



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

County Association of East and London Regions

ESSEX AGE GROUP CHAMPIONSHIPS 2019

COACH INFORMATION

THERE WILL BE NO PARKING IN THE ATHLETIC TRACK CAR PARK AT BASILDON FOR COACHES AT THIS YEAR'S EVENT

Entry for ALL sessions at Basildon is via the Athletic Track Car park only

Poolside entry at Basildon is 10 mins before warm up

Poolside entry at LAC is from 7am

• Entry for ALL sessions at Basildon is via the Athletic Track Car park only

• Fold up chairs are NOT permitted on poolside at any venue

• Hot drinks will be available in the Officials Areas throughout the day at both venues

• Lunch tickets will be provided for Number of Coach Passes applied for- These will be required to gain access to the Officials area where the food will be served during the break- These will be given out upon Coach Registration

• On the FIRST session of each DAY Coaches will be required to Register at the Coach desk this will be located

- Outside the Officials room at Basildon (Coach passes will be issued at FIRST registration)

- In the entrance lobby at LAC (Coaches will be supplied with a Plastic drinks bottle)

IMPORTANT – ALL COACHES MUST REGISTER

*******IMPORTANT NEW FOR 2019*******

Mobile Phones & Other Image Capturing devices are NOT permitted on poolside or in the changing area FOR ANY PURPOSE at any time during this year's competition-

The ONLY exception to this rule is during presentations when ONE representative from each club may take photos of the swimmers on the podium

• All Clubs have a designated seating area at BOTH Pools – ordered by the number of competing swimmers –

CLUBS MUST NOT CHANGE THE ORDER OF THESE AREAS AT ANY TIME

• Any large bags bought onto poolside by swimmers will be removed and placed around the swimdown pool

• Please make sure that you WITHDRAW all non competing swimmers by the specified time on the CORRECT form – 1 event per form only- Failure to withdraw your swimmer will result in a £10 fine per swim – This MUST be paid before your club can compete again

• Coaches on poolside will be provided with ONE programme per club – Start lists will be provided at the beginning of each session – initially ONE start list per club will be provided on the second round other coaches will be provided with a start list

• **MARSHALLING AREA**

Please ensure swimmers are sent to the Marshalling area 1 event in advance ONLY

• **BACKSTROKE**

Please familiarise your swimmers with the Backstroke ledges that will be used in ALL Backstroke events (not relays)

Please also familiarise your swimmers with 'over the top' Backstroke start procedures

- **SWIMDOWN POOL**

The swimdown pool at Basildon will be open throughout each session **SWIMMERS MUST BE SUPERVISED**
THE SWIMDOWN POOL AT LAC WILL BE AVAILABLE DURING THE 2ND SESSION ONLY

- **RELAYS**

There is no separate warm up for Relays at Basildon sessions

Declaration and Withdrawal forms **MUST** be handed in at **START** of warm up

These swimmers will **NOT** go through the Marshalling area at any venue **PLEASE** ensure that your swimmers are in the correct lane and correct order for their swim

- **PRESENTATIONS**

BASILDON

Marshalling for **ALL** presentations (except 1500 & 800) will take place in **THE MAIN MARSHALLING AREA** in the changing rooms- please ensure that your swimmers go straight to the marshalling area and stand behind the correct marker at the end of each session

LAC

Marshalling for presentations of all events at LAC will take place along the side of the swimdown pool- - please ensure that your swimmers go straight to the marshalling area and stand behind the correct marker at the end of each session

Please ensure that **ALL** swimmers wear T-shirts over Swimwear when attending presentations

- **TEAM MANAGERS AT LAC**

Each Club is able to bring with them a Team Manager to LAC only – A declaration form **MUST** be filled out in advance and submitted to essexswimming@btopenworld.com by 20th January 2019

Team Managers will need to report to the Coach Pass desk in the foyer at LAC to receive their Team Manager Pass- entry to poolside will not be permitted without this pass

Team Managers are limited to 1 per club

