

North Lancs Swimming & Water Polo Association
Level 2 Meet 2023

Withdrawals must be made on an official withdrawal form (available at the pool) or to Janice Whittle by text to mobile number **07951 652410** on from Thursday 28th September
To help the event run smoothly withdrawals must be made no later than 45 minutes before the start of a session.

Please withdraw in time to avoid empty lanes.

Warm Up Session 5	9:00 - 9:30 am - Mixed 1500 m	3 lanes
	9:00 – 9:15 am – Girls 9/10/11 years	5 Lanes
	9:15 – 9:30 am – Girls 12/over	5 lanes
	9:30 – 9:45 am – Boys 9/10/11 years	All Lanes
	9:45 – 10:00 am – Boys 12/over	All Lanes

Start as soon after 10:00 am as possible.

Warm Up Session 6	1:30 – 1:45 pm – Girls 9/10/11 years
	1:45 – 2:00 pm – Girls 12/over
	2:00 – 2:15 pm – Boys 9/10/11 years
	2:15 – 2:30 pm – Boys 12/over

Start as soon after 2:30 pm as possible.

Swimmers are under the supervision of their coaches and team managers.

- There is a café facility in the reception area of the centre.
- Swimmers will be marshalled in the school changing rooms near the changing village.
- **No photography in the facility (centre policy)**
- No parents/carers allowed in the changing rooms.
- **Coaches and poolside personnel will be able to access poolside at 8:30 am.**
- Please advise your swimmers and parents/carers not to arrive too soon. No need to arrive before 8:15 am

Janice Whittle