



VANTAA JUNIOR MEET 3.-4.3.2018

Welcome to compete in Vantaa, Tikkurila swimming pool!

Competition office can be found in the pool conference room, next to the foyer. Office will open at 8:00 am on Saturday and Sunday and stay open until the end of evening session.

Keys to dressing room lockers will be handed out in the competition office. There's a limited amount of lockers, 2-3 swimmers will have to share. Keys shall be returned to the competition office at the end of competition. The swimming pool will charge 20 €/lost key.

Cancellations must be made no later than 1h before each session start electronically or by cancellation form to the competition office. Information and passwords for electronic cancellations can be found in the club envelope attached to this competition information.

Late entry forms can be found in the competition office. Late entries will only be accepted if there is room in the sets.

Start lists can be seen in advance in Live Timing, pool wall and in the competition office. Start lists and timetables are subject to change due to cancellations and late entries. Coaches can get an up-to-date start list from the competition office 15 mins before each session start. Up-to-date lists will also be in Live Timing as sessions start.

Warm up begins 1h before and ends 10 mins before each session start. The teaching pool can be used for warm up during the competition. The diving pool is not in use during the competition.

Call room is next to the wheelchair-lift under the stairs. Swimmers must report to the call room at latest 3 sets or 15 mins before their own set.

We will be using **overhead starts** in competition. Swimmers shall wait in the pool for the next start, even in backstroke events. In **50m events** swimmers get out of the pool as soon as their set is finished. Only the stairs on the pool sides shall be used to get out! **Last sets** will be marched in with music, no overhead starts.

No separate prize giving ceremonies will be arranged. All prizes can be retrieved from the prize table.

Please note that all timetables are subject to change!

Simmis Wanda wishes you all an enjoyable competition!