

ESPOO SWIM GAMES COMPETITION

INFO ESPOO 23.11.2019

Update version 2

20.11.2019, Chapter Awards is updated.

LOCATION

Espoonlahti public swimming pool, Espoonlahdenkuja 4, 02320 Espoo, tel. 09-81657562

COMPETITION OFFICE

The competition office is located on the upper level near the starting blocks.

Opening hours: from 08:00 to end of morning session and from 15:00 to 30 minutes after the end of the evening session.

TIMETABLE

The competition timetable is posted in LiveTiming (www.livetiming.fi). Significant changes to the timetable during a session will be publicly announced at the pool.

Date	Morning session	Evening session	Warm up period
23.11.	09:30		08:30-9:20
23.11.		16:30	15:30-16:20

WARM UP

During the sessions swimmers will warm up in the children's pool.

Fins and hand paddles are not allowed in the competition pool.

LOCKER WRISTBANDS

A club representative will pick up and sign for locker wristbands for the club's swimmers at the competition office, where they are to be returned after the competition.

We will charge the club 15 € for each unreturned wristband.

HEAT SHEETS

Clubs can obtain printed competition timetables and heat sheets at the competition office.

In an effort to limit paper usage, we ask that you use digital heat sheets whenever possible. Digital heat sheets are posted in LiveTiming.

LATE ENTRIES

Late entry is available until the end of the cancellation period of the competition's first session. This is done in the Tempus system until the day before the competition and after that by registering directly with the referee at the competition arena.

CANCELLATIONS

A swimmer may cancel one or more events.

Cancellations are made digitally in the Tempus system, where cancellation is possible until the entry deadline.

After the entry deadline all cancellations must be made in written form in the competition office or in the digital cancellation system no later than one hour before the start of the session.

LOCKER ROOMS

Locks on the lockers are operated with RFID wristbands. Please make sure that the contents of the locker do not prevent the door from locking properly.

CALL ROOM

Please note the new location of the call room. The first two collection points are located at the end of the children's pool furthest from the showers and the final collection point is by the windows along the competition pool. All swimmers must show up at the first collection point in a timely fashion. Swimmers will be guided to the start area from the third collection point one heat at a time. After their event, the swimmers will exit using the side closest to the stands.

STANDS

To avoid injury, glass containers are not allowed in the stands or pool area.

Please help us keep the stands and pool area tidy by picking up after yourself and putting all trash into the bins provided.

COACHES' AREA

The side along the competition pool directly in front of the stands has been designated as a coaches' area. Pace-making in this area is forbidden. Please observe that this area is also used by swimmers returning from the pool and by the stroke judges.

RESULTS

The competition will be broadcast live through SuperLive and results will be posted digitally in LiveTiming. A printout of the results will also be posted on the wall at the upper level above the stands.

AWARDS

The three fastest swimmers of each event will be awarded a medal. Awards will be available at the competition office after confirmation of the official results.

FOOD AND REFRESHMENTS

During the competition, food and refreshments are available from the cafeteria Windyday (www.windyday.fi),

Coffee and snacks are available for all coaches in the coaches' room (entrance from pool area close to showers).

MEDICAL

First aid equipment and medical supplies can be found in the lifeguards' room in the pool area near the showers and in the competition office. No appointed medical personnel will be available on site during the competition. In case of a medical emergency, we will contact public medical services (112) and follow the directions of the lifeguard in charge.

LOST & FOUND

All misplaced items will be taken to the competition office after each session and kept for two weeks. Send inquiries to the Cetus competition coordinator (arvokilpailut@cetus.fi). Items can be shipped at the owner's expense or collected from Cetus' office.

PARKING

There will be no time limits for parking on the day of the competition at the parking lot in front of the pool. Traffic wardens will patrol all other areas in a normal fashion, so please observe all rules and restrictions. The parking lot of the gym (Fressi) next door to the pool is reserved for the gym's clients.

More parking can be found next to the Espoonlahden lukio school (Opettajantie 3, behind the pool), located appr. 500 meters from the pool and the Storängens skola school (Espoonlahdentie 10), located appr. 200 meters from the pool (walkway through the woods).

Welcome to Espoonlahti for a great day of competition!