

**Berkshire & South Buckinghamshire ASA
29th Open Masters**

At

**Braywick Leisure Centre, Maidenhead
Sunday, 8 September 2024**



Information for Competitors

Entry Acceptance

All valid 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 250 pages, so please be careful to print only the pages you need.**

Please check the information on the accepted entries listing carefully. Most processing 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

We will not be offering time trials.

Meet programme

There will not be a printed meet programme, however a PDF of the programme will be posted at <https://www.bsbasa.org/masters/2024/> 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	10:45	Start 11:30
Session 2	Warm up/Register by	2:35	Start 3:10
			Estimated finish time 6:15

IMPORTANT NOTE – The warm up/register by time for session 2 is 5 minutes later and the start time 10 minutes later than the provisional times in the meet conditions.

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 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 Female and Open/Male 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	10:45-11:05 Female	11:05-11:25 Open/Male
Session 2	2:35 – 2:50 Open/Male	2:50 – 3:05 Female

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. Start list will also be available on your smartphone – see below

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, <https://www.bsbasea.org/masters/2024/>, and sent to Swim England for inclusion in Masters Rankings and the Masters Decathlon competition. Results will also be available on your smartphone – see below

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 2024. 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 Open/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).

Trophies will be awarded to the top BSBASA club and top visiting (ie non-BSBASA) club with the most points. Points will be awarded 6 for 1st, 5 for 2nd, 1 for 6th.

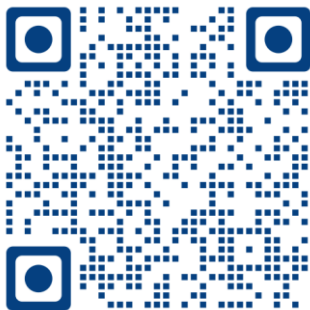
The top swimmers and top clubs awards will be presented as soon as possible following the end of racing.

Get start lists and results on your smartphone

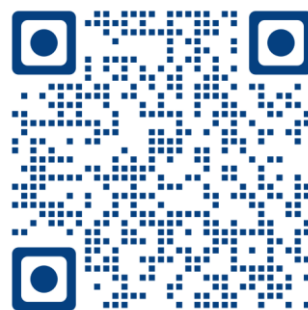
Start list for each session will be uploaded as soon as possible after the meet team has processed the withdrawals. You will be able to find these at <https://bsbasa.org/startlist>

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 we are short of officials, only 8 lanes (1 – 8) will be used.

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.

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 Braywick Sports Ground and Stafferton 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 10:45 for 11:30 start		SESSION 2. Warm up 2:35 for 3:10 start	
Event No.	Event Name	Event No.	Event Name
1	Mixed 200m Backstroke	13	Mixed 200m Freestyle
2	Open/Male 100m Fly	14	Open/Male 100m Breaststroke
3	Female 100m Fly	15	Female 100m Breaststroke
4	Open/Male 50m Freestyle	16	Open/Male 50m Backstroke
5	Female 50m Freestyle	17	Female 50m Backstroke
6	Mixed 200m Ind Medley	18	Mixed 200m Fly
7	Open/Male 100m Backstroke	19	Open/Male 100m Freestyle
8	Female 100m Backstroke	20	Female 100m Freestyle
9	Open/Male 50m Fly	21	Open/Male 50m Breaststroke
10	Female 50m Fly	22	Female 50m Breaststroke
11	Mixed 200m Breaststroke	23	Mixed 100m Ind Medley
12	Mixed 400m Freestyle	24	Mixed 800m Freestyle

Estimated session finish time 2:10pm

Estimated session finish time 6:15pm