

Counties Information 2010

The main Oxford and North Bucks County Championships take place at the Aquavale pool Aylesbury over two weekends in March, Saturday 6th, Sunday 7th, Saturday 13th and Sunday 14th.

This competition is always exciting with swimmers usually revelling in the atmosphere and producing great swims with many PB's achieved and many exciting relay events. However, as with all large competitions there a few things to remember and we have listed a few below to try and make the days go as smoothly as possible.

Swim Suits. Remember the new rules, the county will enforce them and you will be disqualified if you swim with an unapproved swim. Check on the Witney web site which has links to the official rules and sites relating to suits. In particular no full leggings/body suits for boys.

Parking. The Aquavale is not blessed with a large car park so either get there early and get a place in their car park or go to one of the town centre car parks. I parked at one for the Maxwell Open Meet and it cost £8 for the day, it didn't take cards in the machine but did take notes. Do not park in the Retail Park next to the Aquavale or in the Tesco car park as you stand a fair chance of getting clamped. There is a lane down to an industrial park opposite the Aquavale but I wouldn't recommend parking there either as an £80 ticket would not be welcome. Also don't park on the grass at Aquavale!

Things to bring. Firstly make sure you bring the right clothing. You will need a top, shorts and pool shoes; pool shoes are imperative as you will not be allowed into the marshalling area without them. Witney tops preferred, we want to look smart and show the other clubs who we are. Don't forget your Witney hat, all swimmers to swim with Witney hats please. Bring spare goggles please.

Food and Drink There is a canteen at the Aquavale providing a selection of hot and cold food and a range of drinks. However the menu doesn't extend to pastas and other swimmers' food so I would recommend taking a good store of food for the swimmers. If you get through to the finals it can be a long day finishing after 8pm sometimes so bring enough of the right food along. As with most swimming pools the Aquavale can get hot so remember to have lots of drinks. Swimmers need to drink a lot anyway and with a long day with multiple swims it is vital plenty of liquids are taken. The canteen frowns on people eating their own food so suggest you at least buy a drink to justify a seat! Not too many sweets either.

Bags The Aquavale has a 'no large bags poolside' rule so you need to leave them in the lockers. It takes a pound coin to use the lockers which you get back. Its worth having a small bag to take poolside for your drink, goggles, hat, towel and a snack.

Be on time It's important to arrive in plenty of time, you need to **post your cards** in the box by the entrance into the competition pool; do not forget to post your cards, you won't be able to swim your race if you forget. Also for the relays please make sure you arrive in plenty of time, John needs to enter the team sheets before the sessions start and he needs to know everyone is here before he enters the teams (names are on team sheets). When you arrive at the Aquavale please let the Witney stewards know you are here so they are aware of what swimmers are actually at the pool. Always check with the stewards before leaving – you don't want to miss a race/relay. If you qualify for finals (**or are a reserve** for finals) you **MUST** let the officials know within 30 mins of the end of the morning session if you do not intend to swim in the finals.

Relays Even if you don't get an individual swim you may be in a relay, which is a really exciting way to take part. Please check the relay list on the board as we enter as many teams as possible and if someone pulls out it may mean withdrawing a whole relay team – ALL swimmers – Juniors, Red, Orange and Black/White need to check the board – thanks.

Enjoy Lastly enjoy the Counties, it really is an enjoyable event to compete in and the highlight of the year for many. If anyone has any questions please just ask

Stuart McLean