

**Festival of Swimming – North East (Yorkshire)(50m) 2021
31st July & 1st August 2021
Ponds Forge International Sports Centre, Sheffield**

Delivered by Yorkshire Swimming Association (1NE210264)

FINAL INSTRUCTIONS FOR THOSE ATTENDING THE MEET

Session 1			Session 3		
Saturday 31st July @ 9am			Sunday 1st August @ 9am		
Boys/Girls 12yrs & under,13yrs,14yrs			Mens/Womens 15yrs,16yrs,17yrs, 18 & over		
Boys/Girls	100m	Freestyle	Men/Women	100m	Freestyle
Boys/Girls	100m	Backstroke	Men/Women	100m	Backstroke
Boys/Girls	200m	Freestyle	Men/Women	200m	Freestyle
Boys/Girls	200m	Breaststroke	Men/Women	200m	Breaststroke
Boys/Girls	400m	Ind. Medley	Men/Women	400m	Ind. Medley
Boys/Girls	200m	Butterfly	Men/Women	200m	Butterfly
Session 2			Session 4		
Saturday 31st July @ 2pm			Sunday 1st August @ 2pm		
Mens/Womens 15yrs, 16yrs,17yrs & 18 & over			Boys/Girls 12yrs & under,13yrs,14yrs		
Men/Women	100m	Butterfly	Boys/Girls	100m	Butterfly
Men/Women	200m	Ind. Medley	Boys/Girls	200m	Ind. Medley
Men/Women	400m	Freestyle	Boys/Girls	400m	Freestyle
Men/Women	50m	Freestyle	Boys/Girls	50m	Freestyle
Men/Women	100m	Breaststroke	Boys/Girls	100m	Breaststroke
Men/Women	200m	Backstroke	Boys/Girls	200m	Backstroke

Entries have now closed and all submitted entries have been accepted. The session times are as indicated in the table above. Warm Up will commence 1 hour before the Start of the Session. It will be a split warm up with the Boys Warm Up first in every session.

**SHEFFIELD CITY TRUST HAVE PLACED A CAPACITY LIMIT ON THE POOL HALL AREA AT PONDS FORGE. THIS IS SUFFICIENT TO ACCOMMODATE ATHLETES, COACHES, TEAM STAFF AND OFFICIALS ONLY.
YOU ARE REMINDED THAT SPECTATORS WILL NOT BE PERMITTED AT THE EVENT.**

There will be a NESS Swimwear shop in the Foyer. The Café should be open.

The event will be live streamed on the Swim England North East You Tube Channel.

CLUBS HAVE BEEN ALLOCATED AN AREA EACH ON THE SPECTATOR BALCONY. A PLAN IS ATTACHED TO THIS DOCUMENT.

**Start Lists and results will be available on our Event Micro site [here](http://www.yorkshireswimming.org/onlineresults/2021Summer/index.php) or <http://www.yorkshireswimming.org/onlineresults/2021Summer/index.php>
A Draft Programme is available to download and print from this site. We will not be supplying programmes at the event.**

All athletes/Coaches/Team Staff attending this meet must follow the requirements listed here.

1. You are requested to undertake a Covid19 Lateral Flow Test, at least three days before you are due to attend the Meet. **IF THIS TEST IS POSITIVE YOU MUST NOT ATTEND THE MEET AND MUST BOOK A PCR TEST IMMEDIATELY.**
2. You must complete a 'Return to Competition Health Declaration Form' and deposit it with your Club before the competition. The form can be found on our Yorkshire Results Microsite [here](#) or Swim England Returning to Pool Resources [here](#)
3. It will be the responsibility of each Club to ensure that they have a copy of the form for each swimmer, or a similar record form produced by the Club. Many swimmers will have already completed such a form.
4. You are requested to wear a Face mask at all times when moving about in the venue. You may remove it when seated and before you enter the water.
5. A one way system will be in operation at the venue.
6. All those attending will enter the pool hall through the doors in the foyer that are normally used to access the Spectator Balcony. You must not enter by going down the stairs into the Changing rooms as previously.
7. Having gone through the doors swimmers will turn left or right and go to their allocated seating area on the Spectator Balcony.
8. You will leave the Balcony area through the same doors.
9. Swimmers will not be allowed onto the pool deck area unless they are visiting the Changing Rooms or are intending to enter the pool for Warm Up or to attend the Marshalling area prior to their swim.
10. Coaches can go onto the Pool Deck when their swimmers are competing. They are requested to sit with their swimmers upstairs the rest of the time.
11. Access to the Changing Rooms will be through the doors on the pool deck. Swimmers should return onto the Pool deck through the same doors.
12. Athletes should arrive, where possible, in beach wear ready to swim
13. Travel between the Spectator Balcony and the pool will be by using the stairs either side of the 50m pool and near the Diving Pit end.
14. The Marshalling area will be on the Pool Deck, Omega Suite side. Please social distance whenever possible.
15. Due to capacity limits The Diving Pit will not be used for Swim Down.
16. All those attending should make frequent use of the sanitiser points round the venue.
17. Parents will be allowed into the Foyer to visit the Café or Swim shop subject to the capacity limits laid down for the Foyer. Please maintain Social Distancing at all times.
18. If a swimmer/team is not going to swim in a heat they must inform the Entry Manager of their intention to withdraw no later than 6pm on the Friday Evening for Saturday events and by 12noon on the Saturday for Sunday Events. Seeded Heat Start lists will be produced. Notifications should be sent to entries@yorkshireswimming.org