**Belgian Championships Category 15 years and older - 29-30-31 july 2022**

**Dear team-representative**,

A very warm welcome to all clubs. We hope you will have a pleasant competition and hope that all the simmers will achieve great result. To streamline our competition in an orderly fashion, we would like to invite you to respect the following guidelines. Only the team representative can contact the jury, no coaches or swimmers are allowed at the main jury table (list with names of team representatives to be signed at jury table during warming up).

**Entrance**

* The swimmers enter the building via the main entrance and can only access the swimming pool passing by the individual changing rooms, where they can change clothes. We ask everybody to minimally remove their shoes for hygiene reasons!
* For team-representative and trainers, bracelets for each session are available in your envelop.
* To use the lockers, you must compose your own personal code, and make sure to remember it !
* The sitting places on the main stands are reserved for the public.
* Swimmers may not enter the swimming hall using the doors between the swimming pool and the main entry hall.

**Warm-up**

* The training pool and the competition pool can be used during the warm-up.
* During warm-up, the lane 8 of the competition pool will be reserved for sprints. In lane 7, a back stroke device will be in place.
* During the competition and for the warm-up of the finals, the training pool can be used for warm-up /cooling-down.
* In the training pool one backstroke start device is available for backstroke swimmers.
* Never leave the pool by climbing over the time-registration panels, always use the stairs on the side of the pool.
* The warming up in the competition pool ends 15 minutes before the start of the competition. Please ask your swimmers to leave immediately the pool.

**Warming up pool / training pool**

* The space next to this pool is reserved for physiotherapist purposes.
* NO beds, storage of bags or sleeping swimmers are allowed in this area.
* The entire space around this pool must stay empty.

**Competition**

* Every swimmer has to be present 10 minutes before his or her competition, in the call-room, located at the side of the competition pool (in face of the main grandstand).
* Every swimmer leaves the water immediately after the start of the next heat, except for the 50 m competition where they have to leave the pool by the stairs, never climb over the time-registration panels.
* Annulations for the finals are to be communicated at the jury table according to the timing mentioned on the results, published at the doors between the competition pool and the hall (also the reserves must be scratched).
* Entry of the name lists of the relay teams: as soon as possible.
* Timing: heats: 08:30 - finales: 16:00 (on Sunday: 15:30) (warming up starts 07:00 / 14:30, on Sunday 14:00).

**Medal Ceremonies**

* The first three will be called. Timing of the medal ceremonies is on the program. Too late = no medal…
* The medal podium is placed face of the main grandstand.

**Waste**

* Please keep the pool area clean and deposit all the waste in the available bags or waste bins.
* Verify that when you leave the place where your stayed with your swimmers everything is cleaned up.

**Catering**

* Open from 07:00 until an hour after the end of the finals.
* You can only pay after you acquired cards for drinks.

**We wish you a pleasant and successful competition!**