

Boldmere Water Carnival

Guidance for Swimmers & Parents

- **WELCOME** The meet is full – we have tried to reject as few entries as possible – so please follow the advice below to ensure that you have an enjoyable meet.
- **WHERE TO GO?** Arrive at Stechford Cascades (**B33 8QN**) in good time. Once in the foyer (see layout) **spectators** should go **straight ahead** and then **up the stairs** (to the left of the Swimshop). **Swimmers** should go **to the right** where they will find the entrance to the changing rooms.
- **WHERE TO SIT?** Once changed, (*Don't leave anything in the Changing Rooms*) swimmers from the clubs with larger entries should go to the areas where a 'base' has been allocated for them (see layout). Other swimmers (from clubs with less than 10 entries) should use seats on the **back rows in the Spectators' Gallery**. Please be considerate (**NO BAGS ON SEATS!**). For safety reasons, **no chairs are allowed on the walkway** at the rear of the Spectators' Gallery.
- **WARMING UP** Both the morning warm ups start at **8.00am**. Both the afternoon warm ups will start at **approximately 1.30pm**. Arrangements for the PM warm-ups will be announced towards the end of the AM Session. **Competition in the PM Sessions will start no earlier than 2.30pm** on both days. (Competition will start one hour after the start of the warm-up). The **small pool will be available for warming-up/warming down throughout the day**, so, if your first event is not until some time after the start of the session; you may want to delay your arrival and miss the 'official' warm-up (and have a 'lie-in!'). *Any swimmers who misuse this facility will have their entries for subsequent events withdrawn.*
- **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) and **KEEP RIGHT** (Lanes 2, 4, 6)
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 (and chat, adjust goggles/costume, or have a rest!).....leave the pool!
DON'T CLIMB OUT OVER THE TIMING PADS (at the deep end) ... 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 SPECTATOR AREA.** There are tables on which you can leave towels – and under which you can leave footwear - while you are competing/warming up - at the bottom of the steps to the Spectators' Gallery (*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.*)
- **SWIMMING WHEN?** You can check on the **approximate** start times of your events (*see 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.** Remember to *give your name to the Timekeeper in your lane.* (There are **NO CARDS**).
- **STARTS & FINISHES** To fit in more heats (and reduce 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) and Lane 6 (Swimmers in lanes 4, 5, 6). **DO not CLIMB OUT OVER THE TIMING PADS.**
- **AWARDS** Results will be posted on the windows in the corridor leading to the Spectators' Entrance. To maximise entries and reduce rejections, **competition will not stop for presentations.** There are awards for the top 3 swimmers in every YEAR group (from 9Yrs to 15+Yrs) – with the swimmers finishing in 4th/5th/6th also receiving awards in the four youngest age groups (9, 10, 11 and 12 Years). Award winners should listen to the announcer and **report to the Awards Desk (at the far end of the walkway at the back of the Spectators' Gallery) when their names are announced.** Awards to the **Top Girl / Top Boy / Top Visiting Club** will be made on the poolside at the end of Session 4 (Sunday PM).

Please let us have any constructive feedback via 'Contact Us' on www.boldmereswimmingclub.co.uk .