



Berkshire & South Buckinghamshire ASA

(Sub regional body of the Swim England South East region)

Development Meet 2025

@ Braywick Leisure Centre, Maidenhead

Licence Number : 3SE251578

Information for Coaches & TMs

The BSBASA welcomes you to our Development Meet 2025. This document has been prepared to provide some information to help coaches and team managers attending the meet

Registration

Individual Events

This is a sign-in gala. Please ensure your swimmers register for the events they wish to swim in at the registration desk outside the changing rooms in the foyer.

Separate registrations will be held for each session. Registration closes as soon as the warm-up for that session starts. Any swimmers not registered by that time will be withdrawn from their events and will not be allowed to swim in that session.

Relay Events

If you entered relay teams, team declaration forms will have been emailed to your club. These must be completed with the names of the competitors who will swim in each team and posted in the tray on the announcer's desk before the start of the warm-up for the relevant session. If the declaration form is not posted, the team will not be able to swim.

Session Times

<u>Session 1 :</u>	09:45 – 10:30	Registration
	10:30 – 11:15	Warm-up
	11:20	Events Start
	15:10	Estimated Finish

<u>Session 2 :</u>	14:45 – 15:30	Registration
	15:30 – 16:15	Warm-up
	16:20	Events Start
	19:15	Estimated Finish

Entry to poolside is not available before 10:15 to allow the area to be cleared following morning swimming lessons.

At 10:15 only swimmers in warm-up 1 may enter. Other swimmers will be allowed to enter once the warm up has started.

Warm Up Protocol

<u>Session 1</u> :	10:30 – 10:45	Warm-up 1:	10yr & 11yr Female swimmers & 10yr Open/Male swimmers
	10:45 – 11:00	Warm-up 2:	12yrs & over Female swimmers
	11:00 – 11:15	Warm-up 3:	11yrs & over Open/Male swimmers
 <u>Session 2</u> :	 15:30 – 15:45	 Warm-up 1:	 10yr & 11yr Female swimmers & 10yr Open/Male swimmers
	15:45 – 16:00	Warm-up 2:	12yrs & over Female swimmers
	16:00 – 16:15	Warm-up 3:	11yrs & over Open/Male swimmers

- Swim in the direction indicated for your lane: clockwise for odd numbered lanes and anti-clockwise for even numbered lanes.
- Do not stop at the end and do not hang onto the lane ropes.
- Enter the pool feet first, do not dive into the pool to start your warm-up.
- Lane capacity during warm up is capped at 17 swimmers per lane.
- Sprint lanes will be opened for the last 5 minutes of each warm up session as directed by the announcer. Lanes 0 and 1 will be available for backstroke starts, lanes 2, 7, 8 & 9 for diving. Lanes 3, 4, 5, 6 are available for continuous swimming.
- Warm up marshals will check swimmers are warming up correctly and lanes are not overloaded. Swimmers must follow the instructions of the marshals and the announcer or they will be removed from the warm-up.

Start Sheets

Meet programmes are provided for all coaches and TMs with poolside passes.

Start sheets will be placed in the Club designated trays on the benches inside the changing room entrance once available. The number of start sheets provided will be consistent with the number of Coach passes requested

Marshalling

The “call room” or marshalling area is in the changing area. To ensure swimmers do not miss their events but also to avoid congestion in the marshalling area, at the start of each session please send the swimmers in the first 4 heats of the first event as soon as possible after the warm-up. Thereafter, once the heat has started, please send to the marshalling area the swimmers in the following heats, and continue like this as subsequent heats start until the end of the session.

Listen to the announcer for any additional instructions.

Bags

We have a very full meet and pool deck space is limited. **No large bags or dry robes are permitted poolside.** Swimmers should use the lockers available in the changing rooms to store their belongings. You will need to bring a padlock for the lockers.

Any small bags taken poolside must be kept off the ventilation system.

Litter

Please make sure all litter is put in the black bags provided.

