

Getting Here

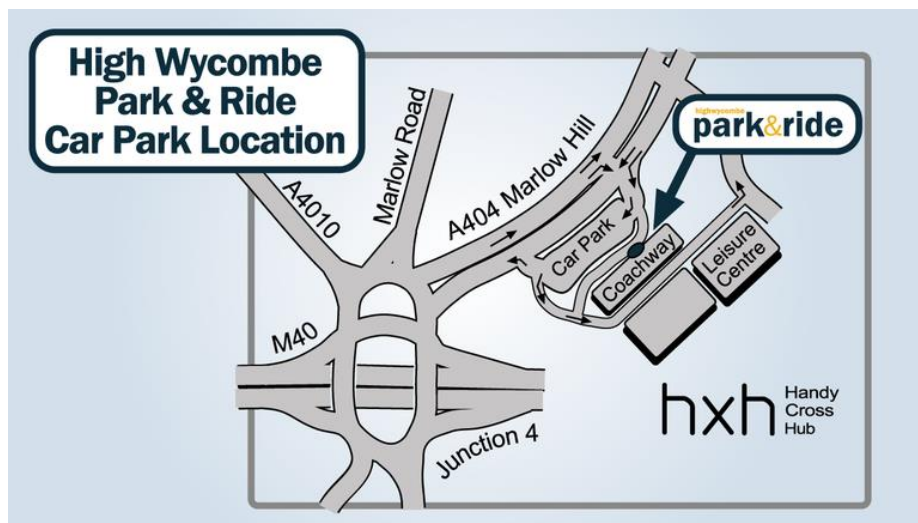
Address

Wycombe Leisure Centre
Handy Cross
High Wycombe
Buckinghamshire
HP11 1UP

Parking

Please use the adjacent Coachway Park & Ride which costs £3 for 10 hours (at time of publishing) – the payment machines accept cards and cash.

Competition goers should avoid using the Waitrose car park. ANPR is used fines are issued.



Spectators

Please note that spectators **may not bring** their own chairs and should use the seating provided, and walkways must be kept clear.

All seats can see the whole pool and scoreboard. Admission to the spectator area will be on a first come first served basis. Please do not reserve seats. There are more than 300 seats.

Access to the spectator area is through the turnstiles and upstairs. **Spectators are not allowed in the changing room or sports hall at any time.**

There are allocated spaces for wheelchair users at both ends of the pool.

Entrance Payment is by CARD only.

There will be no Spectator access on Friday as the seating is needed for the Swimmers.

Food Facilities

Wycombe Leisure Centre has a small cafe, offering hot drinks and limited food catering.

Waitrose, located adjacent to the leisure centre is also open and has a cafe.

Results

The Meet Program, Heat Sheets and Result will be published on our website.

Swimmers

Sign-In

ALL EVENTS REQUIRE SIGN IN AT LEAST 10 MINUTES BEFORE START OF EACH SESSION (EXCEPT 800/1500 WHICH WILL SIGN IN BY 9AM). RESERVES ARE ALLOCATED SPACES BASED ON THE SIGN-IN SO YOU WILL LOSE YOUR SWIM IF YOU DON'T SIGN IN. SIGN-IN WILL BE LOCATED BY THE SPORTS HALL.

Changing Village

Please proceed to sign in desk before changing.

Changing rooms are on the left after the turnstiles. Please take off any dirty outdoor shoes or use the overshoes provided before proceeding poolside.

Do not leave bags and clothes in any cubicle. Please note that only authorised volunteers, officials, team managers, Coaches and swimmers will be permitted entry into the changing rooms.

Lockers

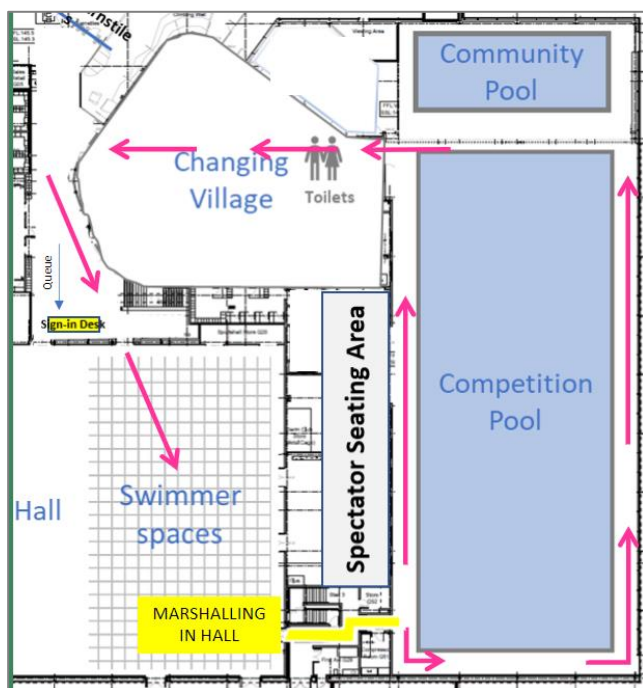
All lockers are secured by Padlock rather than coin mechanism. Padlocks should be 40mm combination locks with a 6mm diameter shackle and can be purchased at Reception or you can bring your own.

Base location

Swimmers may sit in designated areas on poolside, but we would prefer you to make your main base in the sports hall. The poolside space is limited and you must leave plenty of clear space between swimmers and the pool for the officials. Failure to leave space may mean we have to ask you to stay in the sports hall

Large bags should be in lockers or in the sports hall not on poolside

One Way System



After warm-up or racing, you should return to sports hall via the changing rooms. Dry and dress yourself before leaving the changing rooms.

You will need to take the following **every time** you go to the pool:

- A towel
- T-shirt & shorts
- Footwear
- A bag to store them in

Water

Drinking water will be available from dispenser by the Sauna. Please note refreshments in this area are for badge holders only.

Warm-Up

Warm-up and session timing information will be published in the week before the meet. Please follow the announcements on the day.

During warm-up you must not dive into the pool except during specified "dive start" times, please leave the pool by swimming to the sides do not climb over the pads.

Marshalling

Marshalling is located in the sports hall. You will queue in the hall and be sent through to the pool in time for the start of the race, please listen for announcements.

Health

Please do not attend if you feel unwell.

Important Information for Coaches and Team Managers

Poolside Passes

Coaches will be issued with poolside passes. This should be visibly at all times or you may be challenged. Please return the lanyard and pass holder at the end of the meet. A box will be available by security.

Refreshments

To help us reduce waste please bring your own re-usable drinks cup with lid and/or water bottle. Drinks & Snacks will be served in the sauna area. Lunches will be served in the officials' room – please let us know asap if you require a vegetarian or vegan lunch.



Emergency Procedures

The signal in the event of an emergency evacuation will be a continuous alarm followed by a spoken announcement. Procedure for Swimmers poolside will be directed by the centre staff, the swimmers will be lined up by the exits and evacuated in a controlled manner when necessary. Please ensure swimmers follow the instructions and do not return to the changing rooms.

The marshalling point is in front of the leisure centre car park.

Team Managers should check their teams are present and report to the Fire Marshalls when requested. You should not return to the building until the staff say it is safe to do so.



The Pool

We will be using the Competition Pool in Long Course (50m) configuration. The pool depth is a constant 2m and starting blocks are 75cm above the water. Blocks are Omega Wedge blocks.

Swim Down

The swim down facility will be available during the meet.

Para Categories and Additional Needs

A secondary strobe is available for swimmers to use.

Please ensure the referee and promoter are informed of any Para category swimmers before the event.