

Berkshire & South Buckinghamshire ASA
27th Open Masters
At
Braywick Leisure Centre, Maidenhead
11 September 2022



Information for Competitors

Entry Acceptance

All entries made and paid for by the closing date have been accepted. A complete list of accepted entries sorted by club then swimmer can be found on the website. **Please note this document has over 100 pages, so please be careful to print only the pages you need.**

Please check the information on the accepted entries listing carefully. Most errors can be corrected before the day by emailing robmoore77@gmail.com. It is very unlikely that we will be able to make corrections on the day.

Time Trials

As the meet is not full we will be accepting time trials (subject to the discretion of the promoter). Swimmers entering as time trials will swim in an appropriate heat for their entry time and will be included in the published results and the results submitted to Masters Rankings and the Masters Decathlon competition. However, time trial swims cannot win medals and cannot score points for the top swimmer and top clubs awards. Time trials must be entered before the day. Request for time trials should be sent to robmoore77@gmail.com stating swimmer name, club, DOB, SE number and the TT events requested. Swimmers will then be emailed a special link to the entry system that will enable them to enter time trials and pay the entry fee. There will be a £1.50 charge per TT swim in addition to the normal entry fee.

All time trials must be entered in the entry system and paid for by midnight on 9 September.
Time trials entries will not be accepted on the day.

Meet programme

There will not be a printed meet programme, however a PDF of the programme will be posted at www.bsbasa.org for swimmers to download and print at home as required.

Final Session times

Please note the final session times are:

Session 1	Warm up/Register by	11:00	Start	11:45
Session 2	Warm up/Register by	14:15	Start	14:50

IMPORTANT NOTE – Session 1 will start 15 minutes later and Session 2 will start 25 minutes earlier than the provisional sessions times published previously.

There are lessons in the pool until 10:00. If you arrive before 10:15, please do not enter the changing rooms or poolside (to give the lesson participants the opportunity to clear the pool and changing room without being swamped!). Swimmers arriving before 10:15 should go to the gallery, café or use the seating outside the leisure centre.

Individual events – Registration

There are no cards for this meet, but instead swimmers must register their intention to swim in each of the events they have entered. There will be separate registration for sessions 1 & 2 and swimmers must register before the published warm up start time for each session. The registration sign in sheets will be posted on the wall just inside the changing room. There will be separate sheets for ladies and men and they will be in alphabetical order of surname.

Swimmers will register their intention to swim by highlighting the appropriate event on the registration sheets. A specimen follows.

Swimmer		Ev 1 200m Back	Ev 3 100m Breast	Ev 4 5m Fly	Ev 6 200m Free	Ev 7 100m Back	Ev 9 50m Breast
Moore, Rob	Bracknell	8				9	11

Rob Moore has entered the 100m and 200m backstroke and the 50m breaststroke in session 1 (hence the grey against the other events). He has highlighted the 50m breast and 100m back, as he wants to swim these events. However he has left the 200m back un-highlighted as he does not feel up to this today!! (NB the numbers shown are the competitor numbers for the event and correspond to the competitor numbers on accepted entries sheet.

Warm up

The warm up will use all 10 lanes as follows:

Session 1	11:00-11:20 Ladies	11:20 – 11:40 Men
Session 2	14:15 - 14:30 Men	14:30 – 14:45 Ladies

Lanes 0, 1, 2 & 3 will be used for one way sprints in the last 5 minutes of each warm up.

Lane	Direction	Speed
0	Clock-wise	Very fast
1	Anti-clock	
2	Clock-wise	Fast
3	Anti-clock	
4	Clock-wise	Medium fast
5	Anti-clock	
6	Clock-wise	Medium
7	Anti-clock	
8	Clock-wise	Slow
9	Anti-clock	

Please make sure you choose a lane appropriate for your speed and be prepared to change lanes if you are too fast or too slow for the swimmers around you.

Start lists

Start lists will be posted just inside the entrance to the changing room during the warm up. It is each competitor's responsibility to note which heat and lane they are swimming in and to ensure they are at the start at the correct time.

Results

All events are heat declared winners and there will be no finals. Results will be posted in the changing rooms as soon as possible after each event has ended. After the meet, the results will be posted on the web site, www.bsbasa.org, and sent to the ASA for inclusion in Masters Rankings and the Masters Decathlon competition.

Medals will be awarded for the first three in each age group.

Age Groups: Seniors-18/24, A-25/29, B-30/34, C-35/39, D-40/44, E-45/49, F-50/54, G-55/59, H-60/64, J-65/69, K-70/74, L-75/79, M-80/+

Seniors must be 18 yrs on the date of the competition. Other ages are at the 31st December 2022. A competitor may only compete for one club at the meet.

In addition to the above awards there will be additional awards open only to swimmers who are competing for clubs affiliated to the Berkshire & South Buckinghamshire ASA. A gold, silver and bronze medal will be awarded to the BSBASA male and female swimmers placed 1st, 2nd and 3rd overall in each individual event. Placing will be determined using a points based method with age adjusted points calculated using a similar method to the British Swimming Master Decathlon Competition.

Medals will not be presented, but must be collected from the medal table which will in the spectator gallery at the start end of the pool.

Prizes will be awarded to the top 3 female and male swimmers of the meet. The winners will be decided using a points based method with age adjusted points calculated using a similar method to the British Swimming Master Decathlon Competition. The awards will be made based on the points for the best five individual swims (of any distance and stroke combination).

A trophy will be awarded to the club with the most points. Points will be awarded 6 for 1st, 5 for 2nd, 1 for 6th.

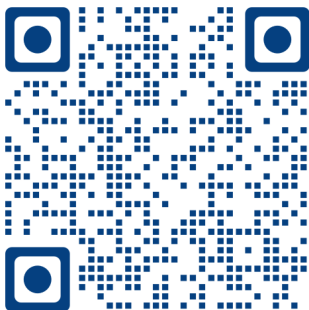
The top swimmer and top club awards will be presented as soon as possible following the end of racing.

Get start lists and results on your smartphone

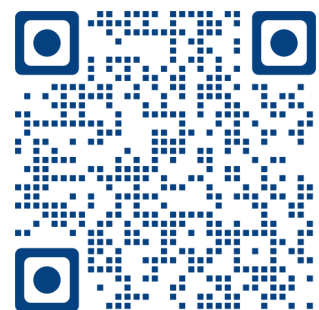
Start list for each session will be uploaded as soon as possible after the meet team has processed the withdrawals. You will be able to find these at <https://bsbasa.org/startlist>

Results for each event will be uploaded as soon as possible after each event has finished. . You will be able to find these at <https://bsbasa.org/results>

Or you can scan the following QR Codes



Start Lists



Results

Other information

Braywick Leisure Centre has a 25m, 10 lane pool with A.O.E. However, as entries for the meet are well under the maximum capacity, only 8 lanes (1 – 8) will be used. This will ensure that swimmers have a reasonable amount of rest between swims.

There is a large spectator gallery and to keep poolside as clear as possible we request that swimmers sit in the spectator gallery between races. The gallery can be accessed via the stairs in the leisure centre atrium opposite the changing rooms entrance. Swimmers coming from the gallery to race (and vice versa) can use the stairs from the gang way behind the spectator seating furthest away from the start. NB – this is subject to final confirmation from the leisure centre.

Braywick Leisure Centre has a café serving coffees and specialty teas, a wholesome range of healthy snacks, a patisserie of treats and also serves the finest Barrel & Stone stone baked pizzas. The café has a large indoor and outdoor seating area.

The lockers in the changing rooms are secured with a padlock, so bring your own if you have one. Padlocks can be purchased at reception for £4.

Directions

Braywick Leisure Centre is situated just south of Maidenhead town centre and is part of the Braywick Sports complex. The postcode is SL6 1BN (although this covers the entire complex and not just the Leisure Centre.

Directions from junction 8/9 of the M4.

- At the roundabout at junction 8/9, take the A308M.
- After approximately 0.7 miles, take the first exit at the roundabout which is the A308 toward Maidenhead town centre. There are speed cameras on this road.
- Stay in the right hand lane. After about 600 metres you reach a pedestrian crossing with traffic lights. At this point you will be able to see the leisure centre on the right hand side (it is set back about 100m from the road). After another 200m take the slip road to the right (signposted Leisure Centre, Braywick Sports Ground and Staverton Lodge) and turn right. On entering the Braywick complex turn right and follow the signs to the Leisure Centre car park.

The Braywick Leisure Centre Car Park is a pay and display car park but is free on Sundays.

Order of events

SESSION 1. Warm up 11:00 for 11.45 start		SESSION 2. Warm up 14:15 for 14:50 start	
Event No.	Event Name	Event No.	Event Name
1	Mixed 200m Backstroke	13	Mixed 200m Freestyle
2	Men's 100m Fly	14	Men's 100m Breaststroke
3	Ladies 100m Fly	15	Ladies 100m Breaststroke
4	Men's 50m Freestyle	16	Men's 50m Backstroke
5	Ladies 50m Freestyle	17	Ladies 50m Backstroke
6	Mixed 200m Ind Medley	18	Mixed 200m Fly
7	Men's 100m Backstroke	19	Men's 100m Freestyle
8	Ladies 100m Backstroke	20	Ladies 100m Freestyle
9	Men's 50m Fly	21	Men's 50m Breaststroke
10	Ladies 50m Fly	22	Ladies 50m Breaststroke
11	Mixed 200m Breaststroke	23	Mixed 100m Ind Medley
12	Mixed 400m Freestyle	24	Mixed 800m Freestyle

Estimated session finish time 13:45

Estimated session finish time 17:00