



Sponsored by:	Lakenheath Barracuda Swim Team
Participants:	Vicenza, Aviano, Hohenfels, Weisbaden, Teamipswich, Mildenhall
Dates & Times:	<p>Saturday December 17, 2011</p> <p>Set-up: 1630 Coaches Meeting: 1650</p> <p>Warm-up:</p> <p>LKN, VZA, AVI, HFL 1700 – 1720</p> <p>Ipswich, Mildenhall, WSN 1720 – 1740</p> <p>Please be ready to enter the water at the start of your warm-up time. Times may be adjusted on day of the meet to accommodate team sizes</p> <p>Start: 1745</p> <p>End: ~2130</p>
Location:	Abbecroft Leisure Centre – Beetons Way, Bury St Edmunds, IP33 3TT
Directions:	
From London/ Stansted	Take the M11 north, either from London/M25 or from Stansted. 15 miles north of Stansted, take the A11 exit and follow the A11 toward Thetford Norwich. At Newmarket, the road will split into the A14 & A11- stay right on the A14. Bury St Edmunds is approximately 5 miles on the right. For the pool, take the first exit (Bury West) and follow the road to a traffic light. At the light, turn left and follow the road to a small roundabout/T-intersection – turn right, the pool is on the left.
From RAF Lakenheath	Exit Gate 1 (Main Gate) and turn right (B1065). Follow this 4 miles until a large roundabout – go LEFT and take the 3 rd exit (A11 south). Take the first exit (approx ¼ mile on left) toward Tuddenham. In Tuddenham, at the Y junction, take the right fork toward Bury St Edmunds. Follow this approximately 4 miles until the A14. Turn Left (East) on the A14 towards Bury St Edmunds. For the pool, take the first exit (Bury West) and follow the road to a traffic light. At the light, turn left and follow the road to a small roundabout/T-intersection – turn right, the pool is on the left.
Pool Course:	Indoor, heated, 25m, 6 lanes, fresh water, non-turbulent, competition single lane lines, deep & shallow ends with competition starting blocks in the deep end and touchpad timing system.
Eligibility:	Open to all registered members of the Barracuda Swim Team, and invited teams members.
Points of Contact:	<p>President: Karen Midthun 0044-(0) 1842-828820</p> <p>Cell - 0044-(0)7554-000797</p>

	<p>Meet Coordinator: Charles Midthun 0044-(0) 1842-828820 Cell - 0044-(0)7584-162939</p> <p>Head Official: Ian Gillingham</p> <p>Head Coach: Dean Reed 0044-(0) 1842-829074</p> <p>Head Statistician: Jennifer Moenter 0044 -(0) 1842 827 066</p> <p>Abbeycroft Pool: www.acleisure.com/bury-st-edmunds 0044-(0) 1284-753496</p>
Entry offered: Entry Limits: Split times:	<p>Standard EFSL Meet Shell – PLUS 200 Stroke Event following Free Relay</p> <p>3 Individual Events & 2 relays per swimmer – PLUS 200 Stroke Event</p> <p>For all first swimmers in 200 Free Relays & first swimmers in 12&U Medley Relays.</p>
Entry Forms:	<p>Meet Manager software program will be used to conduct the meet. Additionally, please include a Word Document or PDF containing your meet entries with your submission. Entries are due to the Statistician, latest Wednesday, 14 December 2011 at 1800 to Jennifer Moenter, Tel: 0044-(0)1824-827066, email: lakenheath.stats@gmail.com</p> <p>Submit final scratches NLT 1700, Saturday, 8 January 2011. All heats will be pre-seeded and there will be no additions or re-seeding the day of the meet.</p>
Scoring:	<p>Scoring is done according to standard EFSL scoring (12 & under by age, 13/14, 15/16, 17/19).</p> <p>Please bring a USB stick with the entries to the meet as a back up and for results.</p>
Officials:	<p>Head Referee: Ian Gillingham</p> <p>Head Starter: Robert Griffith</p> <p>Head Timer: Jason Moenter</p> <p>Each team is asked to provide minimum of ONE timer and ONE QUALIFIED stroke & turn judge (other qualified judges will be available for shadowing.)</p>
Refreshments:	<p>Goody bags will be available for purchase and consumption in the bleacher area. Drinks for officials are free. Dollars and Pounds are accepted.</p>
Additional Information:	<p>No security requirements for pool access. Check-in at pool entrance.</p>
Parking:	<p>There will be bus and POV parking available in front of the pool.</p>
Notes:	<p>Storage lockers and locker room area are available at the Bury Pool.</p>

