



Website: [www.harrowswim.info](http://www.harrowswim.info) Email: [events@harrowswim.com](mailto:events@harrowswim.com)

## BOROUGH OF HARROW SUMMER OPEN 2022

Under Swim England Laws & Technical Rules of Swimming - LICENSED MEET NUMBER – 3LR220764

### SATURDAY 18<sup>TH</sup> & SUNDAY 19<sup>TH</sup> JUNE 2022

BARNET COPTHALL LEISURE CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX

Timings are approximate and may be adjusted

### IMPORTANT MEET INFORMATION



#### Confirmed Session Times

##### Saturday 18 June

Session 1	Warm Up	2.00pm	Races Start	2.40pm
Session 2	Warm Up	4:30pm	Races Start	5.15pm

##### Sunday 19 June

Session 3	Warm Up	1.00pm	Races Start	1.40pm
Session 4	Warm Up	3.30pm	Races Start	4.15pm

#### Poolside Access

Only Swimmers and those with coaches/poolside passes can access poolside. Swimmers can access the changing rooms prior to warm up but the pool will not be accessible before warm up start time

#### Poolside Space

The new pool at Barnet has less space poolside and therefore we ask that swimmers bring only a towel / small bag with necessary items onto poolside and that lockers are used to store other items including large swim bags.

#### Spectators

Seating and entry cannot be guaranteed for all spectators due to restrictions on capacity in this area. Entry to the spectator area is £5 per person / programme included.

#### Covid 19

Please do not attend if suffering from any covid symptoms or if you provide a positive test.

#### Withdrawals & Time Trials

It would be appreciated if withdrawals could be advised to avoid unnecessary empty lanes, either to [events@harrowswim.com](mailto:events@harrowswim.com) prior to the gala or on the day to Dominique who can be found in the timings room (at the end of the spectator gallery) at Barnet. The Deadline for Withdrawals is 5 minutes after the start of the warm up. Time Trials may be available but must be requested prior to warm up for that session and are only available to swimmers already registered for this meet.

## Refreshments

The onsite café & vending machines are closed. Please bring sufficient drinks and refreshments when attending this meet.

## Parking

There is plenty of on-site parking although this can be in demand if events also are being held at StoneX Stadium which is adjacent to Barnet Cophall Leisure Centre. Please allow enough time for parking as the venue is also open to the general public.

## Medals

These will be available on the day. As per the conditions of this meet, medals will not be sent on to swimmers/clubs after the conclusion of the meet.

## Officials & Volunteers

Thank you for helping us run this meet. Refreshments are available upstairs in Studio 2 on arrival and also between sessions 1 & 2, and between sessions 3 & 4. The officials briefing will take place approximately 25 minutes prior to the start of each Session (race start).

## Coaches Passes

Coaches Passes can be purchased in advance (£20 per weekend). This includes refreshments, & poolside pass. Only officials and those with coaches passes are allowed poolside.

<b>SESSION 1 – SATURDAY 18 JUNE</b>	
1. 9 & Over Girls	100m INDIVIDUAL MEDLEY
2. 9 & Over Boys	50M BUTTERFLY
3. 9 & Over Girls	50M BUTTERFLY
4. 9 & Over Boys	200M BACKSTROKE
5. 9 & Over Girls	200M BACKSTROKE
6. 9 & Over Boys	100M FREESTYLE
7. 9 & Over Girls	100M FREESTYLE
<b>SESSION 2 – SATURDAY 18 JUNE</b>	
8. 9 & Over Boys	100M INDIVIDUAL MEDLEY
9. 9 & Over Girls	50M BREASTSTROKE
10. 9 & Over Boys	50M BREASTSTROKE
11. 9 & Over Girls	200M BUTTERFLY
12. 9 & Over Boys	200M BUTTERFLY
13. 9 & Over Girls	100M BACKSTROKE
14. 9 & Over Boys	100M BACKSTROKE
<b>SESSION 3 – SUNDAY 19 JUNE</b>	
15. 9 & Over Boys	200M INDIVIDUAL MEDLEY
16. 9 & Over Girls	50M FREESTYLE
17. 9 & Over Boys	50M FREESTYLE
18. 9 & Over Girls	200M BREASTSTROKE
19. 9 & Over Boys	200M BREASTSTROKE
20. 9 & Over Girls	100M BUTTERFLY
21. 9 & Over Boys	100M BUTTERFLY
<b>SESSION 4 – SUNDAY 19 JUNE</b>	
22. 9 & Over Girls	200M INDIVIDUAL MEDLEY
23. 9 & Over Boys	50M BACKSTROKE
24. 9 & Over Girls	50M BACKSTROKE
25. 9 & Over Boys	200M FREESTYLE
26. 9 & Over Girls	200M FREESTYLE
27. 9 & Over Boys	100M BREASTSTROKE
28. 9 & Over Girls	100M BREASTSTROKE