



## PCS COUNTY CHAMPS

### PRE-MEET INFORMATION

Saturday & Sunday

21<sup>st</sup> & 22<sup>nd</sup> October 2023

Heat sheets will be issued for those who pre order wristbands on the day of arrival.

Any donations for the raffle will be gratefully accepted.

Café will be open serving hot & cold food.

We are a small number of volunteers short to help with the meet. Medal table for Saturday, a runner for some sessions plus an announcer for the end of the day, 5-6pm both days. If you can help out please email [pcs.galas@gmail.com](mailto:pcs.galas@gmail.com) asap. Also if there are any officials yet to confirm attendance please get in touch.

All volunteers will be fed and watered.

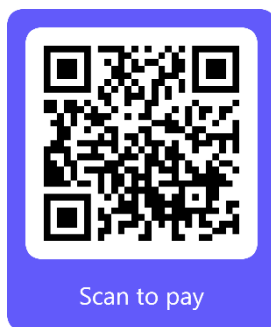


PCS County Champs – Spectator Payment Links.

Wristbands will be given out in advance where possible. Or available to collect during the event.

Under 16s – No charge.

Full Weekend Pass - £8 <https://buy.stripe.com/dR614OgK300d0V200d>



Saturday Only Pass - £5 <https://buy.stripe.com/28o514eBVfZbbzG00c>



Sunday Only Pass - £5 <https://buy.stripe.com/cN25I451lcMZ5bieV8>

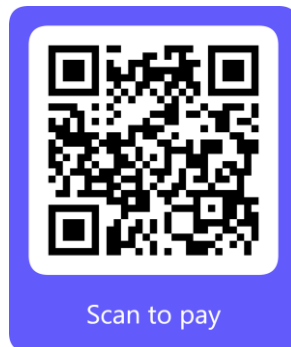




## PCS COUNTY CHAMPS 2023 RAFFLE

1 Strip £1

<https://buy.stripe.com/28o1403Xh6oB5bi7sx>



3 Strips £2.50

<https://buy.stripe.com/aEUdRActN3cpbzGfZ4>

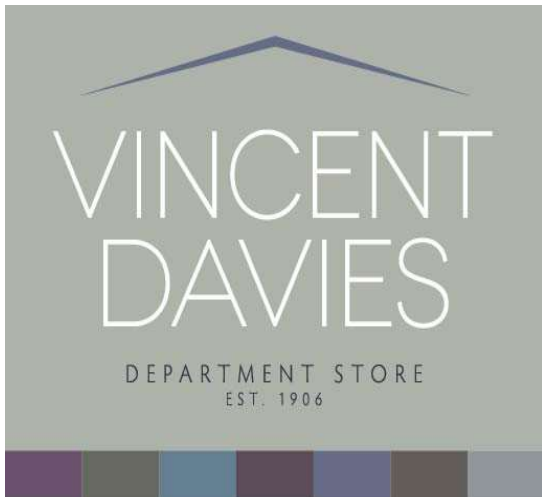


5 Strips £4.50

<https://buy.stripe.com/cN28xg1P94gt1Z614b>



Neyland Pharmacy



**PEMBROKESHIRE COUNTY CHAMPIONSHIPS SPONSORS 2023**

<https://www.swimpath.co.uk/collections/pembrokeshire-county-regional-event-merchandise>



Pembrokeshire County Championships 2023 Hoodie - Green  
£36.99



Pembrokeshire County Championships 2023 Hoodie - Pink  
£36.99



Pembrokeshire County Championships 2023 T-Shirt - Green  
£21.99



Pembrokeshire County Championships 2023 T-Shirt - Pink  
£21.99



Pembrokeshire County Championships 2023 Silicone Suede Swimming Cap - Green  
£9.99



Pembrokeshire County Championships 2023 Silicone Suede Swimming Cap - Pink  
£9.99

# Pembrokeshire County Championships 2023

## Session Times

Date	Session	Warm-up Time	Start Time	Estimated Finish
Sat.21 <sup>st</sup> October	1	8.00 – 8.50	9.00	11.20
	2	11.30 – 12.20	12.30	2.45
	3	3.00 – 3.50	4.00	6.00
Sun. 22 <sup>nd</sup> October	4	8.00 – 8.50	9.00	11.28
	5	11.45 – 12.35	12.45	2.45
	6	3.00 – 3.50	4.00	6.10



# Get Involved.

In order for these meets to run we need an army of volunteers.

Why not get involved for the next meet?

All meets require a number of officials for the meet to run and adhere to the license.

These courses are online and are the first step to getting involved. For more information speak to an official at your club or email

[pcs.galas@gmail.com](mailto:pcs.galas@gmail.com)

Time Keeping -

<https://www.swimming.org/ios/course/3847>

Swim Judge 1 (Recommended Course) –

<https://www.swimming.org/ios/course/3143>

