



Christmas Cracker 23



Session Warm Up Times

Saturday Session 1 – 12:45	Session 2 – 17:00
Sunday Session 3 – 10:30	Session 4 – 14:45

Bags

Large bags will **not** be allowed on poolside, please can all swimmers use the lockers within the changing rooms. (Lockers are a mixture of your own padlock/£1 coin).

Spectators

The spectators will be allowed entry as Warm sessions start.

The viewing gallery is normally very warm and is linked to the pool temperature, please dress in light clothing. There is a drinks fountain by the entrance to the Gym. Please use all available seating, once full, we may have to limit entrance. Drinks will be available in the reception.

The meet program is available on the BBSC website. There will be QR codes on poolside. (<https://braintreeswimming.org.uk>)

Marshalling

It is the swimmer's/coach's responsibility to ensure that swimmers are at the Marshalling Area in time for their swims. Swimmers are expected to be at the Marshalling Area at least 6 heats before their swim.

Code of Conduct for Braintree Swimming Centre

- No outdoor shoes, jeans or denim to be worn on poolside
- No breakables on poolside (Glass, Mugs etc) and no hot drinks on poolside.
- No unauthorised personnel will be allowed on poolside – Coaches & Team managers only.
- The small pool is closed and is not to be used.
- No big bags on poolside.
- Ensure the vents are keep clear
- **No mobile devices to be used on poolside.** People may get asked to leave if they don't comply.

Enjoy the day and swim well !



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Warm up Lanes

Warm up has been split in 3 x 18 mins segments, for all sessions.

As a suggestion, use the last few minutes of each segment for starts.

Due to the number of swimmers, there will be an average of 10-15 swimmers per lane.

All Sessions

Lane	Clubs (1 st 18 mins)	Clubs (2 nd 18 mins)	Clubs (3 rd 18 mins)
1	Runnymede	Runnymede	Runnymede
2	Wooden F + Others	Maldon Sharks	Braintree
3	Braintree	Braintree	Braintree
4	Dunmow Atlantis	Dunmow Atlantis	Dunmow Atlantis
5	Dunmow Atlantis	Dunmow Atlantis	Dunmow Atlantis
6	New Hall	New Hall	New Hall
7	Halstead	Halstead	Halstead
8	Stanway	Saffron Walden	Saffron Walden

Session Info

Session 1 - Est Length 2 30mins

Session starts with Boys 100IM @ 13:45

Session 2 - Est Length 2hr 5mins

Session starts with Boys 100FS @ 18:00

Session 3 - Est Length 2hr 30 mins

Session starts with Girls 100IM @ 11:30

Session 5 - Est Length 2hr 10 mins

Session starts with Girls 100FS @ 15:45

The medals are awarded to the 1st, 2nd, 3rd in each age group.

Many thanks for your support and coming to our Open Meet!

Remember to pay for your parking, before the end of the day!

Car parking will be very busy!

Use the Ringo parking App or call 02030460010, Location 5199