



## Hackney Aquatics Club 2024 Future Stars Development

Under ASA Laws & World Aquatics Technical Rules of Swimming (LICENSED MEET NUMBER – 4LR240904)

SUNDAY 21st APRIL 2024

Clissold Leisure Centre, 63 Clissold Road, London, N16 9EX

### **IMPORTANT MEET INFORMATION**

Many thanks to everyone for joining us for 2024 Future Stars meet. We are very excited to be welcoming swimmers and teams to Clissold that we hope will help enable lots of swimmers the opportunity to chance develop their race experience and hopefully some PBs along the way. Please take note of the following information and ensure all the coaches, team managers, officials, volunteers, swimmers and families at your club are provided with this information and meet conditions to ensure the meet runs smoothly for all.

We would like to hear about any known withdrawals - these can be sent to [chair@hackneyaquaticsclub.org](mailto:chair@hackneyaquaticsclub.org) prior to the gala or on the day to timing suite staff who can be found on poolside. It would be appreciated if withdrawals could be advised to avoid unnecessary empty lanes and ensure we finish on time.

#### **Timings**

<b>Session 1</b>	Warm Up	08:00	Races Start	09:00	Est. end time	11:30
<b>Session 2</b>	Warm Up	12:30	Races Start	13:30	Est. end time	16:00

#### **Warm Up**

All Clubs must ensure that their swimmers are supervised during warm up. Coaches are asked to instruct their swimmers to warm up in the same/adjacent lanes so they can be effectively supervised. Coaches and swimmers disregarding health and safety instructions will be excluded from Warm Up. All lanes will be swim lanes until sprint lanes are announced for each session. Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the pads and lead to delays to the meet.

#### **Race marshalling**

Swimmers will be called to marshalling by the announcer. It is the responsibility of the swimmer and club coaches to ensure that they attend marshalling once called. Swimmers will then be directed to specific areas designated for marshalling.

#### **Prizes**

Swimmers placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> will receive medals. If your swimmer wins prizes please ensure they are collected from the announcer's desk before the end of the day.

#### **Transport or parking**

We strongly encourage participants to make use of public transport to get to Clissold. The centre is well served by **bus** (Nos. 73, 141, 341, 141, 393 and 476 stop nearby), **train** (Canonbury, Manor House and Stoke Newington are walkable) and has **cycle parking**. The TLF planner is here: <https://tfl.gov.uk/plan-a-journey/>

There is free disabled parking and limited paid parking on site. Due to a local parking regulations during the Arsenal event, the road outside the centre has **restricted parking from 12:00 - 16:30**. Limited parking is available but charged at £0.46 per 10 minutes (see Ringo: <https://myringgo.co.uk/parkinglocator/79812>). For those coming by car there is a drop-off point outside the pool.

### **Facilities and changing**

The meet will be held in the main pool but swimmers can use either sets of changing rooms. Large bags should be left in lockers as there is limited space poolside. The lockers take 20p coins.

### **Refreshments**

There is an excellent café with food and drink options at the leisure centre. We will also be hosting a bake sale upstairs near the spectator gallery. There are also vending machines on site. **We ask that everyone bring reusable water bottles/cups** where possible to reduce our environmental impact.

### **Coach and Team Manager Passes**

Coach and Team Manager Passes should be purchased in advance (£10 incl. lunch) but will be available to purchase on the day (card payment only). Only officials, non-technical volunteers and those with pool passes (will be allowed in the swimmers poolside area.

### **Volunteers and officials**

We are extremely grateful to everyone volunteering. We request that you please report to the creche by the start of warm up for the session(s) you are helping. Tea, coffee and refreshments will be served in the creche with a delicious lunch laid on for those helping for both sessions. We ask that everyone bring reusable water bottles/cups where possible to reduce our environmental impact. Officials will receive their briefing 30 minutes prior to warm up in the creche.

### **Spectators**

We should have ample seating but access will be ticketed and on a first come first serve basis. Tickets can be purchased in advance here: <https://www.hackneyaquaticsclub.org/haccountydevelopmentmeet2024>

### **Results and live scores**

We hope that the results will be published to MeetMobile as we go along. If you have the app you can search for HAC to find the meet. Results will also be posted on poolside and in the spectator gallery – though it does take our wonderful runners a few minutes to get the results up. Club entries will be sent a results file with their swimmers' times. All the results will be submitted to rankings after the meet and should be visible within a few days.

Thank you once again for joining us – please do get in touch if you have any questions not covered here.

