

## **Leicestershire ASA Masters Meet 18<sup>th</sup> September 2022**

### **Important Competitors “Meet” Information: - Please take note**

**Venue** - Braunstone Leisure Centre, 2 Hamelin Road Leicester LE3 1JN

### **Arrival and Pool Entry details:-**

The Leisure Centre has a large free car park on site - please note parking is at your own risk.

### **Pool Entrance and reception area:-**

The main entrance has a barrier system in place.

All swimmers are requested to wait outside the building until advised to enter the building at 1.00pm – not before.

Once we are allowed in the building 1.00pm - Officials will be permitted to enter first and then Masters' swimmers will be able to follow and move directly to the changing room and poolside or spectator balcony.

### **Changing rooms:-**

Use of lockers are available at a cost of 10p refunded upon return of the Key.

### **Poolside (Main pool and small training pool):-**

Athletes find somewhere to sit around the poolside to wait for their swims.

Please ensure no bags are positioned blocking fire exits or beyond the white line near the water edge to allow swimmers and officials to pass by easily.

No hot drinks permitted on poolside

### **Use of Spectator Gallery by swimmers Important note:-**

Athletes using the balcony as their base awaiting their events must be wearing tracksuit/clothing and must not be wet at any time whilst being there.

Footwear must also be worn whilst moving to and from the balcony area.

Entry to the balcony is via the Main reception foyer.

Swimmers moving off the balcony to go to swim or returning back after their swim must also use the same route - reception/foyer area and through the changing rooms to the poolside.

**Athletes must not climb over the railing to get to the poolside at any time.**

### **Warm-up – Main pool prior to the start each session**

As published:-

Session One

55+ mixed warm up 1.15 till 1.34pm,

Ladies 18 to 54 warm up 1.35 till 1.54pm

Men's 18 to 54 warm up 1.55 till 2.14pm

Also a general warm up is available in the 25m training pool for swimmers in early events.

## Session Two

5.00pm Main Pool - we have a general mixed warm up for 28mins.

Diving sprint lanes will be opened during the warm up controlled by Lane Marshals.

The training pool is available throughout the meet up to 8.00pm or approx.15 mins after the end of the last event.

NB There will be no diving permitted initially, and Diving sprint Lanes will be opened (nearest the window sides lanes 1 and 2 towards the end of each period).

Lane Marshals will control the Diving sprint lanes.

Starts take place at the scoreboard end and swimmers will swim one way only for the full length before exiting at the changing room end.

### **Warm up warm down (training pool).**

This pool is available throughout the entire meet.

Swimmers can use this pool as required to warm up or warm down.

No diving allowed - and please keep pool ends clear for others to swim and turn as needed. Please observe Lifeguard or Promoters instructions if pool gets too busy.

### **Reporting for your event.**

Swimmers are reminded that it is their responsibility to arrive at their allocated lane ready to swim in their allocated heat.

Referees will not hold or delay the starting of a heat due to a swimmer not being present and ready to swim.

### **Relay teams – entry confirmation**

Could all teams who have entered relay teams please collect a relay team declaration form from the Referee table at the scoreboard end. (One form per team entered is needed)

Each Relay Teams entered need to be listed with all participating swimmers name and date of birth, and handed in at the referee's desk before the end of the warm up and competition commences.

### **Prizes and Medals**

Prizes for the overall 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place swimmer in each age category will be confirmed after the last individual event of the Meet has taken place.

Prizes will be available to collect from a table located in the main foyer café area.

Leicestershire Championship Medals will be available to collect from the Medal table which will be situated on the window side of the pool (at the starting end) throughout the meet.

### **Café facilities**

The café will be available from arrival until approx. 06.30pm for refreshments.

Please ensure tracksuit/clothing and footwear is worn – no wet costumes please.

No hot drinks allowed on the poolside

**General notes:-**

Athletes are requested to respect information provided by the Promoter, Referee or Leisure Centre Duty Manager or any other representative whilst attending this meet.

Swimmers moving to any location other than the poolside or changing areas must wear tracksuit or clothing and footwear and must not be wearing wet swimwear.

If there is an incident in the pool or building, please follow instructions from the Lifeguard, duty Manager or Lead Referee.

Our Masters Meet shares the use of the Leisure Centre with other users in the Gym/Sports hall - please can all swimmers respect other users of the Leisure centre and follow any instructions given by Duty manager or his staff.

Please have an enjoyable meet