



CITY OF
BRISTOL
AQUATICS

Warm Up Schedule

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

Even lanes anti clockwise, odd lanes clockwise.

Warms up will consist of continuous swim, sprint lanes will be made available as required.

Friday 7th April 2017

Session 1 (19.00 to 20.45)

Warm up time 18.30 to 19.00 MIXED

Lanes	
0 to 4	Boys
5 to 9	Girls

Saturday 8th April 2017

Session 2 (09.00 to 09.45)

Warm up time 8.15 to 8.50 - MIXED

Lanes	
0 to 4	Boys
5 to 9	Girls

Session 3 (11.00 to 13.00)

Warm up time 10.00 to 10.30

Lanes	
0 to 5	9 to 12 Year old girls
6 to 9	13+ Girls

Warm up time 10.30 to 10.55

Lanes	
0 to 5	9 to 12 Year old boys
6 to 9	13+ Boys

Session 4 (14.30 to 17.00)

Warm up time 13.30 to 14.00

Lanes	
0 to 5	9 to 12 Year old girls
6 to 9	13+ Girls

Warm up time 14.00 to 14.25

Lanes	
0 to 4	9 to 12 Year old boys
5 to 9	13+ Boys

Sunday 9^h April 2017

Session 5 (09.00 to 09.45)

Warm up time 8.15 to 8.50 - MIXED

Lanes	
0 to 4	Boys
5 to 9	Girls

Session 6 (11.00 to 13.00)

Warm up time 10.00 to 10.25

Lanes	
0 to 4	9 to 12 Year old boys
5 to 9	13+ boys

Warm up time 10.25 to 10.55

Lanes	
0 to 4	9 to 12 Year old girls
5 to 9	13+ girls

Session 7 (14.30 to 16.25)

Warm up time 13.30 to 14.00

Lanes	
0 to 5	9 to 12 Year old girls
6 to 9	13+ girls

Warm up time 14.00 to 14.25

Lanes	
0 to 5	9 to 12 Year old boys
6 to 9	13+ boys

Logistics

The pool and spectating area is not open until 08.00, so no admission until then.

Currently there is bus lane road works on some of the approach roads to the pool; plus the M32 has speed restrictions in place also for bus lane work, please plan your travel accordingly.

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.**

For local facilities, as well as the leisure centre cafe, there is a:

- **Costa in the hospital – 2 min walk**
- **A small Co-Op in a local petrol station - 15 min walk**
- **And there is an Asda, M&S and Morrisons within a very short driving distance**

PLEASE SIGN IN FOR THE FOLLOWING EVENTS ONLY

- **800M**
- **1500M**
- **400M Free**
- **400mIM**

CAR PARKING:

1. The multi story car park by the hospital is **not free at all.....so please do not park in there!**
2. There is free car parking in the leisure complex next to the pool – just a short walk along the path (Google Gala Bingo/Cineworld Hengrove)
3. The multi story car park by the pool is free for the first **3 hours only**
4. Please note the overflow car park (aka the Field) is no longer available to us. The alternative is as follows:
 - a. **On arrival please ask guests to park as normal in the main car park taking a ticket on entry, where signs will direct them to reception.**
 - b. **So when it is convenient for them please ask them to go to reception where they will be given a day pass for £5 for the duration of the event each day.**
 - c. **As they will already be in the car park, buying the pass can be done throughout the day or even at the end of the day whichever is convenient for them.**
 - d. **Please note our reception staff doesn't start until 8.00 so we ask for the tickets to be requested after this time.**
 - e. **This will allow guests to park for the duration of the day and avoiding the normal daily cost which is £12.**
 - f. **Signs will be on reception and parking machines outside to notify guests to please see reception for more information.**

AS A CONSEQUENCE OF THIS PARKWOOD CHARGE:

WE HAVE TAKEN THE DECISION TO REDUCE THE PRICE OF ADMISSION, AND THE COST OF THE PROGRAMME, TO MINIMISE THE IMPACT.

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

Adrian
Meet Manager

2017

July 8th/9th - Level 3 LC - City of Bristol Summer Festival

