

SOUTH TYNESIDE 2024 SPRING MEET



FINAL MEET INFORMATION

On arrival, each club will be allocated an area either poolside at the main pool, swim down pool or in a group changing area.

The leisure waters at Haven Point will remain open to the public throughout the event, gala swimmers are not permitted to enter the leisure waters and must remain in their allocated area or the swim down pool when not in the main pool hall. In line with Swim England policy, **mobile phones must not be used in the changing areas**

We kindly request that no large kit bags are taken onto the poolside and swimmers make use of the lockers where possible and only take a small drawstring bag or suitable equivalent onto poolside. The STSC volunteers on the medal table will be able to provide a locker token, or swimmers can use a £1 coin which is refundable.

There is no spectator access to the poolside or changing village and swimmers must not access the spectator area from the poolside steps.

A reminder that we are unable to offer a swim down facility for the Friday evening session.

Warm Up Times

Session	Start	Finish	Groups
Session 01	17:30	17:55	Mixed Open
Session 02	07:50	08:05	Male/Open 09,10,11,12
	08:05	08:20	Female 12,13
	08:20	08:35	Female 14/ov, Male/Open 14/ov
	08:35	08:50	Female 09,10,11
Session 03	12:55	13:10	Male/Open 09,10,11,12
	13:10	13:25	Female 12,13
	13:25	13:40	Female 14/ov, Male/Open 14/ov
	13:40	13:55	Female 09,10,11
Session 04	07:50	08:05	Female 09,10,11
	08:05	08:20	Female 12,13
	08:20	08:35	Female 14/ov, Male/Open 14/ov
	08:35	08:50	Male/Open 09,10,11,12
Session 05	12:55	13:10	Female 09,10,11
	13:10	13:25	Female 12,13
	13:25	13:40	Female 14/ov, Male/Open 14/ov
	13:40	13:55	Male/Open 09,10,11,12

We aim to allow swimmers, coaches & team managers into the venue approximately 15 minutes before each warm-up session and spectators as warm-up is starting. Please bear this in mind when timing your arrival, especially on Friday when we have a limited amount of time to setup after public swimming has finished.

In the water starts

We will be using over the top starts and in the water starts for backstroke to help keep the meet running to schedule. We'd be grateful if all coaches and team managers could brief their swimmers to hold onto the lane ropes away from the touch pads and do not obstruct the starting swimmer after each race, unless they are instructed to clear the pool.

Withdrawals

Please notify the timing suite of any withdrawals at least 1 hour before the start of each session. Any withdrawals from the 800/1500m events on Friday must be sent to entrymanager@stswim79.co.uk by midday on Friday

Live Results

We will be running a live results service – this can be accessed via the following link:

<https://stswim79.co.uk/liveresults/>

A draft programme we be published here soon and start lists will be made available shortly before the start of each session.

Spectator Information

Spectator entry and capacity will be monitored via wristbands. Please ensure your wristband is visible or shown when entering the spectator area.

Spectator fees will be as follows, card/cash accepted.

- Friday £4
- Saturday/Sunday £8 all day

For spectators only attending the morning or afternoon session or a limited number of events, wristbands can be passed onto other members of your club.

Swim Shop

NESS swimwear will be attending the meet and operating from the floor space on the ground floor outside the changing village

Allergies

We have been informed that there will be one or more swimmers in attendance at the meet with a severe nut, coconut, sesame and kiwi allergy so we kindly ask that none of these foods are taken poolside.