



COACH/TEAM MANAGER PACK
18/19 NOVEMBER 2023 OPEN MEET

NOVA Centurion are very much looking forward to welcoming you to our Open Meet on the 18th and 19th November at Harvey Hadden, and we have very much appreciated your patience whilst we sorted out the last minute entries.

Prior to attending the meet, please read this document for important information and if you have any questions please do not hesitate to contact Michelle Parkins at michelle.parkins@novacenturion.co.uk.

Withdrawals

So we can run the meet as efficiently as possible please email any withdrawals to meets@novacenturion.co.uk by 6pm the day before the event – the start lists will then be published online during the evening for review.

Points of contact at the meet

If you require any assistance during the meet please find either Victoria Phillips or Tina Dickerson – both will be located near the medals table. Michelle Parkins will also be at the meet but will be in the timing suite if needed.

Entrance to poolside

Please note that ALL swimmers must enter the poolside through the changing village. Coaches and Team Managers can enter poolside via the door in reception, but please do encourage your swimmers to not use that entrance – it will be monitored at all times. Poolside access on both days will be allowed from 7:30am.



Coach/Team Manager Pass

Passes for the weekend can be collected from the medal table – which will be located by the poolside entrance from reception.

Tea/Coffee/Lunch

Tea/coffee and breakfast rolls will be available from Studio 2 from 8am – if you are unsure where the studio is, please ask at the medal table.

Lunch will be served both days in the same studio and will be served from approximately 1pm.

Poolside Seating and Sports Hall

There will be seating available around the poolside – please note that the meet is extremely busy please so please be kind and considerate and aware of other swim clubs. To ensure we have sufficient space, we have also now hired the sports hall – however, please note that if you are located in the sports hall we will not be able to check for swimmers for heats – so please do keep an eye on the programme.

The sports hall can be cooler than being poolside so please do ensure swimmers pack plenty of layers and team managers/coaches available to supervise.

Chairs will be allowed in the sports hall but not by poolside. Please note that the leisure centre will also provide chairs for the sports hall.

Lockers are available to store swim bags if needed for £1.



Marshalling

If you haven't attended one of our meets before, please note that marshalling for heats is located by the entrance to the poolside from the changing village.

Warm Up Schedule

There will be no specific lanes for clubs but both pools will be used for the warmup.

	North Pool	South Pool
Session 1	Girls 14/Under 8:00am – 8:25am	Girls 15/Over 8:00am – 8:25am
	Boys 14/Under 8:30am – 8:55am	Boys 15/Over 8:30am – 8:55am
Session 2	15 minute warm up 800m Female – North Pool	
Session 3	Boys 14/Under 1:30pm – 1:55pm	Boys 15/Over 1:30pm – 1:55pm
	Girls 14/Under 2:00pm – 2:25pm	Girls 15/Over 2:00pm – 2:25pm
Session 5	Boys 14/Under 8:00am – 8:25am	Boys 15/Over 8:00am – 8:25am
	Girls 14/Under 8:30am – 8:55am	Girls 15/Over 8:30am – 8:55am
Session 6	15 minute warm up 1500m Open/Male – North Pool	
Session 7	Girls 14/Under 1:30pm – 1:55pm	Girls 15/Over 1:30pm – 1:55pm
	Boys 14/Under 2:00pm – 2:25pm	Boys 15/Over 2:30pm – 2:55pm



Cooldown Pool

The South Pool will be available for cool down once the meet is under way – we would appreciate if you can please monitor your swimmers – any misuse of the cool down pool could result in it being closed so please ensure it is used appropriately.



We are also pleased to announce that SportySwim will be onsite all weekend with a wide variety of swimwear on sale.

We do just ask that swimmers please wear footwear and are appropriately dressed when they visit the stand.