



CITY OF
BRISTOL
SWIMMING CLUB

Warm Up Schedule

Due to the volume of swimmers, gender and ages warm up procedure will be as follows.

Warm ups will consist of continuous swim, sprint lanes will be made available as required.

Friday 6th April 2018

Session 1 (18.45 to 21.10)

Warm up time 18.05 – 18.35 - Male and Female: All Ages

Saturday 7th April 2018

Session 2 (08.40 to 09.55)

Warm up time 8.00 to 8.30 - Male and Female: All Ages

Session 3 (11.05 to 13.30)

Warm up time 10.00 to 10.20 - Female: Ages 9 – 14

Warm up time 10.20 to 10.40 - Female and Male: Age 15+

Warm up time 10.40 to 11.00 - Male: Ages 9 -14

Session 4 (14.45 to 17.40)

Warm up time 13.40 to 14.00 - Female: Ages 9 – 14

Warm up time 14.00 to 14.20 - Female and Male: Age 15+

Warm up time 14.20 to 14.40 - Male: Ages 9 -14

Sunday 8th April 2018

Session 5 (08.40 to 09.55)

Warm up time 8.00 to 8.30 - Male and Female: All Ages

Session 6 (11.05 to 13.30)

Warm up time 10.00 to 10.20 - Male: Ages 9 – 14

Warm up time 10.20 to 10.40 - Female and Male: Age 15+

Warm up time 10.40 to 11.00 - Female: Ages 9 -14

Session 7 (14.45 to 17.00)

Warm up time 13.40 to 14.00 - Female: Ages 9 – 14

Warm up time 14.00 to 14.20 - Female and Male: Age 15+

Warm up time 14.20 to 14.40 - Male: Ages 9 -14

“Heating up / marshalling” is in the teaching pool area on Saturday and Sunday.
On Friday Long Distance events the marshalling will be on poolside near the teaching pool.

The teaching pool is available for swim down for sessions 3/4/6/7 only.

**The pool and spectating area is not open until 07.45 on Saturday and Sunday.
No admission until then for spectators.**

Swimmers will have access to the changing village from 07.40

Medals desk on Poolside by the Control room

NO SIGN IN REQUIREMENTS

Please note that the best postcode to use for Sat Nav is BS14 0DB, which will take you to the City of Bristol Skills Academy at the entrance to the hospital site. The hospital is then 400m from the Skills Academy further in Hengrove Park on the right; **the swimming pool is on the left.**

The multi story car park by the pool is free for the first **3 hours only**; the multi story car park by the hospital is **not free at all.....so please do not park in there!**

The Leisure Centre reception will validate an all day ticket for £5.00 on request

There is additional free car parking next door in the cinema complex that also has a McDonalds and other restaurants.

On site is a café – open from 08.00 until 22.00.

Within driving distance there is an Asda, and a Morrisons.

Any questions – please ask a Blue T-shirted volunteer – that is what they are there for!!

Ben Bennett

Meet Manager
07919 111544

