



# Maidenhead Marlins Level 3 Meet

Braywick Leisure Centre, Braywick Road, Maidenhead SL6 1BN

Sunday 2<sup>nd</sup> October 2022

Information for Competitors

Dear Parents and swimmers

Thank you again for all your entries to our Meet. The confirmed entries list, provisional programme and timings have been mailed out to Clubs and Individuals and will also be on our website [www.maidenheadmarlins.com](http://www.maidenheadmarlins.com).

**Please read the below information really carefully to help you enjoy a successful meet with us.**

**Please note the slight adjustment to warm-up timings below and also the withdrawals cut off times:**

## Session 1

**Warm Up: 10:30am**

**Start Time: 11:30am**

**Estimated Finish Time: 2.30pm**

1. Boys 200 Medley
2. Girls 200 Medley
3. Boys 50m Freestyle
4. Girls 50m Freestyle
5. Boys 200m Freestyle
6. Girls 200m Butterfly
7. Boys 100m Breaststroke
8. Girls 100m Freestyle
9. Boys 200m Backstroke
10. Girls 100m Butterfly

## Session 2

**Warm Up: 2.30pm**

**Start Time: 3.30pm**

**Estimated Finish Time: 6.30pm**

11. Boys 100m Butterfly
12. Girls 200m Freestyle
13. Boys 200m Butterfly
14. Girls 200m Breaststroke
15. Boys 100m Backstroke
16. Girls 100m Backstroke
17. Boys 200m Breaststroke
18. Girls 200m Backstroke
19. Boys 100m Freestyle
20. Girls 100m Breaststroke

**Access to the changing village is not possible until 10.15am**, so to avoid congestion, do please encourage swimmers to arrive ready to swim. Please either wait in your vehicle or in the large reception area before this time. Please also note that **Large bags are not allowed at poolside**, so please use the lockers and ask swimmers to bring a smaller poolside bag for any belongings.

## Withdrawals

Please do let us know if a swimmer needs to withdraw, so we can avoid empty lanes.

Withdrawals can be made in writing on the day before the meet by emailing

[paulG@maidenheadmarlins.com](mailto:paulG@maidenheadmarlins.com). Please note, to avoid any delays to the first Session, withdrawals for **Session 1 should be made by 5pm on Saturday 1<sup>st</sup> October**. Withdrawals for Session 2 must be made 10 minutes before the warm-up to Session 2, so by 2.20pm. Withdrawal forms will be provided in coach packs and should be handed to the Control Room at poolside.

## Officials

Without sufficient licensed Swim England officials we will not be able to run this meet. Thank you to those who have already signed up. We will always welcome more support, so please do sign up if you can help. Refreshments will be provided. Please contact [officials@maidenheadmarlins.com](mailto:officials@maidenheadmarlins.com)



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## Facilities

This gala will take place at **The Braywick Leisure Centre, Braywick Road, Maidenhead SL6 1BN** ("Braywick") which is on the A308 Braywick Road, less than a mile from the M4 Junction 8/9 and offers a ten lane 25m pool with anti wave lane ropes and automated officiating equipment.

We are delighted to say that parking is FREE on Sundays at Braywick. The Leisure Centre is adjacent to the Braywick Park which has some nice trails to explore if the weather is nice.

## Warm Up

The pool will be available for warm up at the start of each session, with each club being allocated two lanes each.

Swimmers should swim in the direction indicated by the lane direction cards during warm up. Warm up marshals will be appointed, but coaches must supervise their swimmers during this period so as not to endanger themselves or others whilst in the water. Diving is not permitted during warm up except in designated sprint lanes as advised by the warm up marshals.

## Pool side

Parents are not permitted in the changing rooms or on poolside. Only competing swimmers, officials, Maidenhead Marlins volunteers and those adults with a poolside pass will be allowed access to the changing rooms or onto poolside.

We would request swimmers put their big bags in lockers please - there are plenty of these - they will need a padlock.

We will allocate a seating area for each club at poolside and upstairs – this will be visible at the Information Desk as you enter the Leisure Centre, so do please check before you get changed.

Race marshalling will begin by the shoe removal area in the Changing Rooms, lining the corridor to the gate at poolside.

If you need first aid assistance please notify a lifeguard.

## Warm up/Warm down pool

The 20m teaching pool will be available throughout each session, from the end of the scheduled warm up until the end of that session.

Swimmers are expected to use this facility appropriately and responsibly and to not stay in for longer than necessary. There should be NO diving in this pool.

If it gets too busy numbers will need to be limited. Any swimmer not using this pool properly will be asked to get out. Repeat offenders may risk their entire club not being allowed to use the pool.

The spectator's gallery can be accessed through the double doors upstairs in the gallery area. This will be clearly signposted. There is a strict number limit of around 150. This is to comply with fire regulations for the venue. Hence, we may need to restrict entrance to the gallery when it is full.

Entry to the gallery will be **£6 per session or £10 for the day** to help cover the large cost of hiring the pool for the weekend. It is required that spectators use the seating and don't stand at the back (this is a fire regulations requirement). Please note that the seating is stone benches, and so bringing a cushion with you is highly recommended! Swimmers should not enter the spectator area unless dry, clothed and wearing shoes.

Anyone wishing to use a camera, mobile phone camera, or video camera, should adhere to the Swim England guidelines on the use of images and restrict to their own



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child and their own private use with no posting on social media or similar platforms. Flash photography is not permitted at the start of any heat.

### Results and MeetMobile

The programme, live start lists and results will all be on the HyTek Meet Mobile app. The app can be downloaded from both Apple and Google app stores. Search for 'Maidenhead' and you should find the meet. Results files will also be published to the website as soon as possible after the finish of each event.

### Refreshments

There is a great cafe at the centre. This serves a range of cold breakfast foods plus hot and cold lunch and snack options. There is a good array of protein and fruit shakes, in addition to standard hot and cold drinks.

There is also an Esso garage just along the road from the Centre which has a Greggs and Starbucks.

### Changing Rooms

The changing rooms are unisex and will be patrolled during the Meet to ensure the safety of all the swimmers. It should also be noted that Braywick has security cameras in operation in this area.

Possessions and articles must not be left unattended as neither the Promoters nor Braywick will accept any liability for any loss or damage that may occur during the meet.

Swimmers must wear suitable clothing and footwear on poolside. No wet clothing is allowed in the spectator seating area.

Clubs should be aware that the recommended ratio of adults to swimmers on poolside is 1:10.

### Health and Safety

All participants must observe the safety precautions in operation at Braywick.

Swimmers and coaches must ensure that they take no action that could potentially endanger themselves or others. Supervision and behaviour of the swimmers is the responsibility of their swimming clubs at all times. Prior to leaving the pool area, swimmers must dry off and put on appropriate clothing and footwear.

It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are competent to the standard of the Swim England Competitive Start Award. Competitors may start from the side or in the water.

### Contact Details

The meet is promoted by Maidenhead Amateur Swimming club

**For any information regarding the meet please see <http://www.maidenheadmarlins.com> in the first instance (select the Own Open Meets Information item on the main menu).**

On the day, if you need anything urgently, or need to contact us, please phone 07885 154124.