



**LEICESTERSHIRE AND RUTLAND ASA
MASTERS AND SENIOR
AGE GROUP OPEN MEET**

(under ASA Laws & Regulations and ASA Technical Laws of Swimming)

**AT BRAUNSTONE LEISURE CENTRE
LEICESTER, LE3 1JN
23 SEPTEMBER 2018
SWIMMERS NOTES**



Programmes - There will be no printed programmes at this event. If you want a paper copy please go to the website (leicestershireasa.org/masters) to download your PDF printable copy.

Safety - Please familiarise yourselves with the safety arrangements and listen to safety announcements.

SWIMMERS WILL ONLY BE ALLOWED ON THE BALCONY WEARING SHIRTS/ SHORTS/ TRACK BOTTOMS AND SUITABLE SHOES. This is a requirement of the leisure centre and non-compliance will lead to entry being refused. Please keep the balcony and poolside litter free at all times.

Relays - MUST REGISTER 30 minutes prior to the start of the session. Declaration forms are to be handed to the recording table. Swimmers may only compete for one club throughout the meet. Any swimmer under 25 on the 31 December may only compete in a 72+ relay. Swimmers must be masters as defined by FINA to compete in masters relays (100+).

Warm Up - Warm up will be in the main pool. First session at 8.30am for approx 25 minutes, split Ladies/ Gents. Afternoon session to be advised, Gents /Ladies

The secondary pool will be available after the commencement of the meet for warm up/swim down.

Warm up sessions can be very crowded. Please be considerate and follow these instructions and the guidance of the Marshalls' so that warming up is a pleasant experience. In particular, do not do backstroke starts, dive, or jump into the pool during the warm up. This is anti-social and dangerous. Please do not introduce kicking boards, paddles or flippers into the warm ups. There will be a permanent sprint lane in lane 1, from the start end, and others may be introduced as required. Lane 8 is reserved for swimmers 55 and over.

During the warm up lanes 2, 4, 6, and 8 swim anti-clockwise. Lanes 3, 5, and 7 will swim clockwise. Please avoid standing around at the shallow end.

Starts - Swimmers are asked to be ready to swim in their allotted heat and lane as shown in the programme. Unfortunately the gala will not be delayed for missing swimmers.

Prizes - Prizes will be awarded to the top three swimmers achieving the most points in each age group. Only the winners of the relays will receive medals. Please collect medals as the meet progresses. Do not wait until the end of the day as we must vacate the building by 5pm. The top performing team will receive a trophy.

Records - Swimmers breaking British, European or World records will be presented with their medals. Please let the announcer's table know if you are fortunate to have broken a record. Records are the responsibility of the swimmer who should see the recorders for the necessary paperwork to be completed. If you are attempting a record please inform the referee prior to the start of the event.

Refreshments - A selection of refreshments will be available in the cafeteria.

Photography - Please restrict photos to those people who have given their permission.

MOST IMPORTANT - Enjoy yourselves.

Comments - We would be interested in your views on this meet. Masters@leicestershireasa.org