QUICK REMINDER

The galas are turn up and swim, competitor stewards and coaches on the poolside will have start sheets giving heat and lane allocations.

The times on your acceptance reports are the start times for swimming, except for the 800/1500m which are warm-up times. Where the start time is given the warm-up commences up to 1 hour earlier.

The warm-up will be split male/female but who starts the warm-up depends on the first event, see the separate session timings sheet.

You do not need to check in, but if you wish to withdraw from an event then you must let us know by one of the following means:-

1) Email / Phone – David Rush, david.rush@asaem.org.uk before 9pm on the Friday before the Saturday Gala. For the Sunday gala at Beechdale use withdrawal forms or text message, see below.

2) Report to the competitor desk in the pool foyer at Beechdale, or at Mansfield the officials room at the start end of the pool, and complete a withdrawal form.

3) Last minute problems on the day of meet can be sent by text message to 07923 430711

Please do not send email after the specified time or leave voice messages on my home phone number, these will not get picked up

Failure to notify a withdrawal means there will be an empty lane and is subject to a £10 fine. This fine must be paid before you will be allowed to swim any further events in the championships.

This is to ensure that the galas run a quickly and as smoothly as possible

PLEASE HELP US TO HELP YOU

THE FINES WILL BE APPLIED