Stowmarket Seals Novice Meet 2025

Coach Information

Coach passes

Please ensure that you download and print your up to date accreditation from Swim England prior to the event. This will be used as a coach pass. Instructions how to do this can be found here. stowmarketswimmingclub.co.uk/page/events--fixtures/coach-passes

Only those with their accreditation will be allowed poolside

Club areas

Ipswich and Stowmarket swimmers will be located in the downstairs studio.

Swimmers must wear footwear when walking between the studio and poolside.

Stanway, Diss, Hadleigh and Felixstowe will be in the permanent spectator seating in the pool area.

Warm up

A coach must be on the pool deck with their swimmers while warming up

Warm up sessions will last 15 min

	Warm up 1 1:45-2:00	Warm up 2 2:00-2:15	Warm up 3 2:15-2:30
Lane 1	Stowmarket	Ipswich	Stanway
Lane 2	Stowmarket	Ipswich	Stanway
Lane 3	Stowmarket	Ipswich	
Lane 4	Stowmarket	Ipswich	Diss
Lane 5	Stowmarket	Ipswich	Felixstowe
Lane 6	Stowmarket	Ipswich	Hadleigh

Start Time

As all clubs have agreed the start time has been brought forward to 2:45pm

25m Races

25m races will start in the shallow end and all swimmers must start in the water.

Withdrawals

Please let us asap if you have a withdrawal.

Results

Results will be posted on Meet mobile and printed copies will be posted on the noticeboard.