

Orpington Ojays SC Licensed Open Meet 2010

Information for Competitors, Spectators & Coaches.

1. The pool is situated at Black Lion Leisure Centre, Mill Road, Gillingham, Kent.
Tel: 01634 283700.
2. The pool is 25 metres long with 6 lanes. All starts at the deep end.
3. One coach per 10 swimmers is allowed on poolside up to a maximum of two per club (provided a coaches pass has been paid for in advance.) Coaches will not be allowed on the poolside without a pass. Parents are not allowed on the poolside at any time.
4. Smoking is **NOT** allowed anywhere in the Sports Centre.
5. Results will be available on our website www.orpingtonojays.com
6. Refreshments will be available from the cafeteria.
7. A Swim Shop will be open in the gallery area during the event.
8. Anyone using a video camera must register their name and address at the entrance desk.
9. Swimmers using the swim down pool must be supervised by their coach.
10. The Session times are as follows:

Session 1 Sign in before 6.30 pm
Warm up 6.00 pm
Events start 6.45pm

Session 2 Sign in before 8.45 am
Warm up 8.30 am
Events start 9.30 am

Session 3 Sign in before 2.00 pm
Warm up 1.45 pm
Events start 2.45 pm
