



Lesmurdie Legends Winter Carnival

Information for Swimmers, Coaches and Parents

Well done on getting your entries in nice and early to guarantee you a spot in the LLSC Winter Carnival. In order to ensure that the day runs as smoothly as possible, please take note of the following information:

- Pool entry is \$4 for swimmers and \$2 for spectators.
- Warm up for all clubs except Guildford-Kalamunda and Lesmurdie is from 8am. Please see the attached page for warm-up lane allocations. Guildford-Kalamunda and Lesmurdie Clubs will warm up from 7.30am.
- The meet will commence at 9am and is due to finish by 4.15pm.
- Please see the attached time keeping roster. Whilst hosting a small meet is great in the most part, it does mean a smaller pool of clubs to draw from for timekeeping duties. We hope you are all understanding of this and take the opportunity to enjoy the best seats in the house while having a turn or two at timekeeping!
- Swimmers will be 'housed' in the gym adjoining the pool, so please bring lots of warm gear (sleeping bags, jackets, ugg boots etc). It is not usually super cold in the gym and it will also be heated with patio heaters.
- Bring things to keep swimmers entertained/busy while waiting to be marshalled but please do not bring balls, as this tends to get a little chaotic.
- Coaches are able to use the weights gym alongside the pool to talk with their swimmers prior to marshalling and/or after events. The pool can be viewed from this gym, so coaches will be able to watch events from there too.
- We have a wonderful canteen operating throughout the day and 'real' coffee will be available too.
- We are extremely fortunate to have some fantastic prizes in our raffles, including an ipad mini and a big screen TV! Bring your cash for a chance to win.
- It is not necessary to bring chairs.

TIME KEEPING ROSTER

Lane	Time Keepers	Time
1	3 x Arena	Session duration
2	3 x Lesmurdie	Session duration
3	2 x Breakers, 1 x GMAS	Session duration
4	3 x GKDS	Session duration
5	2 x Western Sprint, 1 x mixed*	Session duration
6	2 x Lesmurdie, 1 x West Coast	Session duration
7	2 x Vic Park, 1 x GKDS	Session duration
8	3 x West Coast	Session duration

- * Mixed seat to be filled with the following timings by relevant clubs:
 start-9.45am Peel; 9.45-10.45 Armadale; 10.45-11.45 York; 11.45-12.45 Collie; 12.45-1.45 Peel; 1.45-2.45 Karratha; 2.45-end Tuart Hill.

WARM UP LANE ALLOCATION

To ease congestion in the pool during the warm-up period, GKDSC and LLSC will warm up from 7.30am-8.00am, then have until 8.15am to do starts and turns in Lanes 1 and 8.

All remaining clubs, can warm up as per the lane allocation below from 8am-8.30am in Lanes 2-7, with Lanes 1 and 8 reserved for dives and starts until 8.45am.

Lane	Clubs
1	Dives and Turns
2	Armadale, Barracudas, Tuart Hill, Peel
3	Western Sprint, York, Karratha, SSPW, Collie
4	Vic Park ,GMAS
5	Arena
6	Breakers
7	West Coast
8	Dives and Turns



CANTEEN Menu



Egg & Bacon Rolls	\$4.50
Sausage Sizzle	\$3.00
Hamburger	\$5.00
Soup & dinner roll	\$3.50
Pasta & Sauce	\$4.00



Fruit Salad	\$3.50
Cakes/Muffins/Slices	\$2.00
Cans	\$2.00
Juice Boxes	\$1.50
Bottled Water	\$2.00
Powerade	\$3.00
Lolly Bags	\$1.00

