



## WAIS INVITATIONAL 2015 - Memo

### Event Information

Please note this is a times based event only and no medal will be awarded.

#### *Event Timing*

- All morning sessions will start at 9.00am and be completed by 11.00am.
- Finals will commence at 5.30pm and we anticipate these to be completed by 7.00pm each night.
- The venue must be cleared no later than 7.30pm.
- Small breaks between events to assist with recovery and preparation for athletes will be taken when needed.

#### *Warm-Up, Cool Down and Training*

- Warm up will be offered from 7.30-8.45am for the morning sessions and from 4.00-5.15pm for the evening sessions.
- There will be 4 lanes available in the 8 lane pool for warm up and cool down during the racing session.
- Pre-meet training will be available on request on Friday 27 February. Please email [mpalfery@wais.org.au](mailto:mpalfery@wais.org.au) to request a time for this session.

#### *Marshalling*

- There will be no marshalling for any of the heat sessions.
- Athletes will be marked off prior to racing behind the block.
- We will be running strictly to schedule and it is the responsibility of the athlete to ensure they are in place on time.
- Finals marshalling will be from the Finals Marshalling marquee (see site map on page 3).
- Event programs will not be provided during heats. Please print your own and bring it along.  
Finals programs

#### *Times*

- Times will be available on MeetMobile (available from the app store).
- Live timing will also be available from the Swimming WA website (<http://wa.swimming.org.au/>)
- Result sheets will be posted in the marquee area immediately after each event.

## Education sessions

- WAIS service providers will be present at the following days and times to give information on the following topics:
- Recovery Nutrition: Simone Allen - Saturday 28 February, 8.00-9.00am  
Managing competition: Matt Burgin - Sunday 1 March, 8.00-9.00am  
Self conducted recovery: Sacha Fulton - Monday 2 March, 8.00-9.00am
- Parents and athletes are invited to attend these sessions free of charge. They will be conducted in the grand stand section of the competition area.

## Competition Arena

- Please refer to the site map on page 3 (please note not to scale).
- There will be some marquees provided for spectators.
- Clubs are more than welcome to bring their own marquees to set up in any additional available space.
- *Please ensure you bring along a chair as the outdoor pool area is not seated.*
- We are endeavouring to organise a cart with tea, coffee and possibly some snacks available for purchase.
- You are also welcome to bring your own food and drink items.

