

# SLSC Competition

## Running Order

### 11:20 Registration

**ONLY** Team managers and or captains are to register that their teams have arrived with **Diane** in reception.  
**ONLY Parents/spectators may go to the upstairs seating area, NOT SWIMMERS at this time**

### 11:35 Rookie & Junior 14 and Under teams to the Changing Rooms

Rookie and Junior 14 teams are allowed into changing rooms to get changed and must go straight to Isolation. Rookies are to go to the Meeting room upstairs and Junior 14 and under to the Studio downstairs. **Bags must be left in the changing rooms but keep pool shoes/flip flops on feet due to position of isolation rooms.**

### 11:40 Team Captains Briefing

To be held in venue somewhere, probably in the scoring booth.

### 11:55 Isolation Rookie and Junior 14 and Under Only

Team captains have until 11:55 to talk to any of swimmers already in meeting room or studio. After this time Isolation is to start and no one is allowed in or out.

### 12:00 Setup Incident, Allow Junior 16 and Senior Age Ranges to go to Gallery

#### 12:20 Incident to Start

Teams brought up or down from relevant isolation area **wearing some kind of footwear**. They are held in the corridor off poolside behind scoring area until poolside ready to start. Diane will supervise this. After the incident has finished competitors should **collect shoes from outside changing rooms** and change in the relevant changing room (gender specific).

### Approx 13:20 Junior 16 and Under & Senior teams to the Changing Rooms

When only two incident teams are left in the Rookie isolation area Senior and Junior 16 and Under teams are sent to changing rooms to prep for incident.

### Approx 13:30 Isolation Junior 16 and Under and Senior Only

Junior teams are allowed into their isolation area as soon as the last team from the Rookies has left that room. Seniors allowed straight into isolation **via the main entrance area** as their isolation room will be empty. Seniors are to be held in the studio downstairs and Junior 16 and under in the meeting room upstairs. Seniors Isolation will be free sooner as there are less Junior 14 teams than Rookie teams. Only footwear should be taken into isolation leave bags in changing room.

### Approx 13:35 Setup Incident 2

#### 13:50 Incident 2 Start

Same as previous, teams brought up or down from relevant isolation area **with relevant footwear only**. They are held in the corridor off poolside behind scoring area until poolside ready to start. They should leave footwear there with Diane on this corridor and she will take them out to changing room while the incident takes place. After the incident has finished competitors should collect their footwear and change in the relevant changing room (gender specific).

### 15:00 Speed Events to Start

Teams are to be based in gallery and not on poolside due to limited space around the edge of the pool.