



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

## BOROUGH OF HARROW REGIONAL QUALIFIER 2025

Under Swim England Laws & Technical Rules of Swimming - LICENSED MEET NUMBER – 3LR250144

**SATURDAY 22 FEBRUARY & SUNDAY 23 FEBRUARY 2025**

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

Timings are approximate and may be adjusted



### IMPORTANT MEET INFORMATION

#### Confirmed Session Times

Session 1	Warm Up	1.00pm	Races Start	1.45pm
Session 2	Warm Up	4.10pm	Races Start	4.55pm
Session 3	Warm Up	10.00am	Races Start	10.45am
Session 4	Warm Up	1.05pm	Races Start	1.50pm

#### 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 . Please use changing room lockers (£1 coin) for storage of large bags etc as there is limited space poolside.

#### 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. The Programme can be downloaded from our website from 20/02/2025

#### Parking

There is on-site parking although this can be in demand if events also are being held at StoneX Stadium which is adjacent to Barnet Copthall 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 Copthall Centre.**

**There will be special QR code signs INSIDE THE POOL to pay "regular" parking fee rather than the increased weekend rates. Please do not use the car park machine and only check in at reception and scan the QR codes inside the building. When in the App – ensure the location is GLL Copthall LC (members) for the reduced rate**  
**The QR codes will be displayed in Reception and in the spectator gallery. Any queries, ask at Reception**

#### Refreshments

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

#### 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 Neelam/Emma who can be found in the timings room (at the end of the spectator gallery). 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.

#### Covid 19

Please do not attend if you test positive for covid 19.

## **Recordings**

Please adhere to meet conditions and Swim England and Wavepower 2024 guidelines re use of cameras, video or digital image capturing devices (including mobile phones). Poolside recordings may take place, for educational assessment use only. Please check with promoter if any queries.

## **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 3 & 4. The officials briefing will take place approximately 20 minutes prior to the start of each Session (race start).

## **Coaches/Poolside Passes**

Coaches/Poolside Passes can be purchased in advance (£25). This includes refreshments, & poolside pass. Only officials and those with coaches/poolside passes are allowed poolside.

<b>SESSION 1 – SATURDAY 22 FEBRUARY</b>	
1. 9 & Over Girls	400M FREESTYLE
2. 9 & Over Open / Boys	50M FREESTYLE
3. 9 & Over Girls	50M FREESTYLE
4. 9 & Over Open / Boys	200M BUTTERFLY
5. 9 & Over Girls	200M BUTTERFLY
6. 9 & Over Open / Boys	100M BREASTSTROKE
7. 9 & Over Girls	100M BREASTSTROKE

<b>SESSION 2 – SATURDAY 22 FEBRUARY</b>	
8. 9 & Over Open / Boys	200M INDIVIDUAL MEDLEY
9. 9 & Over Girls	50M BUTTERFLY
10. 9 & Over Open / Boys	50M BUTTERFLY
11. 9 & Over Girls	200M FREESTYLE
12. 9 & Over Open / Boys	200M FREESTYLE
13. 9 & Over Girls	100M BACKSTROKE
14. 9 & Over Open / Boys	100M BACKSTROKE

<b>SESSION 3 – SUNDAY 23 FEBRUARY</b>	
15. 9 & Over Open / Boys	400M FREESTYLE
16. 9 & Over Girls	50M BACKSTROKE
17. 9 & Over Open / Boys	50M BACKSTROKE
18. 9 & Over Girls	200M BREASTSTROKE
19. 9 & Over Open / Boys	200M BREASTSTROKE
20. 9 & Over Girls	100M BUTTERFLY
21. 9 & Over Open / Boys	100M BUTTERFLY

<b>SESSION 4 – SUNDAY 23 FEBRUARY</b>	
22. 9 & Over Girls	200M INDIVIDUAL MEDLEY
23. 9 & Over Open / Boys	50M BREASTSTROKE
24. 9 & Over Girls	50M BREASTSTROKE
25. 9 & Over Open / Boys	200M BACKSTROKE
26. 9 & Over Girls	200M BACKSTROKE
27. 9 & Over Open / Boys	100M FREESTYLE
28. 9 & Over Girls	100M FREESTYLE

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