



Website: [www.harrowswim.info](http://www.harrowswim.info) Email: [events@harrowswim.com](mailto:events@harrowswim.com)

## BOROUGH OF HARROW SUMMER MEET 2023

Under Swim England Laws & Technical Rules of Swimming - LICENSED MEET NUMBER – 3LR230963

### SUNDAY 16 JULY 2023

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

Timings are approximate and may be adjusted

### IMPORTANT MEET INFORMATION



#### Confirmed Session Times

##### Sunday 16 July

Session 1	Warm Up	09.00am	Races Start	09.40am
Session 2	Warm Up	11.45am	Races Start	12.15pm
Session 3	Warm Up	02.40pm	Races Start	03.15pm

#### Poolside Access

Only Swimmers and those with coaches/poolside passes can access poolside. Swimmers can access the changing rooms prior to warm up but the pool will not be accessible before warm up start time

#### Poolside Space

Due to poolside capacity, we ask that swimmers bring only a towel / small bag with necessary items onto poolside and that lockers are used to store other items including large swim bags.

#### Spectators

Seating and entry cannot be guaranteed for all spectators due to restrictions on capacity in this area. There will be no charge for spectators. Programme can be downloaded from our website and this will be available from 10/07/2023

#### Covid 19

Please do not attend if you test positive for covid.

#### Withdrawals & Time Trials

It would be appreciated if withdrawals could be advised to avoid unnecessary empty lanes, either to [events@harrowswim.com](mailto:events@harrowswim.com) prior to the gala or on the day to Dominique who can be found in the timings room (at the end of the spectator gallery) at Barnet. The Deadline for Withdrawals is 5 minutes after the start of the warm up. Time Trials may be available but must be requested prior to warm up for that session and are only available to swimmers already registered for this meet.

#### Refreshments

We cannot guarantee if the onsite café is open when this meet runs. Please bring sufficient drinks and refreshments when attending this meet.

## **Parking**

There is plenty of on-site parking although this can be in demand if events also are being held at StoneX Stadium which is adjacent to Barnet Cophall Leisure Centre. Please allow enough time for parking as the venue is also open to the general public. There is now a charge for parking at Barnet Cophall Centre.

## **Medals**

These will be available on the day. 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 Studio 2 on arrival and also between sessions 1 & 2, and between sessions 2 & 3, 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 (£15). This includes refreshments, & poolside pass. Only officials and those with coaches passes are allowed poolside.

<b>SESSION 1 – SUNDAY 16 JULY 2023</b>	
1. 9 & Over Boys	50M BUTTERFLY
2. 9 & Over Girls	50M BACKSTROKE
3. 9 & Over Boys	50M BREASTSTROKE
4. 9 & Over Girls	50M FREESTYLE
5. 9 & Over Boys	100M BACKSTROKE
6. 9 & Over Girls	100M BUTTERFLY
7. 9 & Over Boys	100M FREESTYLE

<b>SESSION 2 – SUNDAY 16 JULY 2023</b>	
8. 9 & Over Girls	200M FREESTYLE
9. 9 & Over Boys	200M FREESTYLE
10. 9 & Over Girls	100M BREASTSTROKE
11. 9 & Over Boys	100M BREASTSTROKE
12. 9 & Over Girls	100M IM
13. 9 & Over Boys	100M IM

<b>SESSION 3 – SUNDAY 16 JULY 2023</b>	
14. 9 & Over Girls	50M BUTTERFLY
15. 9 & Over Boys	50M BACKSTROKE
16. 9 & Over Girls	50M BREASTSTROKE
17. 9 & Over Boys	50M FREESTYLE
18. 9 & Over Girls	100M BACKSTROKE
19. 9 & Over Boys	100M BUTTERFLY
20. 9 & Over Girls	100M FREESTYLE

SESSION TIMES MAY BE ADJUSTED TO ALLOW THE SMOOTH RUNNING OF THE MEET