

North Lancs Swimming & Water Polo Association
Level 2 Meet 2023

Thank you for your entries to the NL 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 14TH 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 1	9:00 - 9:30 am	Mixed 800m	Lanes 1 - 3
	9:00 – 9:15 am	Boys 9/10/11 years	Lanes 4 - 8
	9:15 – 9:30 am	Boys 12/over	All Lanes
	9:30 – 9:45 am	Girls 9/10/11 years	All Lanes
	9:45 – 10:00 am	Girls 12/over	All Lanes

Start as soon after 10:00 am as possible.

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

Start as soon after 2:30 pm as possible.

Warm Up Session 3	9:00 – 9:15 am	Boys 9/10/11 years
	9:15 – 9:30 am	Boys 12/over
	9:30 – 9:45 am	Girls 9/10/11 years
	9:45 – 10:00 am	Girls 12/over

Start as soon after 10:00 am as possible.

Warm Up Session 4	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.
- There is a training session taking place prior to the gala.
- **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