



BOROUGH OF HARROW OPEN SUMMER MEET 2018

Under ASA Laws & ASA Technical Rules of Swimming - LICENSED MEET NUMBER -3LR181009

SATURDAY 14TH & SUNDAY 15TH JULY 2018

BARNET COPTHALL LEISURE CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX

Timings are approximate and may be adjusted



IMPORTANT MEET INFORMATION

Confirmed Session Times

Saturday 14 July

Session 1	Warm Up	2.00pm	Races Start	2.45pm
Session 2	Warm Up	5:25pm	Races Start	5:55pm

Sunday 15 July

Session 3	Warm Up	1.30pm	Races Start	2.10pm
Session 4	Warm Up	4.30pm	Races Start	5:00pm

Poolside Access

Swimmers can access the changing rooms prior to warm up but the pool will not be accessible before 1.15pm at the earliest for spectators.

Withdrawals & Time Trials

Withdrawals should be communicated to events@harrowswim.com prior to the gala or on the day to Dominique who can be found upstairs at Barnet. It would be appreciated if withdrawals could be advised to avoid unnecessary empty lanes. The Deadline for Withdrawals and Time Trials is 10 minutes after the start of the warm up. Please ask on the day re Time Trials.

Refreshments

There is a small café with limited food and drink options. There are also vending machines on site

Parking

There is plenty of on-site parking although this can be in demand if events also are being held at Allianz Park which is adjacent to Barnet Cophall Leisure Centre

Medals

These are available poolside during the course of the meet. As per the conditions of this meet, medals will not be sent on to swimmers/clubs after the conclusion of the meet.

Officials & Volunteers

Thank you for helping us run this meet. Refreshments are available upstairs in the conference room on arrival and also between sessions 1 & 2, and between sessions 3 & 4. The officials briefing will take place approximately 25 minutes prior to the start of each Session (race start).

Coaches Passes

Coaches Passes can be purchased in advance (£10 per day/£15 weekend). This includes refreshments, & poolside pass. Only officials and those with coaches passes are allowed in the swimmers poolside area.