

Boldmere Water Carnival

Guidance for Swimmers & Parents

WELCOME

The promoters and everyone at Boldmere Swimming Club would like to welcome you to The Boldmere Water Carnival 2018! We thank you for coming and hope you have a fantastic and successful meet. The Boldmere Water Carnival is always popular and we make every effort to accommodate everyone. Please follow the advice below to ensure that you have an enjoyable meet and... swim fast!

WHERE TO GO?

Arrive at Central Baths Wolverhampton WV14EG in good time. Once in the foyer, **spectators** should go **straight** to the welcome desk. **Swimmers** should go to the changing rooms.

WHERE TO SIT?

Once changed, swimmers from clubs with larger entries should go to the areas where a 'base' has been allocated for them (please refer to seating plan). Other swimmers (from clubs with less than 10 entries) should use seats in the spectators' gallery. Swimmers who are not with a club (individual entries) should sit in the spectators' gallery with the adult responsible for them.

Please **do not leave any possessions unattended** in the changing rooms; make use of the lockable lockers provided. Swimmers are restricted to **1 bag only** if they are sitting poolside, and bags and chairs must be kept away from poolside. In the spectators' gallery, please be considerate of others, use seats provided and keep the stairs clear.

WARM UP

Both the morning warm ups will start at **8.00am**. Both the afternoon warm ups will start at **approximately 1.30pm**. Arrangements for the afternoon warm ups will be announced towards the end of the morning session. **Competition in the afternoon sessions will start no earlier than 2.30pm** on both days (competition will start one hour after the start of the warm-up).

WARM UP DO'S AND DON'TS

You will only have approximately 8 minutes for warming up in the main pool. Please remember:

START SLOWLY: swim a few lengths of gentle front crawl first and then move to other strokes that you are going to be swimming in the session ahead.

KEEP LEFT (lanes 1, 3, 5, 7) and KEEP RIGHT (lanes 2, 4, 6, 8)

NO DIVING: jump in from the pool side by the blocks, or from the shallow end.

DON'T HANG ON TO THE LANE ROPES

DON'T STOP: If you want to stop to chat, adjust goggles/costume, or just have a rest, please leave the pool.

DON'T CLIMB OUT OVER THE TIMING PADS AT THE DEEP END. Please climb out at the shallow end. **Swimmers should not cross 'active' lanes to use the steps on the side of the pool to leave the water.**

HEALTH AND SAFETY

ALL SWIMMERS SHOULD DRY OFF AND WEAR SOME FOOTWEAR BEFORE THEY GO UP THE STEPS FROM POOLSIDE INTO THE SPECTATORS GALLERY. There are tables poolside, at the bottom of the stairs, on/under which you can leave towels and footwear while you are competing/warming up. **If you are based in the spectators' gallery you will not be allowed onto the poolside unless you are wearing some footwear and carrying a towel. Swimmers based poolside will not be allowed into the spectators' gallery unless they are wearing a top and footwear.**

We take the safety of swimmers and visitors very seriously and would ask that you read carefully the terms and conditions of the meet which specify a number of measures to ensure everyone enjoys a safe and happy meet. By entering, you agree to abide by the terms and conditions of the meet. The full terms and conditions can be viewed on the website www.boldmereswimmingclub.co.uk

WHEN AM I SWIMMING?

You can check on the approximate start times of your events (please refer to the programme), so you will know when to report to the marshals in the assembly area. However, keep listening to the announcer for instructions. A marshal will accompany each heat to the start. **STARTS WILL NOT BE DELAYED BECAUSE OF MISSING SWIMMERS.** Please remember to **give your name to the timekeeper in your lane.** (There are **NO CARDS**).

STARTS & FINISHES

To fit in more heats and so reduce the number of rejections, we will be using 'over the top' and 'side by side' (backstroke) starts. You should **go to the left hand corner of your lane at the end of each race.** Once the next heat is underway, you should exit the pool using the steps in lane 1 (swimmers in lanes 1, 2, 3, 4) and lane 8 (swimmers in lanes 5, 6, 7, 8). **PLEASE DO NOT CLIMB OUT OVER THE TIMING PADS.**

AWARDS

Results will be posted on the corridor leading to the reception area. To maximise entries and reduce rejections, **competition will not stop for presentations.** There are awards for the top 3 swimmers in every age group (from 9 years to 15+ years). In

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the four youngest age groups (9, 10, 11 and 12 years), swimmers finishing in 4th, 5th and 6th position will also receive awards. Award winners should listen to the announcer and **report to the awards desk when their names are announced**. Awards to the **top girl, top boy and top visiting club** will be made on the poolside at the end of session 4 (Sunday afternoon).