



## Northern Zone Junior Meet Newsletter

### **WELCOME**

We extend a warm welcome to all swimmers, parents, family and friends. A special welcome to our visitors from outside the Northern Zone.

### **PSYCHE SHEETS**

The updated versions of the Psyche Sheets are on the ASA website.

### **DOOR HELPERS**

If you are rostered on to help out at the door, please be at the pool at least 15 mins before the doors are due to open for each session.

### **POOL ENTRY**

Entry is via the back door, please give priority to swimmers, coaches and team managers. Spectators will need to purchase their session or season ticket and programme before moving upstairs into the stands.

### **SIGN IN SHEETS**

We are extremely grateful to all our volunteer Officials and Helpers whose selfless giving of their time and energy enables us to run our meets. Please ensure that you sign in and pick up your Pool side tag / label as you enter the back door.

### **POOLSIDE TAGS**

All Swimmers, Officials, Coaches and Team Managers will need to display their poolside tag or label at all times. Please do not be offended if you are required to leave poolside if you do not have a pass.

Passes for out of Auckland Swimmers can be collected by the Team Manager/Coach from the back door table from 7.30 am on Saturday. Please note that passes must be distributed to your swimmers before they will be allowed poolside.

### **SEATING PLAN**

The seating plan is on the ASA website. Chairs will be down on the pool deck on both sides of the pool. After each session please leave your area clean and tidy, ensuring that all rubbish is placed in the bins provided. At the end of the final session please ensure that your chairs are placed upstairs in the stands.

### **STARTS**

'Over the Top' starts and the FINA One Start Rule (SW 4.4) will apply.

## WITHDRAWALS

**NO REFUNDS for Withdrawals.** Withdrawals for Sessions 2 & 3 must be into the AOD control room prior to the end of the preceding session.

**There will be a NON withdrawal fee of \$10 per event.**

## TIMED FINALS

All events are timed finals.

## RESULTS

These will be placed downstairs on the wall by the entrance and upstairs on the walkway at the back of the dive well. Subject to technical capacity, 'Live Results' will be operating during the course of the meet.

## MARSHALLING

Swimmers are to report to the marshalling area 6 races before their race.

## MEDAL PRESENTATIONS:

There will be no medal presentations. Medals should be collected by Team Managers from the medal table.

## PHOTOGRAPHY

Spectators wishing to use long-lensed cameras must be registered with the ASA office by mid-day 27<sup>th</sup> March 2015. Please send request to [info@akswim.co.nz](mailto:info@akswim.co.nz)

## MERCHANDISE

Our sponsor Swim T3 will be open on pool deck for all your swimming needs.



## WARM UP AND POOL OPENING

SESSION	SAT AM	SAT PM	SUN AM
	1	2	3
Pool Opening	7:30am	1.30pm	7.30am
Warm up Start	8:00am	2:00pm	8.00am
Warm up Finish	8:45am	2:45pm	8.45am
Session Start	9:00am	3:00pm	9.00am
Approx. Session Finish	10:45 am	4.45 pm	10:45 am