## Hillingdon SC Fast & Festive Winter Meet – Saturday 21 & Sunday 22 December 2024

### Hillingdon Sports & Leisure Complex, Gatting Way, Uxbridge, UB8 1ES

***A warm welcome to all Swimmers, Coaches, Officials, Team Managers and Spectators to our 2024 Fast and Festive Winter meet at the Hillingdon Sports & Leisure Complex this weekend.***

| | |
|---|---|
| Borough of Harrow Swimming Club | Camden Swiss Cottage Swimming Club |
| Guildford City Swimming Club | University of Surrey |
| Hounslow Jets Swimming Club | Kingston Royals Swimming Club |
| Leatherhead Swimming Club | Reading Swimming Club |
| Windsor Swimming Club | Hillingdon Swimming Club |

***Good Luck to all swimmers competing and we would like to confirm the following information ahead of the meet and ask you to share this with everyone who is attending.***

**Confirmed Session Times**

| **Saturday 21 Dec** | ***Warm-up start*** | ***Warm-up finish*** | ***Session Start*** | ***Estimated Finish*** | ***Skins Event*** |
|---|---|---|---|---|---|
| Session 1 | 08:00 | 08:40 | 08:45 | 11:20 | |
| Session 2 | 11:25 | 11:55 | 12:00 | 14:55 | 15:00-15:40 |
| Session 3 | 15:40 | 16:10 | 16:15 | 18:15 | |
| **Sunday 22 Dec** | ***Warm-up start*** | ***Warm-up finish*** | ***Session Start*** | ***Estimated Finish*** | ***Skins Event*** |
| Session 4 | 07:55 | 08:35 | 08:40 | 11:30 | |
| Session 5 | 11:30 | 11:50 | 11:55 | 15:10 | 15:15-15:55 |
| Session 6 | 16:00 | 16:25 | 16:30 | 18:30 | |

**Officials** – we welcome all officials, please follow this link to sign-up and confirm sessions. Separate parking arrangement apply and a permit will be issued for the parking area – please submit vehicle details via the link by Friday 20 December. There will be water stations poolside to re-fill water bottles.

**Withdrawals** – please confirm all withdrawals using the online form by 08:00 on Saturday 21 December 2024. Any further withdrawals can be made on the day prior to the start of warm-up for each session at the Tech Desk poolside using the withdrawal form. Supporting information for medical withdrawals should be emailed to ann.oleary@hillingdonsc.co.uk no later than Monday 23 December 2024.

**Meet Programme** – there will be no printed programmes available, please access the programme via the club website https://uk.teamunify.com/team/hbsc/page/competitions/open-meets

**Meet Mobile** – Hillingdon SC Winter Open Meet 2024 **–** *pending internet connection*

## ***Important information to share with all attending the meet:***

- Hillingdon Sports & Leisure Centre is open from 07:30 each morning
- Swimmers should arrive beach ready for the warm-up
- Marshalls (green t-shirts) will direct swimmers poolside to the designated seating area for their club
- **NO LARGE KIT BAGS will be allowed poolside** – we are at capacity and space will be limited poolside
- **Lockers** are available and require a **£1.00** coin which is refundable
- Changing cubicles are available but not showers.
- Footwear and dry clothing must be worn by swimmers when not on poolside
- No hot drinks, nuts or glass containers poolside
- Spectators/parents are not allowed in the changing area
- Mobile phones must not be used in the changing rooms

**Photography** – please ensure that any photos/videos are restricted to your own child and not shared on social media.

**Safety** – please familiarise yourself with Fire Exits and ensure they are kept clear at all times. Please alert centre staff or HSC volunteers (green t-shirts) if any unsafe situations arise.

**Spectator Entry** - £5.00 one session, £10.00 per day, £20.00 for the weekend, Card or Cash. We ask spectators to be considerate and flexible, please do not reserve seats by placing bags and coats on the seats; we do not want to restrict or limit entry. The café area is available in between events to allow everyone to share seating in the spectator gallery.

**Parking** – Pay & Display at the Leisure Centre car park. Other facilities in the Leisure Centre will open as usual and parking maybe busy.

**Café** – will be open from 08:00 to 17:00 each day for refreshments and snacks – Card or Cash

**Mailsports** – will be located on the landing and will have a large selection of items available on both days.

🎄 **HSC Christmas Raffle - £1.00 per ticket** 🎄

**£200 Mailsports Voucher ~ £100 Amazon Voucher ~ Hampers & lots more prizes**

***Prizes to be drawn between Sessions 5 & 6 on Sunday 22 December 2024***

***And finally, Hillingdon Swimming Club and Committee would like to thank all Clubs for supporting our meet. Special thanks to our referees, officials, coaches, team managers, tech team, announcers, volunteers and everyone who has contributed behind the scenes.***

# Schedule of Events

## Saturday 21 December 2024

### Session 1

| | | |
|---|---|---|
| 1 | Open/Male | 100m Butterfly |
| 2 | Female | 100m Butterfly |
| 3 | Open/Male | 50m Backstroke |
| 4 | Female | 50m Backstroke |
| 5 | Open/Male | 200m Breaststroke |
| 6 | Female | 200m Breaststroke |

### Session 2

| | | |
|---|---|---|
| 7 | Open/Male | 200m Individual Medley |
| 8 | Female | 200m Freestyle |
| 9 | Open/Male | 400m Freestyle |
| 10 | Female | 400m Individual Medley |
| 11 | Open/Male | 14/Under **Medley Skins** |
| 12 | Open/Male | 15/Over **Medley Skins** |

### Session 3

| | | |
|---|---|---|
| 13 | Open/Male | 100m Backstroke |
| 14 | Female | 100m Backstroke |
| 15 | Open/Male | 50m Breaststroke |
| 16 | Female | 50m Breaststroke |
| 17 | Open/Male | 200m Butterfly |

## Sunday 22 December 2024

### Session 4

| | | |
|---|---|---|
| 18 | Female | 100m Breaststroke |
| 19 | Open/Male | 100m Breaststroke |
| 20 | Female | 50m Freestyle |
| 21 | Open/Male | 50m Freestyle |
| 22 | Female | 200m Backstroke |
| 23 | Open/Male | 200m Backstroke |

### Session 5

| | | |
|---|---|---|
| 24 | Female | 200m Individual Medley |
| 25 | Open/Male | 200m Freestyle |
| 26 | Female | 400m Freestyle |
| 27 | Open/Male | 400m Individual Medley |
| 28 | Female | 14/Under **Medley Skins** |
| 29 | Open/Male | 15/Over **Medley Skins** |

***Medley Skins will be swum based on the 200IM events for 14/under and 15/over age groups - 4x50m races, of random stroke selection - CASH prizes awarded to the winner and runner up in each age group***

### Session 6

| | | |
|---|---|---|
| 30 | Female | 100m Freestyle |
| 31 | Open/Male | 100m Freestyle |
| 32 | Female | 50m Butterfly |
| 33 | Open/Male | 50m Butterfly |
| 34 | Female | 200m Butterfly |

**MEET MOBILE: Hillingdon SC Winter Open Meet 2024**