

RUSHMOOR ROYALS SWIMMING CLUB AFFILIATED TO HCASA AND SWIM ENGLAND SOUTH EAST



SATURDAY 3 DECEMBER 2022 (SESSIONS 1 & 2) SUNDAY 4 DECEMBER 2022 (SESSIONS 3 & 4)

ALDERSHOT GARRISON SPORTS CENTRE, ALDERSHOT, GU11 2LQ











## WELCOME TO THE RUSHMOOR ROYALS LAST CHANCE COUNTY QUALIFIER 2022!

To all swimmers, spectators, coaches, officials and volunteers from Rushmoor Royals and our visiting clubs, please let me extend the warmest of welcomes to our second open meet of the season and the last one of the 2022 year!

With the end of the first term fast approaching and Counties just around the corner, we hope you all enjoy the racing experience and take away plenty of positives from the weekend. Enjoy yourselves, race hard and swim fast!

For our spectators, it is great to have you here and to be able to hear you cheering on your swimmers — it certainly makes a difference. Please be as loud as you can during the races and support all swimmers from all clubs! Please note - we do have a limit on total numbers allowed in the pool hall and it may become necessary to restrict the number of spectators allowed inside the venue.

Please find information for our other open meets later in this season below:

RRSC Regional Qualifier 25th & 26th March 2023

RRSC Sprint Meet 15th April 2023

RRSC End of Season Meet 15th & 16th July 2023

Level 3, Long Course Aldershot Garrison

Level 3, Short Course Hart Leisure Centre, Fleet

Level 3, Long Course Aldershot Garrison

All entry information will be available on our website.

Finally, a massive thank you to all our amazing volunteers and officials that make this meet possible. Without you we wouldn't be able to put on such an amazing gala for the swimmers. We hope everybody enjoys their experience at our open meet this weekend and good luck for the rest of the season.

Matt Smart, Head Coach, Rushmoor Royals SC

# IMPORTANT INFORMATION FROM OUR PROMOTERS ON THE NEXT PAGE PLEASE READ THOROUGHLY



#### **NEW FOR THIS MEET**

## SPECTATOR TICKETS PRE-ORDER ONLY & TIME TRIAL INFO



#### Don't forget to pre-purchase your spectator ticket.

We have launched a new system that sells spectator tickets ahead of the day. It is important that you purchase your ticket through OrderWhizz which is now open, visit orderwhizz.com and select Rushmoor Royals Swimming Club

Please note that spaces are limited due to new capacity requirements from our venue operator.

#### **Time Trials**

You will also be able to purchase time trials ahead of the day.

Allocations per race have been set, and you must ensure that all time trial requests are within the Qualifying Time criteria. We require DOB and ASA number upon purchasing the time trial.





# PLEASE READ THOROUGHLY BOTH PAGES

#### Guidelines to be followed during this meet

#### **Use Car Park 6 Only**

All those attending this meet are required to use Car Park 6, so please do ensure that you use this car park as directed. If you are dropping off and want to escort your swimmer into the building please drop off in the car park and follow the walk way to the entrance. The drop off zone may only be used if the swimmer will be going straight to the pool unescorted. If using the drop off zone please ensure that you do not obstruct other facility users.

All participants are required to follow appropriate signage and direction from stewards with respect to parking, pedestrian pathways and access points.

At no point should others working at, or visiting, the Garrison be inconvenienced.

Parking must be within the allocated car park and marked bays. In general, parking is prohibited where it causes obstruction to other road users.

Parking on the Garrison premises is done so at the drivers own risk. ADSL and Rushmoor Royals accept no responsibility for damage or loss sustained to vehicles or their contents.

#### **Arrival Times**

Arrive no earlier than 7.45am in the morning, and 12.15pm for the afternoon sessions.

Warm ups will start at 8.00 am and 12.30pm please do not arrive earlier than 7.45am or 12.15pm as swimmers will not be allowed poolside until these times. There is no sign in so swimmers can get changed and go straight to poolside on arrival.

#### **Ensure swimmers are supervised at all times**

Swimmers need to be supervised at all times so must either remain poolside with their Coach or Team Manager, be in the designated Lunch Area with the Lunch Room Supervisor, or with their parents. Please note, the lobby area is a public area and therefore cannot be used by the swimmers as a rest area.

If swimmers or parents decide to sit outside please ensure that

the swimmers are supervised and acting appropriately so as not to inconvenience other facility users.

#### Ensure lunch is eaten in the designated area

Lunch break is scheduled between 12 noon and 12.30pm, and the Sports Hall is available for swimmers from 11.30am. Swimmers are allowed snacks poolside, on condition that they do not make any mess or leave any rubbish. Please ensure that no hot food is consumed poolside, that lunch is eaten in the designated area (sports hall) and that only suitable foods are packed for consumption poolside between races. NO NUTS due to severe nut allergies.

If there any spills a Team Manager should be informed immediately. Lunch should be taken to the designated area in a small bag – kit bags will be left poolside or in lockers.

Drinks must be in sports bottles (no cans or fizzy drinks), no small caps are permitted as they can get trapped in the water filter. Litter is to be placed in the bags provided.

#### Follow Poolside Rules

- All swimming bags must remain in the designated area poolside, lockers are available for large bags.
- Persons are requested not to leave their belongings unattended (except at lunch time when they may be left poolside), and to ensure valuables are placed in a locked locker or kept with someone for safe keeping. Lockers are available between the changing rooms and the pool and should be used to minimise poolside clutter.
- Swimmers must go promptly to the marshalling area for their races as directed by the Announcer or Marshalling Stewards.
- Officials are not to be obstructed by supporting swimmers.
- For health and safety reasons during the race session, swimmers must not walk through the area demarcated by barriers for the referees, or up the steps by the computer desk.





#### Guidelines to be followed during this meet

- Swimmers must not leave poolside unless they are wearing clothes and shoes, and have dried themselves.
- Any matter not covered by these conditions or by Swim England laws or technical rules will be at the Promoter's discretion. The Promoter may amend the schedule of events to ensure the smooth running of the meet.

#### **General Rules**

- No smoking within the facility
- No dogs within the sports facilities or on pitches
- Facilities are to be left clean and tidy
- No equipment is to be removed from site or used inappropriately

#### **Follow Photographing and Filming rules**

Under no circumstances is anyone permitted to take video/photo images (including pictures from mobile phones) without prior approval from Rushmoor Royals. Requests can be made upon entry.

If a person is given permission to use photographic equipment, the photographer will be issued with a "Permission Band or Pass" which will contain their details and the date on which they have been approved to take photographs. This should be displayed clearly whilst within the facility.

Use of photographic and recording equipment including mobile phones is forbidden under all circumstances in all changing areas and toilet rooms/areas.

#### **Disorderly Behaviour**

If attendees behave in a disorderly fashion - do not follow stewards guidelines or fail to observe safety procedures they may be asked to leave the event and prevented from participating in future meets.

Sorry that there is such a long list of dos and don'ts, but it is important that all attendees are clear about the requirements. We very much look forward to welcoming you to our Last Chance County Qualifier Meet.

Thank you in advance for your support in making this a successful event.







## SCHEDULE OF EVENTS

#### SATURDAY 3 DECEMBER 2022

SESSI	ON 1: Warm up: 08.00	Events commence: 09.00
1	Boys	400m Freestyle
2	Girls	200m Butterfly
3	Boys	200m Breaststroke
4	Girls	100m Freestyle
5	Boys	100m Butterfly
6	Girls	50m Backstroke
7	Boys	50m Freestyle
SESSI	ON 2: Warm up: 12.30	Events commence: 13.30
8	Girls	400m Individual Medley
9	Boys	200m Individual Medley
10	Girls	200m Backstroke
11	Boys	100m Backstroke
12	Girls	100m Breaststroke
13	Boys	200m Freestyle
14	Girls	50m Butterfly
15	Boys	50m Breaststroke

Finish est. **17:00** 

#### SUNDAY 4 DECEMBER 2022

SESSION 3: Warm up: 08.00 Ever		Events commence: 09.00
16	Girls	400m Freestyle
17	Boys	200m Butterfly
18	Girls	200m Breaststroke
19	Boys	100m Freestyle
20	Girls	100m Butterfly
21	Boys	50m Backstroke
22	Girls	50m Freestyle
SESSI	<b>ON 4:</b> Warm up: 12.30	Events commence: 13.30
23	Boys	400m Individual Medley
24	Girls	200m Individual Medley
25	Boys	200m Backstroke
26	Girls	100m Backstroke
27	Boys	100m Breaststroke
28	Girls	200m Freestyle
29	Boys	50m Butterfly
30	Girls	50m Breaststroke

Finish est. 17:00

**AGE GROUPS:** Although age groups will be combined to make more efficient use of water time, awards will still be made to the top three swimmers in each of the following groups: 10, 11, 12, 13, 14, 15, 16 and 17/over (Age as at 31st December 2022))

## PARTICIPATING CLUBS

#### Rushmoor Royals SC would like to welcome the following clubs:

Bournemouth Collegiate School Cranleigh Amateur SC Epsom District SC Elmbridge Phoenix SC Farnham SC Greenwick Royals SC Hart SC Haslemere SC Larkfield SC Leander SC London Borough of Hounslow Oprington Ojays

Staines SC Tilehurst SC Woking SC

There is a strict NO NUTS policy as we have some swimmers/attendees that have severe allergies, please bear this in mind when packing food.

### UPCOMING EVENTS 2023 UPCOMING EVENTS 2023 UPCOMING EVENTS 2023 UPCOMING EVENTS 2023

RRSC L3 LC REGIONAL QUALIFIER
25th & 26th March 2023

RRSC L3 SC SPRINT MEET
15th April 2023

RRSC L3 SC END OF SEASON MEET
15th & 16th July 2023





## THANK YOU TO OUR SPONSORS



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www.afbrooks.co.uk



#### Brayne, Williams & Barnard

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www.bwbca.com



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www.exclaimer.com



#### KIT SHOP

Don't forget, Fastlegs will also be at the meet on both days, with a selection of kit, swimwear etc. Fastlegs will be taking payment via BACS, PayPal and cash.

#### REFRESHMENTS

And finally, our refreshments stall in the foyer will be serving a selection of drinks, cakes and other snacks throughout the meet. Card payments are preferred but cash will also be accepted.