



DERBYSHIRE AMATEUR SWIMMING ASSOCIATION

(Affiliated to Swim England East Midland Region)



2018 COUNTY CHAMPIONSHIPS – Information

Health & Safety

It is requested that bags and equipment are kept in lockers. **No swim bags should be taken onto the poolside** (only a small drawstring type bag to hold goggles, towel & a drink will be allowed).

Note that **swimmers must only get changed in the changing facilities (not on poolside or in the sports hall)** swimmers are not to take food on poolside, and no additional chairs are to be taken on to poolside.

Shoes must be worn in all other areas of the leisure centre apart from the pool hall.

- The Fire Alarm is a standard siren with a voice over directing swimmers.
- There are three fire exits situated at either end of the main pool and one at the end of the small pool.
- In the event of an evacuation swimmers will be lined up at the window side of the main pool and should follow the directions of the leisure centre staff. At no point should swimmers return to the changing rooms – foil blankets will be issued as necessary.
- In the event of an evacuation the assembly point is located at the top of the main car park next to the bus drop off point.
- No drills are planned.
- There are 6 Emergency Alarms situated around the pool (red and yellow boxes) which flash when activated. They should only be pressed in an emergency. Make sure swimmers/parents are kept away from them so as not to activate them accidentally.
- If a rescue needs to be performed, all bathers must leave the pool in an orderly manner. All spectators and swimmers should ideally leave the pool area to give privacy to the casualty.
- The teaching pool is STRICTLY not to be used – not even to dangle toes in!
- Lifeguards take priority and swimmers/spectators should not hinder staff in carrying out their duties.

Withdrawals

Competitors may withdraw from events up to 1 hour before the start of a session.

Prior to 8:00pm on the Friday before the session withdrawals can be made by emailing:
compmanager@derbyshireswimming.org.uk
comp@derbyshireswimming.org.uk

After this time withdrawals must be done so by sending a text message to 07929377809 and leaving a message stating swimmers name, gala, event number and competitor number.

Withdrawals on the day of the competition can also be made on a completed form which must be given to the administration desk prior to the start of the warm up to avoid a fine.

Good luck to everyone! And we hope you have an enjoyable and successful competition.

**The Derbyshire ASA Long Course Competition 2018 will be held at:
Ponds Forge International Sports Centre, Sheffield on Sunday 9th December 2018.**



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2018 COUNTY CHAMPIONSHIPS – Information

Warm Up

Note: ALL SWIMMERS MUST ENTER THE POOL AT THE BLOCK END ONLY.
NO EQUIPMENT SUCH AS KICKBOARDS, PULLBUOYS AND FINS SHALL BE USED.

Saturday 24th February 2018

Session 7 - 8.30am – 9.45am

Warm Up 1 (0 - 15 minutes)

Girls 10/11 6 lanes (Lanes 1-6)
Girls 16 2 lanes (Lanes 7-8)

Warm Up 2 (15 - 30 minutes)

Girls 12 5 lanes (Lanes 1-5)
Girls 15 3 Lanes (Lanes 6-8)

Warm Up 3 (30 - 45 minutes)

Girls 13 5 lanes (Lanes 1-5)
Girls 17/18+ 3 Lanes (Lanes 6-8)

Warm Up 4 (45 - 60 minutes)

Girls 14 4 Lanes (Lanes 1-4)
Boys 10/11 2 Lanes (Lanes 5-6)
Boys 16 2 Lanes (Lanes 7-8)

Warm Up 5 (60 - 75 minutes)

Boys 12/13/14 5 Lanes (Lanes 1-5)
Boys 15 and 17/18+ 3 Lanes (Lanes 6-8)

Session 8 - 12.45pm – 14.00pm

Warm Up 1 (0 - 15 minutes)

Boys 10/11/12 8 Lanes (Lanes 1-8)

Warm Up 2 (15 - 30 minutes)

Boys 13/14/15 8 Lanes (Lanes 1-8)

Warm Up 3 (30 - 45 minutes)

Boys 16/17/18+ 6 Lanes (Lanes 1-6)
Girls 16 2 Lanes (Lanes 7-8)

Warm Up 4 (45 - 60 minutes)

Girls 10/11/12 6 Lanes (Lanes 1-6)
Girls 17/18+ 2 Lanes (Lanes 7-8)

Warm Up 5 (60 - 75 minutes)

Girls 13/14/15 8 Lanes (Lanes 1-8)

Session 9 - 17.15pm – 18.15pm

Warm Up 1 (0 - 15 minutes)

Girls 10/11/12 7 Lanes (Lanes 1-7)
Girls 18+ 1 Lane (Lane 8)

Warm Up 2 (15 - 30 minutes)

Girls 13/14/15 and 17 8 Lanes (Lanes 1-8)

Warm Up 3 (30 - 45 minutes)

Boys 10/11/12 6 Lanes (Lanes 1-6)
Girls 16 2 Lanes (Lanes 7-8)

Warm Up 4 (45 - 60 minutes)

Boys 13/14/15/16/17/18+ 8 Lanes (Lanes 1-8)

After 10 minutes of each part of the warm up, lanes 1 and 2 will be cleared and opened as SPRINT LANES.

Additional lanes will be opened dependant on demand and as advised by the Stewards.



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Sunday 25th February 2018

Session 10 - 8.30am – 9.45am

Warm Up 1 (0 - 15 minutes)

Girls 10/11 5 Lanes (Lanes 1-5)
Boys 10/11/12 3 Lanes (Lanes 6-8)

Warm Up 2 (15 - 30 minutes)

Girls 12 5 Lanes (Lanes 1-5)
Boys 13/14 3 Lanes (Lanes 6-8)

Warm Up 3 (30 - 45 minutes)

Girls 13 5 Lanes (Lanes 1-5)
Boys 15/16 3 Lanes (Lanes 6-8)

Warm Up 4 (45 - 60 minutes)

Girls 14 and 17 6 Lanes (Lanes 1-6)
Boys 17/18+ 2 Lanes (Lanes 7-8)

Warm Up 5 (60 - 75 minutes)

Girls 15/16 and 18+ 8 Lanes (Lanes 1-8)

After 10 minutes of each part of the warm up, lanes 1 and 2 will be cleared and opened as SPRINT LANES.

Additional lanes will be opened dependant on demand and as advised by the Stewards.

Session 11 (Relays) - 13.00pm – 14.00pm

Warm Up 1 (0 - 25 minutes)

All Girls 8 Lanes (Lanes 1-8)

Warm Up 2 (30 - 55 minutes)

All Boys 8 Lanes (Lanes 1-8)

After 20 minutes of each part of the warm up, lanes 1 and 2 will be cleared and opened as SPRINT LANES.

Additional lanes will be opened dependant on demand and as advised by the Stewards.