



# WYCOMBE DISTRICT SWIMMING CLUB

## END OF SEASON OPEN MEET 2016

JULY 2016

## IMPORTANT INFORMATION FOR SWIMMERS AND SPECTATORS

### Wycombe Leisure Centre

Please be aware that Wycombe Leisure Centre opened on 5th January 2016, the facility is brand new, and there are still works ongoing around the site.

### Parking

Car Parking at the new Wycombe Leisure Centre is limited, we advise all swimmers and spectators to 'lift-share' where possible. If you are staying at the Holiday Inn Hotel, we would strongly suggest that you walk to the Leisure Centre, it will take 5-10 minutes and will alleviate parking pressure for the event. Please see details of parking at Wycombe Leisure Centre for Saturday 23rd April 2016 in the Parking Information Sheet. Note space is available in the Leisure Centre Multi-Story car park (chargeable) and the park and ride / overflow car park. *Waitrose (next door to the pool) also has its own car park. Competition goers should avoid using this car park – however if you do use it, please observe their payment procedure that is likely to mean that you have to spend money at the store, and they will have a maximum stay period in place.*

### Parking Tariff in the Multi-Story Car Park

Pay & Display Car Park

50p for up to 2 hrs – Permitted to extend their stay by purchasing an additional ticket at expiry of their stay

£1 for up to 4 hrs – Permitted to extend their stay by purchasing an additional ticket at expiry of their stay

£15.00 for up to 12 hrs\* – \*Within Opening Times

### Access

As you enter the Leisure Centre, please follow the signs for the WDSC Open Meet - Marshalls will direct you through the WDSC Turnstiles, which will be open for your use.

### Sign In

All swimmers are required to sign in for their races - for each session.. Sign In desks will be located next to the entrance to the Changing Rooms. Sign in closes during the warm-up session. Swimmers are required to sign in for each session. All Swimmers should ensure that they get a security hand stamp upon sign in, this is required to access poolside and the changing rooms.

### Changing Village and Poolside Access

All swimmers will require a WDSC Security Hand-Stamp to enter the changing rooms and poolside, security hand stamps will be available from the sign-in marshalls. Security Personnel will be monitoring access to the changing rooms and poolside and only swimmers (with hand stamp), officials, on presentation of their ASA ID, Authorised Coaches (Coach Passes will be provided with your coach pack), Authorised Meet Volunteers (Passes will be provided) and Wycombe Leisure Centre Staff). No other entry will be permitted, including parents looking for swimmers etc.

### Lockers

ALL lockers are secured by Padlock rather than coin mechanism. Padlocks should be 40mm combination locks with a 6mm diameter shackle and can be purchased at Reception (please factor in time for potential queues to purchase) or you can bring your own. The Leisure Centre will be selling padlocks for a reduced price for Open Meet Swimmers. Due to the limited number of lockers in the changing rooms, we would ask swimmers, where possible to share lockers, they are reasonably large and have ample room for two swimmers bags.

## **Marshalling**

The Marshalling area will be clearly signed and is using space in the Sports Hall, which will be sectioned off for the meet. Please ensure that all swimmers arrive at the marshalling area wearing shorts, a top and footwear at all times.

We request that all swimmers report to marshalling in good time, and to pay close attention to the announcements over the public address system.

## **Warm Up**

A detailed warm-up schedule will be provided and we would ask coaches and team managers to assist during the warm up. Warm Up will take place in both the main competition pool for designated groups as per the schedule and in the swim down pool. We also have a designated "Dry Land" warm up space located just off poolside at the main starting end of the pool. This will also be the area for marshalling during the event. **Please note that no large bags may be brought poolside**, only small drawstring type bags will be permitted. Additionally, no additional chairs may be brought poolside for use by swimmers or coaching staff - despite a new pool, poolside space remains limited.

## **Changing Room Area**

Please note that only authorised volunteers, officials, team managers, Coaches and swimmers will be permitted entry into the changing rooms. WDSC will have volunteers manning the entrance to the changing area and non-authorised attempts to access the changing room will be blocked. Please help us and our volunteers and do not attempt to gain access, this will help us avoid any confrontations and mutual embarrassment. Please note, this applies to parents, grandparents, carers and guardians of all swimmers. Unfortunately the pool has been provided with limited changing cubicles. We advise you to arrive for warm up in costume and tracksuit if possible. Please ensure swimmers change quickly to allow other swimmers to use the cubicles. Swimmers please note that you should use any changing rooms as a temporary changing facility and not leave bags and clothes in any changing room. WDSC Stewards will empty any items left in changing rooms and we cannot be held responsible for items lost, that were left in changing rooms, swimmers should use lockers provided.

## **Spectators**

Please note that spectators may not bring their own chairs and should use the seating provided, and walkways must be kept clear. The spectator area has 358 seats, admission to the spectator area will be done on a first come first served basis. Seats may not be 'reserved' and left empty during the day and we would ask spectators not to 'set up camp' on seats and not use them during the day. WDSC reserves the right to empty 'reserved' seats if they remain unoccupied for any extended period, in order to allow other spectators to sit.

## **Facilities**

Wycombe Leisure Centre has a small cafe, offering sandwiches and hot drinks, however note that there is not the facility for full catering. Waitrose, located adjacent to the leisure centre opens on the same weekend as the Meet and has a cafe.

## **Officials & Volunteers**

We have reserved Studio 3 & 4 for use by officials during the weekend. This is on the 1st floor, to the right of the squash courts. We would ask officials to please only bring small bags, and to use the lockers that are dry-side in the leisure centre, as opposed to using changing room lockers, where there is limited capacity.

Lunches for Officials, Coaching Staff (with Coach Pass) and Volunteers will also be served in Studio 3 & 4.

## **Mailsports - Sports & Swimming Equipment**

Our official kit supplier - Mailsports International - will be available throughout the weekend, located on the 1st floor adjacent to the entrance to the spectator gallery

## **Medals Desk**

Medals will be available from the Medals Desk, located adjacent to the entrance to the spectator gallery.



## WARM-UP SCHEDULE - SATURDAY 16th JULY 2016

Teams are reminded that swimmers should be supervised at all times and that the dry land and swim down facilities will be withdrawn if any problems/issues arise. Please help the WOSC team in ensuring that we keep these areas OPEN!

Saturday SESSION 1 08:00 - 08:25	COMPETITION POOL		DRY LAND ZONE	SWIM DOWN POOL	SESSION START
	Mixed Warm up for 25 minutes	At 08:15 Lanes 1 & 2 will be open for one directional start, sprint or pace work (Banner end to Window end)	<b>SPORTS HALL (A3&amp;A4)</b> Duration of Meet (for any swimmer) Swimmers are encouraged to do all dry land exercises in this area - avoiding poolside -	Open to any swimmer from 09:00, provided there is space. Coaches/TM are reminded that they must supervise the swimmers.	<b>08:30</b>

During warm ups swimmers have the use of 2 courts for Dry Land, but during racing swimmers only have access to half this space, with the other half being used for marshalling

Saturday SESSION 2 10:00 - 10:55	COMPETITION POOL		DRY LAND ZONE	SWIM DOWN POOL	SESSION START
	Girls 10:00 - 10:25 Boys 10:25 - 10:55	10 mins into each warm-up Lanes 1 & 2 will be open for one-directional start, sprint or pace work (Banner end to Window end)	<b>SPORTS HALL (A3&amp;A4)</b> Duration of Meet (for any swimmer) Swimmers are encouraged to do all dry land exercises in this area - avoiding poolside -	Open to any swimmer during the warm up & session 2, provided there is space. Coaches/TM are reminded that they must supervise the swimmers.	<b>11:00</b>  (there will be a 10-minute comfort break half before finals)

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Saturday SESSION 3 14:45 - 15:40	COMPETITION POOL		DRY LAND ZONE	SWIM DOWN POOL	SESSION START
	Boys 14:45 - 15:10 Girls 15:10 - 15:35	10 mins into each warm-up Lanes 1 & 2 will be open for one-directional start, sprint or pace work (Banner end to Window end)	<b>SPORTS HALL (A3&amp;A4)</b> Duration of Meet (for any swimmer) Swimmers are encouraged to do all dry land exercises in this area - avoiding poolside -	Open to any swimmer during the warm up & session 3, provided there is space. Coaches/TM are reminded that they must supervise the swimmers.	<b>15:45</b>  (there will be a 10-minute comfort break half before finals)

During warm ups swimmers have the use of 2 courts for Dry Land, but during racing swimmers only have access to half this space, with the other half being used for marshalling

**Competition Pool** This pool will only be used for EACH DESIGNATED warm up - only swimmers in each warm up can use this pool.

**Dry Land Zone** This large area doubles up as the "marshalling" area and will be open to ALL swimmers during the warm up periods for "dry land" warm ups.

i.e. stretching, skipping, rolling, self-myofascial release etc - medicine balls can't be used due to the sprung floor. Please check exact details below in the tables.

There is a short corridor that links this area to the competition pool at the main starting end of the pool.

**Swim Down Pool** This 4 x 20m pool will be open during the whole day for any swimmers requiring it for warm up or swim down.

This includes during the designated warm ups in the competition pool.

NOTE: if this pool gets too busy then access may be limited for safety reasons - priority will then be given to swimmers requiring swim down



## WARM-UP SCHEDULE - SUNDAY 17th JULY 2016

Teams are reminded that swimmers should be supervised at all times and that the dry land and swim down facilities will be withdrawn if any problems/issues arise. Please help the WOSC team in ensuring that we keep these areas OPEN!

Sunday SESSION 4 08:00 - 08:25	COMPETITION POOL		DRY LAND ZONE	SWIM DOWN POOL	SESSION START
	Mixed Warm up for 25 minutes	At 08:15 Lanes 1 & 2 will be open for one directional start, sprint or pace work (Banner end to Window end)	<b>SPORTS HALL (A3&amp;A4)</b> Duration of Meet (for any swimmer) Swimmers are encouraged to do all dry land exercises in this area - avoiding poolside -	Open to any swimmer from 09:00, provided there is space. Coaches/TM are reminded that they must supervise the swimmers.	<b>08:30</b>

During warm ups swimmers have the use of 2 courts for Dry Land, but during racing swimmers only have access to half this space, with the other half being used for marshalling

Sunday SESSION 5 10:00 - 10:55	COMPETITION POOL		DRY LAND ZONE	SWIM DOWN POOL	SESSION START
	Boys 10:00 - 10:25  Girls 10:25 - 10:50	10 mins into each warm-up Lanes 1 & 2 will be open for one-directional start, sprint or pace work (Banner end to Window end)	<b>SPORTS HALL (A3&amp;A4)</b> Duration of Meet (for any swimmer) Swimmers are encouraged to do all dry land exercises in this area - avoiding poolside -	Open to any swimmer during the warm up & session 2, provided there is space. Coaches/TM are reminded that they must supervise the swimmers.	<b>11:00</b>  (there will be a 10-minute comfort break half before finals)

During warm ups swimmers have the use of 2 courts for Dry Land, but during racing swimmers only have access to half this space, with the other half being used for marshalling

Sunday SESSION 6 15:00 - 15:50	COMPETITION POOL		DRY LAND ZONE	SWIM DOWN POOL	SESSION START
	Girls 15:00 - 15:25  Boys 15:25 - 15:50	10 mins into each warm-up Lanes 1 & 2 will be open for one-directional start, sprint or pace work (Banner end to Window end)	<b>SPORTS HALL (A3&amp;A4)</b> Duration of Meet (for any swimmer) Swimmers are encouraged to do all dry land exercises in this area - avoiding poolside -	Open to any swimmer during the warm up & session 3, provided there is space. Coaches/TM are reminded that they must supervise the swimmers.	<b>16:00</b>  (there will be a 10-minute comfort break half before finals)

During warm ups swimmers have the use of 2 courts for Dry Land, but during racing swimmers only have access to half this space, with the other half being used for marshalling

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This includes during the designated warm ups in the competition pool.

NOTE: if this pool gets too busy then access may be limited for safety reasons - priority will then be given to swimmers requiring swim down