



# Berkshire & South Buckinghamshire ASA

(Sub regional body of the Swim England South East)

## County and Age Group Championships 2022

(Under Swim England Laws and Technical Rules)

### INFORMATION FOR COMPETITORS

#### ACCEPTED ENTRIES

All entries submitted meeting the consideration times have been accepted this year. Swimmers should check their entry information on the accepted swims document (please be careful printing this document, it is over 500 pages!). Most errors in the entry information can be corrected before the meet (please email [championships@bsbasa.org](mailto:championships@bsbasa.org)). It is unlikely that corrections will be possible on the day.

#### SESSION TIMES

The meet programme has been modified to accommodate the accepted swims. The revised session times are as follows:

Session	Date	Warm up	Start	Notes
1	15 <sup>th</sup> January	9:00	9:35	Withdraw by 9:00
2		12:05	13:10	Withdraw by 12:05
3		16:00	16:50	Declare teams by 16:00
4	16 <sup>th</sup> January	9:00	9:45	Withdraw by 9:00
5		12:20	13:25	Withdraw by 12:20
6		16:30	17:15	Declare teams by 16:30
7	29 <sup>th</sup> January	9:00	10:05	Withdraw by 9:00
8		13:10	14:00	Declare teams by 13:10
9		16:15	16:50	Withdraw by 16:15
10	30 <sup>th</sup> January	9:00	9:45	Withdraw by 9:00
11		12:00	13:05	Withdraw by 12:00
12		16:55	17:40	Declare teams by 16:55

#### COVID-19 CONTROL MEASURES

In light of the current pandemic and based on the latest guidance from Swim England and the leisure centre, we have needed to make some significant changes to the way the meet is run this year in order to minimise the risks from COVID.

Only those involved in the competition (swimmers, coaches, team managers, officials and volunteers) are permitted to access the pool, spectators' gallery, changing rooms and sports hall. Parents of swimmers who are not volunteering can only access the foyer area of the leisure centre and should not pass beyond the turnstiles.

By attending the meet, it is given that you accept the following:

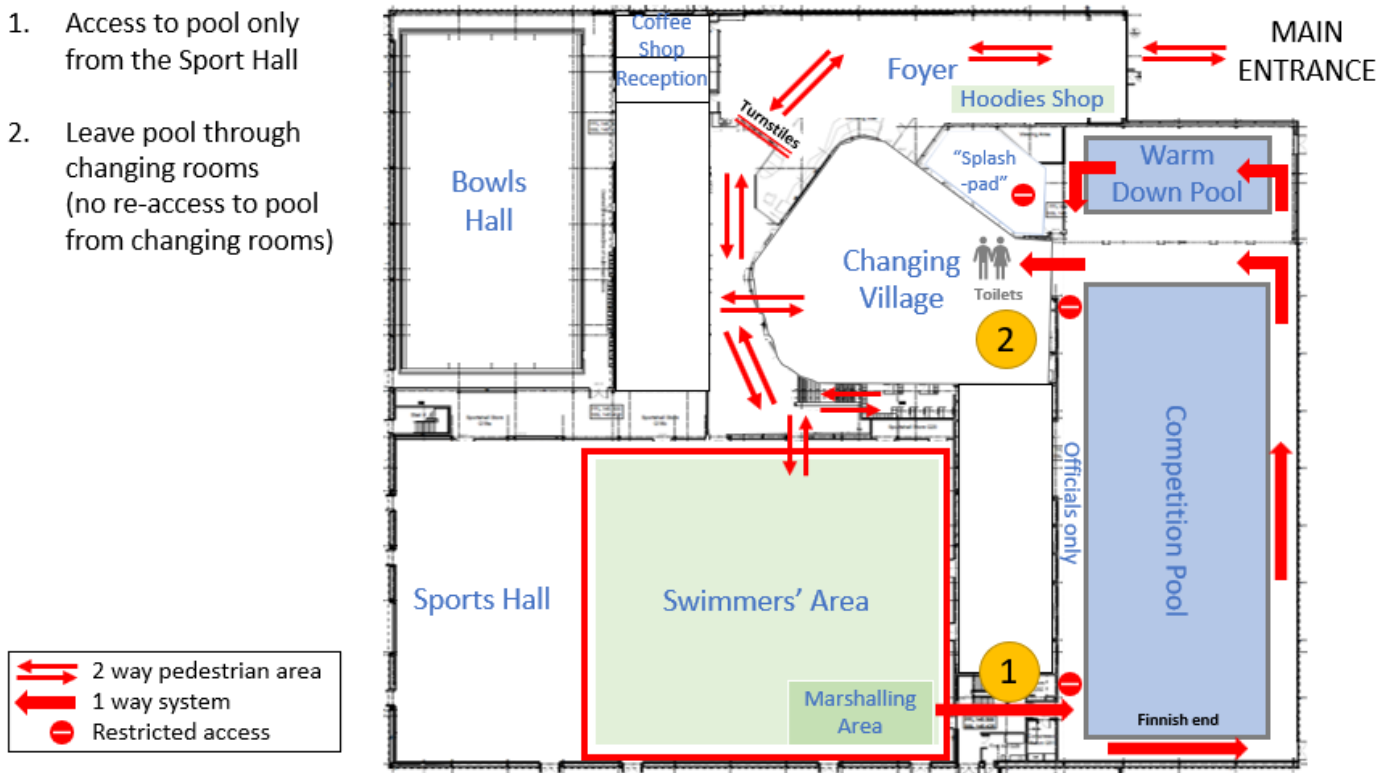
- To take a lateral flow test within 24hrs before attending the meet.
- If you test positive or have any COVID-19 like symptoms, you will not attend the meet.
- Attending the meet is not without risk, you acknowledge that you are aware of the risks and are still happy to attend.
- You have understood the processes in place to protect those attending and agree to follow them. Anyone refusing to comply with the meet conditions may be removed from the meet.
- You understand that the meet organiser may have to be flexible and responsive due to the evolving government advice around Covid-19, and the fact that restrictions may be subject to change on the day
- Masks are recommended to be worn inside the building except for exercising (such as when swimmers are poolside or performing a land warm up).
- Please avoid crowding as far as possible. Each club will be allocated a dedicated area in the sports hall or in the spectators' gallery where swimmers should remain until called to the marshalling area for their warm-up, heat or final.

Please take note of the one-way system poolside. The pool is only to be accessed via the marshalling area in the sports hall. You may only leave the pool area through the changing village. The pool can not be accessed from the changing village.

After the warm-up or an event, swimmers should not remain poolside, but dry off and return to their allocated club area in the sport hall or spectators' gallery. The warm down pool can be used after events.

## ONE WAY SYSTEM AROUND POOL

1. Access to pool only from the Sport Hall
2. Leave pool through changing rooms (no re-access to pool from changing rooms)



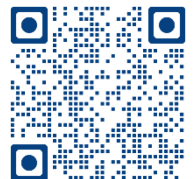
## ONLINE MEET COVERAGE

As families and friends are not allowed to watch the from the spectator's gallery this year, we have organised the meet to be filmed and live streamed so that you can follow the competition online. The YouTube channel showing the live video stream of the meet can be accessed using the following link:

 <https://www.youtube.com/playlist?list=PL28Dz-EitUJePsKKNg0u25HgG6CsJRsx6>

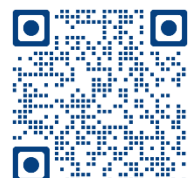
Before the start of each session, the start lists will be published on the BSBASA website identifying which heat and lane the swimmers are in for the events that session. The start lists can be accessed using the following link, or the QR Code on the right.

<https://bsbasa.org/startlist>



As soon as possible once results have been confirmed and validated by the referee, they will be published on the BSBASA website. The results can be accessed using the following link, or the QR Code on the right

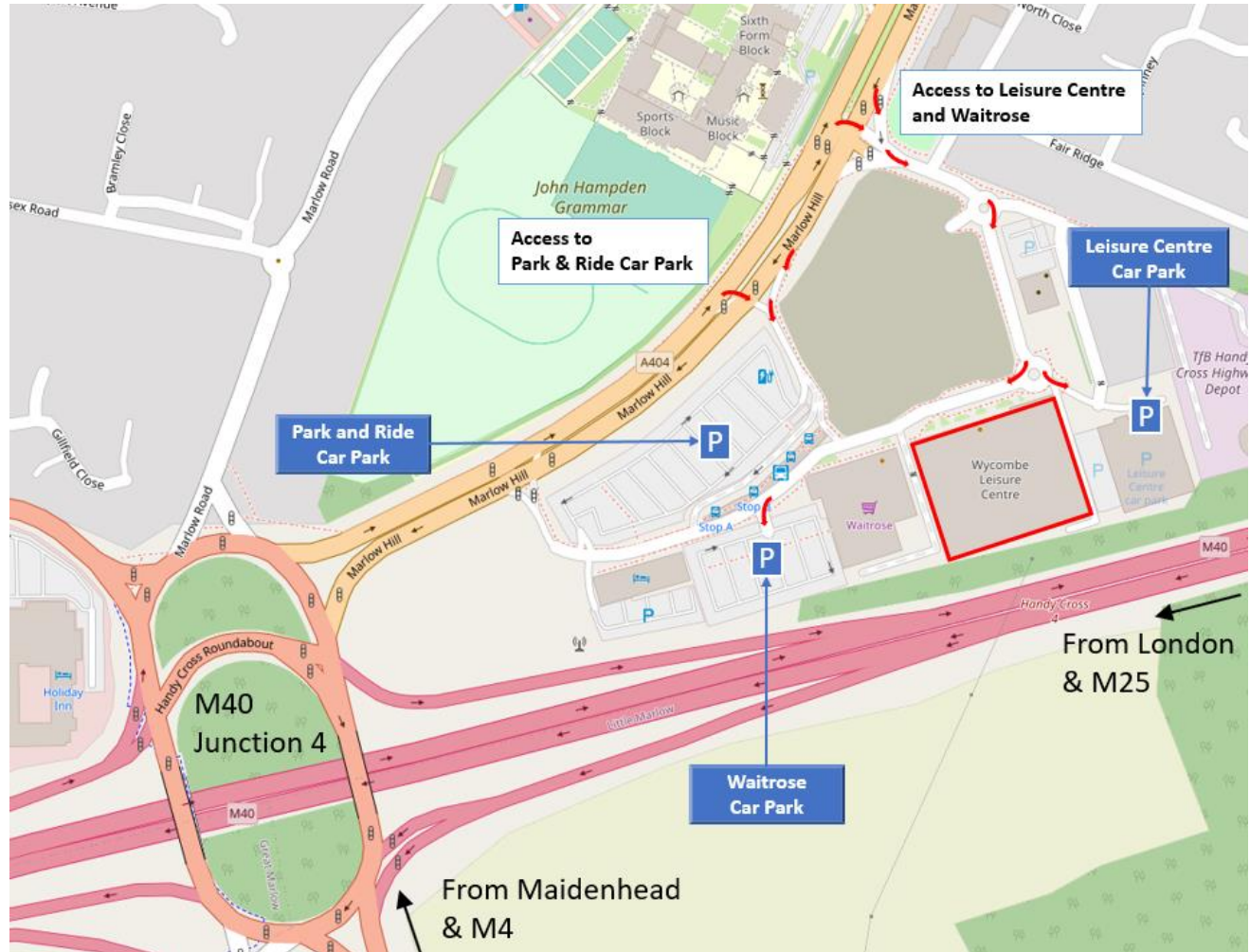
<https://bsbasa.org/results>



## GETTING TO WYCOMBE LEISURE CENTRE

Wycombe Leisure Centre is located near junction 4 of the M40. From junction 4 follow the A404 ("Marlow Hill") towards High Wycombe town centre and the leisure centre is signed on the right. Use postcode HP11 1UP for sat nav directions.

Please check for any roadworks that may affect your journey. Note that the M4 will be closed towards London on the weekend of the meet, between junctions 3 & 4b on 15-16<sup>th</sup> January, and between junctions 5 and 6 on 29-30<sup>th</sup> January.



There are a number of car parks around to the leisure centre:

### The Leisure Centre Car Park

This is a multi-storey car park next door to the leisure centre and allows a maximum stay of 4 up to hours (50p for 2hrs, £1 for 4hr)

### High Wycombe Park & Ride

The park and ride car park is a short walk (approx. 200m) from the leisure centre but has its own entrance from the A404 and cannot be accessed by car from the Leisure Centre (<http://www.wycombeparkandride.com/finding-the-car-park/>). There are now charges for using this car park (Free for 30min, £1.20 for 4hrs, £3 for 10hrs, £4 per day).

### Waitrose

Waitrose is next door to the leisure centre and has its own car park. This is a customer car park so we do not recommend using this. If you do use it, please observe their payment procedure that is likely to mean that you have to spend money at the store. There is a maximum stay of 2hrs and no return within 2hrs.

## PUBLIC ACCESS AREAS

The foyer area of the Wycombe Leisure Centre is accessible to all and has a small café, offering sandwiches and hot drinks. Waitrose, located adjacent to the leisure centre, also has a café.

The usual pop-up shop from “Fine Designs” will be open in the foyer area selling Counties branded clothing.

“Mailsports” will not be opening their swimwear shop at the leisure centre this year. If you need any swimwear or equipment, their shop in Bourne End is open on Saturday mornings (until 12:30pm), about 15min drive away.

## COMPETITOR ONLY AREAS

Access to the changing village, pool, spectators’ gallery and sports hall will be restricted to only those involved in the meet. Our volunteers will patrol these areas to control access. Note that other areas of the leisure centre will be open to the public during the championships.

If any swimmer requires specific assistance, their parents or club should contact the promoter in advance to arrange this.

## POOLSIDE

Swimmers may only come poolside when called by the stewards for their warm up or events. After their warm up or event, swimmers must leave the pool area via the changing rooms. There is no access to the pool from the changing area. The pool can only be accessed from the marshalling area in the sports hall. The community pool is available for swimmers to use for warm down after an event.

Swimmers may not use the stairs to the spectator gallery at the finish end of the pool. They should instead use the main stairs in the foyer area.

Other than swimmers, the pool area is only accessible to officials and coaches/TMs/volunteers who need to be there.

## CHANGING ROOMS

Given the limited space in the changing rooms, to avoid crowding we advise swimmers to arrive for warm up in costume and tracksuit if possible. Please ensure swimmers change quickly to allow other swimmers to use the cubicles. Please note that the Leisure Centre has a mixed gender changing village.

Do not leave bags in the changing cubicles or anywhere in the changing village, except in the lockers provided. **You will need a padlock to use the lockers.** With the permission of your coach or team manager, bags can be left in your allocated area of the sports hall or gallery. BSBASA takes no responsibility for bags left in the sports hall or gallery.

**Please note that under no circumstances should mobile phones or cameras be used or be visible in the changing village. They must be stored in a pocket or bag at all times in this area.**

Swimmers leaving the changing area to visit other parts of the Leisure Centre must be dry, wearing appropriate clothing and footwear.

## THE SPORTS HALL AND SPECTATORS’ GALLERY

Each club will be allocated an area of the sports hall or gallery. The allocated areas will vary each day so that each club has an opportunity to view the competition from the gallery.

Clubs in the Spectators’ Gallery:

Day 1 Amersham SC, Chalfont Otters and Chesham SC

Day 2 Bracknell & Wokingham SC, Newbury SC, Reading SC and Tilehurst SC

Day 3 Wycombe District SC

Day 4 Maidenhead SC and Windsor SC

All other clubs will be allocated an area of the sport hall. Our volunteers will identify the areas allocated to your club on the day.

## REPORTING FOR EVENTS & COMPETITOR MARSHALLING

It is the responsibility of each swimmer to arrive in the marshalling area and report to the competitor stewards in good time for their swim. Start lists will be posted online (see page 2) before the start of each session to confirm your heat and lane number. Please check with your coach or Team Manager if you are unsure before arriving at the marshalling area.

The marshalling area is in the sports hall. It is very important that competitors follow the instructions of the stewards and stay in the area allotted. Please note that all events are seeded slow to fast.

The marshalling area cannot be accessed by the stairs directly from the spectators' gallery. To get to the marshalling area from the gallery, please use the main staircase in the foyer and access via the sports hall.

## WITHDRAWING FROM AN EVENT

It is very important that swimmers withdraw from any event they have entered but do not intend to swim. **If swimmers do not withdraw, heats will inevitably be swum with empty lanes. The number of empty lanes will be monitored by the meet organisers.** Swimmers should notify withdrawals to their club's team manager, who will then inform the meet organisers before the warm up of each session. Clubs with an unacceptable level of unreported withdrawals will be reported to the Performance Swimming Events Committee who may impose a penalty, including a fine.

## WITHDRAWING FROM FINALS

The list of finalists for the 50m and 100m events will be published as soon as possible after the heats have been completed. This list of finalists will also contain a "withdraw by" time. Finalists (including reserves) who wish to withdraw (which should only be in exceptional circumstances, as above) must notify their club's designated team manager, who will in turn notify the meet organisers (before the published "withdraw by" time for the relevant finals. A fine of £10 may be levied on clubs in respect of each no show in finals (including promoted reserves). The on-line entry process for future BSBASA performance swimming competitions will be blocked for clubs with unpaid fines.

## BACKSTROKE LEDGES

We will be providing backstroke ledges. You do not have to use them if you do not wish to.

## AWARD PRESENTATIONS

### County Junior and Senior Medals and Trophies

Presentations of County medals and trophies for the junior and senior county awards will take place poolside after the session in which the event final (for 50m and 100m events) or heats (in the case of the other events) take place. Trophies and a County Gold medal will be awarded to the fastest junior swimmer (14yrs and under) and senior swimmer (15yrs and over) for each event. Junior and Senior County silver and bronze medals will be presented to the 2<sup>nd</sup> and 3<sup>rd</sup> placed swimmers.

For the relay teams, junior trophies will be presented to the winners of the "12-13yrs" age group (the junior county trophy) together with the gold, silver and bronze medals. Senior trophies will be presented to the winners of the "Open" age group (the senior trophy) together with the gold, silver and bronze medals. Medals will also be presented to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams for the "10-11yrs" and "16 & Under" relay events.

### Age Group Medals

Medals for the Age Group 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed swimmers of each event can be collected from your club team managers. Swimmers are not to collect medals directly from the medal desk. No Age Group medals will be distributed on day 1. The Age Group medals for Day 1 will be distributed to the team managers during session 4 (on day 2). Medals will be available for collection at the end of each session thereafter.

Details of the trophy presentations will be included in the meet programme.