



**HSC FINIS LAST CHANCE COUNTY QUALIFIER MEET**  
**12<sup>th</sup> December 2021**  
**Westminster Lodge Leisure Centre,**  
**Holywell Hill, St Albans, AL1 2DL**

**INFORMATION FOR COACHES**

**Westminster Lodge Leisure Centre**

Bring plenty of change for the car park. Charges apply Monday to Sunday: 7:30am to 6:30pm:

|                |  |
|----------------|--|
| Up to 2 hours  | Free - Free 2 hour Pay and Display ticket must be obtained |
| Up to 3 hours  | £2.30  |
| Up to 4 hours  | £4.40  |
| Up to 24 hours | £5.40  |

Part of the car park is still operating as a vaccination centre so space may be limited .

**Coaches Passes**

Please report to the crèche (signposted just through the barriers) to collect your Coaches passes and folders. Tea/coffee/biscuits will be available in the crèche.

**COVID** - We are asking everyone to wear masks/face coverings when not swimming. We would also ask all coaches/swimmers to restrain themselves from shouting/whistling as much as possible.

**Timing**

Doors open for coaches and officials from 7:30am

No swimmers or coaches will be allowed poolside before 8:00am due to public swimming. Please see below for Session timings.



**Warm up**

Where lanes are shared we expect coaches to coordinate over sprint lanes.

The lanes for warm up are as follows:

|                | <b>Session 2 no earlier than 12:30</b>                          |
|----------------|---|
| <b>Warm up</b> | <b>50 minutes</b>   |
| <b>Lane 0</b>  | Potters Bar, Dunstable, CoStA, Dunmow, Cheshunt, Hemel, Watford |
| <b>Lane 1</b>  | Potters Bar   |
| <b>Lane 2</b>  | Potters Bar   |
| <b>Lane 3</b>  | Stevenage, Linslade   |
| <b>Lane 4</b>  | Harpenden   |
| <b>Lane 5</b>  | Harpenden   |
| <b>Lane 6</b>  | Hoddesdon, Hertford, Harrow                                     |
| <b>Lane 7</b>  | Tring   |
| <b>Lane 8</b>  | Verulam   |
| <b>Lane 9</b>  | Berkhamsted, Ware   |



| <b>SESSION 1 08:30</b> |  |
|------------------------|--|
| <b>Warm up</b>         | <b>50 minutes</b>  |
|                        |  |
| <b>Lane 0</b>          | Potters Bar, Harrow, Cheshunt, Hatfield, Saffron Walden, Watford |
| <b>Lane 1</b>          | Potters Bar  |
| <b>Lane 2</b>          | Potters Bar  |
| <b>Lane 3</b>          | Tring  |
| <b>Lane 4</b>          | Harpenden, Dunstable   |
| <b>Lane 5</b>          | Harpenden  |
| <b>Lane 6</b>          | Berkhamsted, Ware  |
| <b>Lane 7</b>          | Stevenage  |
| <b>Lane 8</b>          | Hoddesdon, Hertford, Dunmow                                      |
| <b>Lane 9</b>          | Verulam, CoStA   |



### **Withdrawals**

Your coach's folder will contain withdrawal forms. Please ask a volunteer in a purple or black t-shirt if you need extra copies. Withdrawals close 10 minutes after the start of warm up. There are no fines for late withdrawals, but please work with us and notify us in plenty of time as we (and you) want to avoid racing with empty lanes.

Many thanks

Bryan Thompson  
HSC FINIS LEGACY MEET  
Meet Director