



Hackney Aquatics Club 2024 Regional Qualifier

Under ASA Laws & World Aquatics Technical Rules of Swimming (LICENSED MEET NUMBER – 3LR240222)

SATURDAY 2nd & SUNDAY 3rd MARCH 2024

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

IMPORTANT MEET INFORMATION

Many thanks to everyone for joining us for 2024 Regional Qualifier meet. We are very excited to be welcoming swimmers and teams to Clissold to inaugurate our wonderful new starting blocks that we hope will help enable lots of PBs and regional qualifying times. 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.

As the meet is not completely full we anticipate being able to accept time trials up to the start of warm up on the day. We would like to hear about withdrawals which can be sent to 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 (same on both days)

Session 1 & 3	Warm Up	08:30	Races Start	09:30	Est. end time	11:45
Session 2 & 4	Warm Up	12:00	Races Start	13:00	Est. end time	15:00

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 1st, 2nd and 3rd will receive medals but we will also be announcing hundreds of pounds worth of spot prizes from our generous sponsors [Arena](#). If your swimmer or club 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, the road immediately outside the centre has **restricted parking from 08:30am - 13:30 on Saturdays**. Limited parking is available but charged at £0.46 per 10 minutes (see Ringo for more info: <https://myringgo.co.uk/parkinglocator/79812>). For those coming by car there is a drop-off point outside the pool. Note that on street parking is free in resident bays a short walk from the pool after 13:30 on Saturday and all day on Sunday.

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 (£15 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.

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.

