



Website: www.harrowswim.info Email: events@harrowswim.com

BOROUGH OF HARROW REGIONAL QUALIFIER 2024

Under Swim England Laws & Technical Rules of Swimming - LICENSED MEET NUMBER – 3LR240172

SATURDAY 24 & SUNDAY 25 FEBRUARY 2024

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

Timings are approximate and may be adjusted



IMPORTANT MEET INFORMATION

Confirmed Session Times

Saturday 24 February

Session 1	Warm Up	01.00pm	Races Start	01.50pm	
Session 2	Warm Up	04.45pm	Races Start	05.30pm	Est Finish Time 8.30pm

Sunday 3 December

Session 3	Warm Up	10.10am	Races Start	11.00am	
Session 4	Warm Up	01.45pm	Races Start	02.30pm	Est Finish Time 5.30pm

(Sessions 2 & 4 start times may change and finish times are not guaranteed)

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

Due to poolside capacity, 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. There will be no charge for spectators. The Programme can be downloaded from our website from 22/2/2024

Parking

There is 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. **There is now a charge for parking at Barnet Cophall Centre.**

There will be special QR code signs INSIDE THE POOL to pay "regular" parking fee rather than the increased weekend rates. Please do not use the car park machine and only check in at reception and scan the QR codes inside the building.

The QR codes will be displayed in Reception and in the spectator gallery. Any queries, ask at Reception

Refreshments

We cannot guarantee if the onsite café is open when this meet runs. Please bring sufficient drinks and refreshments when attending this meet.

Covid 19

Please do not attend if you test positive for covid 19.

Withdrawals & Time Trials

It would be appreciated if withdrawals could be advised to avoid unnecessary empty lanes, either to events@harrowswim.com prior to the gala or on the day to Dominique/Emma who can be found in the timings room (at the end of the spectator gallery). 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.

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 (£25 per weekend). This includes refreshments, & poolside pass. Only officials and those with coaches passes are allowed poolside.

SESSION 1 – SATURDAY 24 FEBRUARY	
1. 9 & Over Open / Boys	400M FREESTYLE
2. 9 & Over Girls	50M BACKSTROKE
3. 9 & Over Open / Boys	50M BACKSTROKE
4. 9 & Over Girls	200M BREASTSTROKE
5. 9 & Over Open / Boys	200M BREASTSTROKE
6. 9 & Over Girls	100M BUTTERFLY
7. 9 & Over Open / Boys	100M BUTTERFLY
SESSION 2 – SATURDAY 24 FEBRUARY	
8. 9 & Over Girls	200M INDIVIDUAL MEDLEY
9. 9 & Over Open / Boys	50M BREASTSTROKE
10. 9 & Over Girls	50M BREASTSTROKE
11. 9 & Over Open / Boys	200M BACKSTROKE
12. 9 & Over Girls	200M BACKSTROKE
13. 9 & Over Open / Boys	100M FREESTYLE
14. 9 & Over Girls	100M FREESTYLE
SESSION 3 – SUNDAY 25 FEBRUARY	
15. 9 & Over Girls	400M FREESTYLE
16. 9 & Over Open / Boys	50M FREESTYLE
17. 9 & Over Girls	50M FREESTYLE
18. 9 & Over Open / Boys	200M BUTTERFLY
19. 9 & Over Girls	200M BUTTERFLY
20. 9 & Over Open / Boys	100M BREASTSTROKE
21. 9 & Over Girls	100M BREASTSTROKE
SESSION 4 – SUNDAY 25 FEBRUARY	
22. 9 & Over Open / Boys	200M INDIVIDUAL MEDLEY
23. 9 & Over Girls	50M BUTTERFLY
24. 9 & Over Open / Boys	50M BUTTERFLY
25. 9 & Over Girls	200M FREESTYLE
26. 9 & Over Open / Boys	200M FREESTYLE
27. 9 & Over Girls	100M BACKSTROKE
28. 9 & Over Open / Boys	100M BACKSTROKE

SESSION TIMES MAY BE ADJUSTED TO ALLOW THE SMOOTH RUNNING OF THE MEET