



West Norfolk Swimming Club

Affiliated to ASA East Region

Norfolk County ASA, RLSS

Mini Meet Series 2017-18 Information Pack

3rd June, 21st October, 18th November & 6th January

Entries & withdrawals

All accepted entries can be viewed on the website www.westnorfolksc.co.uk Withdrawals can be emailed to l.addis136@btinternet.com up until 8pm on the Friday before each round. After this time, all withdrawals must be made on the withdrawal form in the Coaches pack and handed in to the timing desk. Withdrawals for each round will close at 5.45pm.

Coaches packs

These will be available from the door on the day of each round.

Session times & Access to the facilities

Alive St James' Pool is a relatively small facility and space is limited, please note the time at which we will be able to give swimmers and spectators access to the building. Until this time you will be asked to wait outside as there isn't any room in the reception area.

	Access to the building from	Warm Up	Withdrawals by	Session Starts
Every round*	5.20pm	5.30-5.55pm	5.35pm	6pm

***Please note that on 3rd June the Alive St James Pool are holding a large public event prior to our Mini Meet, we may be delayed in accessing the building and starting warm up by 10 minutes on this date. Please be patient, we will keep any delays to a minimum.**

Warm up

Warm up for each session will be 25minutes. Clubs have been allocated set lanes to use at their Coaches discretion.

Lane 1 - Hunstanton

Lane 2 – Norwich Swan

Lane 3 – Norwich Swan

Lane 4 – St Felix

Lane 5 – West Norfolk

Lane 6 – West Norfolk

Bag stores / lockers

Swimmers bags are not allowed on poolside as per the Pool Operators conditions of hire. Lockers are available in the changing rooms (20pence piece non-returnable).

Spectator seating

Seating for spectators is limited at Alive St James' Pool so please do not bring a large entourage with you.

Admission Fee: £3 per round

Programme: Free

We will be holding a raffle each round, tickets will be available on the door.

Results

Results sheets will be displayed during each round. Within 24hours of the end of each round the results will be available on the West Norfolk Swimming Club website www.westnorfolksc.co.uk

Car parking

There is a multi-storey car park situated opposite the swimming pool which is pay on exit.

Cafes

There is not a café at the swimming pool, limited vending provision is available. King's Lynn town centre has numerous coffee shops and is a 5-minute walk from the swimming pool.

There is also a large park across the road from the swimming pool which is nice to get some fresh air in should you arrive early and the weather allows!