Gmail

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Heat Sheets, Warm-up Schedule and Meet Information - Okehampton Meet - 20th September

4 messages

Oke Otters <Okeotterscompetitions@outlook.com> 16 September 2025 at 20:04
To: Oke Otters <Okeotterscompetitions@outlook.com>

Good evening

Heat Sheets

I attach the heat sheets for Saturday:

- - Session 1 (ages 8-9, 10, 11); and

- - Session 2 (12, 13, 14, 15&Over)

We will be providing each club with 3 copies of the above for coaches/TMs, **but please note there will be no heat sheets available on the day for spectators to purchase**.

Please therefore forward the heat sheets to parents/guardians so they can print their own copies to bring along.

Session timings & Warm-up Schedule

Please note there will be no access to poolside before 1pm.

Session 1:

13:10-13:25	Warm-up 1	(all swimmers from Bude, Crediton and Tavistock)
13:25-13:40	Warm-up-2	(all swimmers from Okehampton and Launceston)
13:50	Racing starts	
15:25	Session 1 racing finishes	

Session 2:

15:30-15:45	Warm-up 1	Oke swimmers aged 12 & 13, and all swimmers from Crediton
15:45-16:00	Warm-up 2	Oke swimmers aged 14 & over
16:00-16:15	Warm-up 3	All swimmers from Bude, Launceston and Tavistock
16:15-16:30	**DUCK RACE AND DRAWIING OF RAFFLE TICKETS**	
16:35	Racing starts	
19:00	Session 2 racing finishes	

Spectators

Spectator viewing in from the balcony which is accessed up the stairs from the reception area. We are not charging for spectator entry. We hope spectators will purchase raffle tickets instead!

There is limited seating on the balcony, so you may wish to bring camping chairs.

Raffle

We have loads of fantastic raffle prizes! In addition to bottles of wine and boxes of chocolates, prizes also include a 2 night stay for 2 people (including 1 evening meal) at the Polzeath Beach House Hotel, a 1 night stay for 2 people at the Mason Arms, Branscombe, and wine tasting & vineyard tour at Alder Vineyard.

Tickets are £5 a strip and can be purchased on the day by cash or card.

Duck Race

There will be a "Duck Race" in between the 2 sessions. £2 per duck with prizes for the winners.

Café

The on-site café, Nibbles, will be open until 6:30pm.

Parking

Parking at Parklands is free after midday on Saturday.

If the Parklands car park is full, there is additional parking at Mill Road Car Park, EX20 1PR – charges apply.

Officials

Officials should report for the session 1 briefing at 1:15pm and the session 2 briefing at 4pm. Please report to the yoga room on the first floor.

Dress code is white t-shirt/polo shirt and black trousers/shorts/skirt. Suitable poolside footwear should be worn.

Road Closure

The Exeter Road coming into Okehampton from the A30 is closed before the turning to Parklands. Those travelling down the A30 from the Exeter direction should allow extra time and come off for Okehampton at the Sourton Cross junction.

If you have any questions ahead of the meet, please let me know.

We very much look forward to welcoming you on Saturday.

Regards

Tom