoreboard end of pool 1.25pm – 1.30pm

Events will commence at 1.35pm.

The 5m/10m events should start around 4.10pm. Swimmers entered in these events need to be changed and on poolside between 3.45pm and 4.00pm so they can be marshalled into heats ready for their event. During this time they will be able to view some of the other events. For the 5m/10m events the pool floor will be raised and older squad swimmers will be in the water to ensure the safety of all those taking part.

The Parade is estimated to be held around 5pm. All 5m/10m competitors will receive their medal at this time and all swimmers will receive a prize. We encourage all swimmers to be on poolside to take part in the Parade regardless of which events they are competing in. After the Parade parents of small pool lesson swimmers can collect their child from within the Changing Village. All other swimmers please return to poolside so swimming can commence as soon as possible.

We wish all our swimmers good luck and hope swimmers, spectators and volunteers all have a great day.

STSC Committee