

Cambridge Grand Prix

Friday 14th, Saturday 15th and Sunday 16th November 2025

Parkside Pools, Gonville Place, Cambridge CB1 1LY

Thank you for entering the Cambridge Grand Prix. Please see information below and program attached. Please note the meet will be busy poolside and in the spectator stands, especially for Sessions 3, 4, 6 & 7.

WARM UP AND SESSION TIMES

Friday 14th November:

Warm-up for Session 1 will start at 6.15pm and racing at 7.15pm

Saturday 15th November:

Warm-up for Session 2 will start at 8am and racing at 9am

Warm-up for Session 3 will start at 11am and racing at 12pm

Warm-up for Session 4 will start at 3.15pm and racing at 4.15pm

Sunday 16th November:

Warm-up for Session 5 will start at 8am and racing at 9am

Warm-up for Session 6 will start at 11am and racing at 12pm

Warm-up for Session 7 will start at 3.15pm and racing at 4.15pm

Warm-up and Session start times for Sessions 3, 4, 6 and 7 may be subject to change – please listen for announcements on the day. They will not, however, start earlier than the published time.

Warm-up lane allocation will be sent out in a separate email.

WITHDRAWALS

SWIMMERS MUST WITHDRAW FROM EVENTS THAT THEY NO LONGER WISH TO SWIM

Withdrawals should be made via the withdrawal link sent to each club. Individual entries and CoCSC swimmers can withdraw by e-mailing meets@cocsc.org.uk.

Any on-the-day withdrawals must be made by coaches or club representative via the withdrawal link no later than 5 min after the start of warm-up for the relevant session. Any queries please speak to the computer desk.

As set out in the meet conditions, no refunds will be made other than for illness or injury with a medical certificate. Any competitor that withdraws on medical grounds will not be permitted to participate in any other events for the remainder of that session.

Swimmers failing to attend the start of a heat without withdrawing will incur a £10 penalty, which must be paid by the swimmer or the club before the swimmer is allowed to participate further in the meet.

Heats will be run fastest to slowest – please make all swimmers aware of this and make sure they are at marshalling in plenty of time for their race. If swimmers miss their heat we are unable to accommodate them in a later heat.

SPECTATOR TICKETS

£5.00 per session or £12.00 per day (cards preferred)

OAPs, carers of disabled spectators and children under 16 are free.

Spectator seating is limited so we ask that those attending the meet move away if their child is not swimming. Parents may want to volunteer/officiate to guarantee entry.

RESULTS

Live results will be available at <https://swim-meet.com/results/cocsc/2025/GPMeet25/index.htm>

OFFICIALS AND VOLUNTEERS

Thank you to all of the officials who have volunteered and stepped forward. Your help is very much appreciated.

However, we are still very short of officials for all sessions. Sign up using Swim-Meet Link: <https://swim-meet.com/OfficialsSignup/Cambridge/?h=1>

Volunteers can sign up to help via SE Motion or by contacting volunteers@cocsc.org.uk. Parents of visiting clubs/swimmers can also offer to volunteer provided they are Swim England members.

COACH AND TEAM MANAGER PASSES + PACKS

Please ensure that coaches are informed that they are required to get their coach packs (with all ordered coach/TM passes) from the reception desk by the entrance prior to warmup.

SWIM SHOP

We will have a Swim Shop available at the Gala run by Stortford Sports Supplies on Saturday 15th November.
<http://www.stortfordsportssupplies.co.uk>

USE OF PHONES

Phones are strictly not allowed to be used in the changing rooms. Anyone found to be using phones in these areas will be reported.

POOLSIDE SITTING FOR SWIMMERS

There will be notices around the poolside indicating where you are to sit. Clubs with a small number of swimmers present will be put together where appropriate. Please note that **camping chairs etc will NOT be allowed.**

Individual entry swimmers U18 must sit with their parents/nominated adult in the spectators' gallery between sessions and not in the poolside areas allocated to unless a) their responsible adult is a TM with a purchased poolside pass or b) they have asked and **prearranged** that Cambridge can 'adopt' them at the meet. This request can only be accepted by Cambridge subject to having the correct ratio of swimmers/coaches/TMs.

As it will be very busy poolside, we encourage swimmers to leave the poolside area when finished racing for the session/day. Please use the lockers in the changing area for big bags (requires £1 coin).

PARKING

Please be aware that Parkside Pool is in the centre of Cambridge – neither GLL nor CoCSC are responsible for the cost of car parking. Parking is available in the Queen Anne Car Park next to Parkside pools. Parking and traffic in Cambridge can be very busy. As an alternative please consider using the car parks at the Grafton Centre, Grand Arcade, Gwydir Street or the railway station (all located approximately 10 minutes' walk from the pool) or alternatively one of the several Park & Ride sites across the City – for information including live parking updates and spaces go to:

<https://www.cambridge.gov.uk/car-parks-map>
<http://cambridgeparkandride.info>

We look forward to welcoming you to Cambridge and hope your swimmers have a great meet.

CoCSC Meets Team