



ESSEX RELAY GALA 2013

MEET INFORMATION

- Clubs will be given a designated seating area
- Spectators will be given designated seating areas divided into clubs
 - No folding chairs are allowed on poolside (except for coaches)
- Poolside passes MUST be worn on poolside at ALL times (including Team Managers- to be collected from desk in centre of pool)
- Programmes for Coaches can be picked up from desk in centre of pool
 - Entry for spectators will be from 1.10pm
- Entry to poolside for Coaches and swimmers will be from 1.10pm ONLY

ALL TEAMS MUST REPORT TO THE 'HOLDING AREA' IN CHANGING ROOMS BEFORE THEIR HEAT-ENTERED VIA THE CHANGING ROOMS AT FAR END OF POOL ONLY-Failure to do this will result in the team being unable to swim in that event

- **Team Managers MUST stay with the team at all times and are responsible for the behaviour of their team**