



Rugby Races: INFORMATION PACK **Saturday 4th December 2022**

Welcome

We're pleased to welcome eight external clubs to our Rugby Races Competition– Camp Hill, Daventry Dolphins, Kettering, Leamington, Northampton, Oadby and Wigston, Rushden and Southam.

Hopefully we can make it a fun and enjoyable experience, especially for those younger swimmers who are experiencing competing for the first time!

Covid Update

- There are currently no plans to enforce that masks are worn pool side or in common areas within the centre.
- We ask though that anyone attending takes a lateral flow before hand and do not come to the gala if showing any symptoms of covid.
- We are making best use of the access doors onto pool side and the space around the two pool, to reduce congestion. Details can be found in the Pool Layout Diagram

Entry Poolside

- **Swimmers will be allowed poolside at 12.50pm.** Please don't arrive too early as we are not allowed entry before then
- We will use 3 separate doors to get all the clubs on to poolside and each club has been assigned a designated area poolside, so there will be no need to rush to find a place. There will be plenty of Rugby volunteers to help point you in the right direction on the day.
- We will be using the seating area around both the main pool and the cool down pool for clubs to base themselves
- The centre will not allow pop up chairs poolside. They will however provide benches for around the cool down pool area
- See attached the Pool Layout Diagram

General Information

- Swimmers should arrive ready to swim, so there is limited use of the changing rooms before the competition, and to enable a prompt start to warm up
- No large swim bags are to be brought pool side. Swimmers should bring a smaller bag instead
- Locker are available if required
- The studio pool can be used for cool down during the sessions.
- The marshalling area and line up will take place within the changing village. Please ensure swimmers are sent to the area when called.

Officials/Coaches/Team Managers

- A coaches pack will be available for collection on the day containing poolside passes. Please note you will need a pass to gain access poolside
- Officials will meet in the upstairs studio for their briefings before start of session. Please go straight there on arrival for refreshments.
- Hot food will be available in the upstairs studio during the break for all Officials, Coaches, Team Managers and volunteers
- Sweets will be handed out poolside and drinks will be replenished poolside
- We will not be providing bottles of water. We do have some spare plastic cups if needed but ordinarily we're re-filling personal bottles

Timings

- The following times are based on running 8 lanes
 - **Session 1 – Warm up will start at 13.05, Start at 14.00.** Estimated finish at 16.00
 - **Session 2 – Warm up will start at 16.25, Start at 17.20** Estimated finish at 19.30

Warm up

- Warm up will last a total of 55 minutes and will be split into 3 groups lasting 17 minutes each (12 minutes warm up, 5 minutes dives/sprints)
- Each club has been allocated a lane and time slot as shown in the warm up diagram and are free to run their warm up session/s as desired. The announcer will confirm when the 5 minute dives/sprints will start in each session
- Please make sure your swimmers have their warm up at the specified time and remember to supervise them.
- Swimmers aren't allowed to dive in (except in sprint lanes), hang onto the lane ropes or get out of the pool over the timing pads.

LANE 8	Window side	ANTI CLOCKWISE	
LANE 7		CLOCKWISE	
LANE 6		ANTI CLOCKWISE	Shallow
LANE 5		CLOCKWISE	end
LANE 4		ANTI CLOCKWISE	
LANE 3		CLOCKWISE	
LANE 2		ANTI CLOCKWISE	
LANE 1	Balcony side	CLOCKWISE	

Events and durations

Times are based on starting Session 1 at 2pm. Timings are approximate:

Event	Gender	Type	Competitors	Heats (8 lanes)	Start time	Duration (mins)
1	B	100 Free	89	12	14:00	00:27
2	G	50 Back	130	17	14:27	00:32
3	B	50 Breast	101	13	14:58	00:21
4	G	50 Fly	101	13	15:20	00:20
5	B	50 Free	115	15	15:39	00:21
6	G	100 Free	130	17	17:20	00:37
7	B	50 Back	89	12	17:57	00:22
8	G	50 Breast	135	17	18:20	00:27
9	B	50 Fly	72	9	18:47	00:14
10	G	50 Free	151	19	19:01	00:26
COMPETITION END TIME (APPROX.)						19.27

Withdrawals

- Please confirm any withdrawals for Session 1 by Friday 3rd December as it will be too late to remove swimmers from the session once clubs arrive poolside.
- Any withdrawals for Session 2 should be submitted before the warm up for Session 2 begins.

Results and awards

- During the event, results will be posted in the changing area and on the public balcony. They'll also be available on the club website after the event: www.rugbyswimmingclub.co.uk
- Awards are made 1st – 3rd in all events
- Categories are: 9, 10, 11, 12, 13, 14, 15/over
- Swimmers can collect their awards from the medal table after the results have been processed - it's opposite the poolside entrance to the changing rooms. Please collect any of your swimmers outstanding medals at the end of each session. Age is at 4th December 2021.
- There will also be spot prizes for the swimmers
- to win during each event

Spectators

- Due to operator capacity rules, the balcony at the centre has a restricted capacity of 80% (240). Therefore to enable all swimmers to be supported, we are asking for one spectator per swimmer to attend. We may need to restrict entry if capacity is reached
- Spectators are to form a queue outside the centre, and will not be allowed in until swimmers have entered poolside to reduce congestion in the centre.

On the day Contacts

- On the day, we will have the following people poolside to help with any issues:
 - Events Team: Amanda Moran and Jo Morris (positioned at the poolside event desk)
 - Officials Coordinator: Kirsty Chaplin (poolside)
 - Volunteer Coordinator: Michelle McCormick (poolside)
 - Chairman: Michael Moran (poolside and balcony)
- Please do not hesitate to speak to the team with regards any queries, or if you would like to follow up after the event please contact:
 - Amanda at rugbyopen@rugbyswimmingclub.co.uk
 - Michael at chairman@rugbyswimmingclub.co.uk

Merry Christmas to you all ☺

