

# Safety Notice

The water depth at **both** ends is 0.9m

Only swimmers who have attained the ASA Competitive Start award may dive into water at the minimum depth of 0.9m.

During the warm up session the responsibility for safety rests with the Team Managers for each club.

No diving is permitted during the warm up.

Should a competitor perform a false start they must continue with a shallow dive; they must not topple into the water as this is dangerous.



## St.Helens Swimming Club

### Merseyside & District Junior Swimming League

( Affiliated to the Northern Counties A.S.A. )

27th January 2008

Lane 1	Ormskirk
Lane 2	Runcorn Reps.
Lane 3	Nantwich
Lane 4	Neston
Lane 5	St.Helens
Lane 6	-

Admission inc. programme £2 adults. Children under 12 free, OAP's £1