

COMPETITORS CONDITIONS & NOTES

- 1 Competitors must post their cards 45 minutes before the start of the relevant session
- 2 The **ONE START RULE** is in force for all events
- 3 All events finish at the diving end of the pool
- 4 In events with finals, at least the six fastest competitors in the heats will proceed to the final, which shall be swum on the spearhead principle
- 5 Names of finalists and reserves will be announced as soon as possible after the heats
- 6 Anyone wishing to withdraw from a final should complete and return a withdrawal form, available from the announcers table, within 30 minutes of the result being published
- 7 In all Individual events, medals will be presented to swimmers placed first, second and third
- 8 Awards will be made based on the performance in the final. In events with no final, or where there are not sufficient juniors in the final for placings to be made, then heat times will be used
- 9 Swimmers must make themselves available for presentation when required
- 10 For all individual events, a swimmers age shall be taken as at midnight on 31 December 2002

SAFETY AT CRYSTAL PALACE

All competitors, coaches, officials and spectators should note the following:-

Starting

- 1 The height of the starting blocks is 750mm from the surface of the water
- 2 At the diving end the water depth is 2m
- 3 At the teaching end of the pool the water depth is 1.8m

It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are competent, to the standard of the ASA competitive start award, to dive start under the above conditions.

Alternatively, swimmers are reminded that in the event of a false start, swimmers should perform a safe entry and not fall into the water.

Warm-up

Swimmers and coaches must ensure that they (and swimmers in their charge) take no action which would endanger themselves or others. The instructions of the training marshals or other in authority must be obeyed immediately.

General Safety

- 1 Swimmers must not leave the pool side unless wearing shoes and having dried themselves
- 2 Everyone attending SCASA events must familiarise themselves with the location of the emergency exits
- 3 Any observing anything they consider to be safety hazard must report it to the gala MC
- 4 Everyone attending SCASA events must take all steps to ensure their own safety and the safety of others
- 5 Swimming galas may be noisy events with cheering, whistling and other forms of support by clubs for their swimmers. If you feel that the noise level is likely to cause you distress please bring with you some form of ear protection such as ear plugs, muffs or defenders.