



## Silver City Blues Meet - 25th January 2020 Competitor's Information

Dear Swimmer,

Thank you for entering our Silver City Blues meet on the 25th of January 2020, we look forward to seeing you on race day.

We have a total of 180 competitors swimming on the day so in order to aid the Meet management team in providing an efficient and timely event we would ask you to read the below information.

### **Special Note**

Our 2020 meet will have a slightly different feel to our previous meets where it will only be a Masters event running on a condensed schedule. Please note that we will only be operating at the Scoreboard side of the pool and normal public sessions will be ongoing at the changing room entrance side. We hope this to be a one off where normal format will resume in 2021.

### **Session Times**

Session One Warm Up 13:30	Start 14:30	End 17:00 (approx.)
Session Two Warm Up 17:00	Start 17:30	End 20:00 (approx.)

### **Directions and Parking**

Aquatic Centre address, Regent Walk AB24 1SX. Parking is available at the front (P3) of the Aquatics Centre with additional spaces for cars and minibus to the rear (P4), both accessed from Regent Walk. There are limited parking restrictions on Regent Walk itself at weekends. There is also parking at the other side of the Aberdeen Sports Village facility as well. With 180 competitors in attendance car sharing is encouraged where practicable.

**Note:** the Aquatics centre carpark will be locked shortly after the conclusion of the meet as the facility will be closing and will not open until the following morning.

### **Information Desk**

There will be a temporary information desk within the entrance foyer to the Aquatic Centre where Masters competitors can ask any general questions they may have. There will also be an information desk located adjacent to the timing room at the start end of the pool where competitors can retrieve their medals and submit relay lines.

### **Withdrawals**

Withdrawals may be submitted up until Thursday the 23<sup>rd</sup> of January after which no further schedule withdrawals can be made. On the day, withdrawals for 25m Freestyle Semi-finals and Finals should

be made verbally to the Information Desk within thirty minutes of the start sheets being posted and/or announced. Reserves are encouraged to marshal for finals unless they have already withdrawn.

### **Relays**

Relay team lines should be submitted to the Information Desk by 15:30, Session 1 and 18:15, Session 2. This also goes for any individual swimmers wishing to submit their name for the All-Star relay draw, entrants are encouraged to monitor posts/announcements to confirm their draw lane.

### **Personal Belongings**

Swimmers' clothing, kit bags, etc. can be placed in the lockers provided, which must be locked (£1 coin – returnable). No belongings are to be left in the changing cubicles. Aquatic Centre staff may remove any items left in the cubicles or in unlocked lockers and they will have to be collected at the convenience of the staff.

Please Note: Consumption of food is not allowed in the changing village.

### **Seating**

Swimmers will be able to choose from the seating available at the far side of the competition pool and limited seating at the nearside of the competition pool. With a total of 180 competitors this seating availability will be limited and we would ask that swimmers only take onto poolside items they require and leave the rest in a locker and to be generally considerate to others who will also be looking for a seat. We would ask all swimmers to ensure their general seating area is cleared of rubbish at the end of the competition and to use the black bin bags liners provided.

There is good sized spectators area on the first floor of the facility that is open to swimmers. If swimmers choose to use this area please ensure that you are dried and wearing appropriate footwear when moving between the poolside and the spectators area.

### **Warm Up / Swim Down**

The warm-up periods are in the competition pool and are reserved for competitors taking part in the following session.

Session 1 warmup will split into 25 minute periods; period 1 will be for women, and period 2 for the men. Lane selection and management will be left to the discretion of the individual however in general lane 1 should be used by those averaging 1:00/50m down to lane 8 at 0:40/50m. Lane 0 and 9 may also be used for warm up for the first 20 minutes of each warm up period but should be cleared thereafter for 5 minutes of start practice.

Session 2 warmup will take place immediately after the conclusion of Session 1 (during the break) and will be 30 minutes mixed.

Please note that the use of fins and hand paddles are not permitted in the warm up. **Important:** The adjacent pool will not be available to competitors for swimming as there will be normal public sessions in operation.

### **Start Sheets and Results**

Start sheets will be posted on the walls of the facility at the changing village entrance to the pool, the far side start end of the pool and at the rear of the spectators area, there may also be a limited number of sheets available from the Information Desk for team representatives. It is hoped that Meet Mobile will be available to view results however paper copies will also be posted at the changing village entrance, spectators area and the Information Desk.

### **Marshalling**

Each individual is responsible for marshalling themselves and we would ask that all swimmers ensure that they are at the start end of the pool/far side from the spectators area at least 5 heats before theirs and behind their lane 2 heats before theirs. When waiting for your swim please ensure you are quiet for the start. Any swimmer not behind their block for their block for race start will be deemed to have withdrawn.

### **Starts and Finishes**

Given the number of competitors entering the competition the starts will likely be overhead, whilst the last swimmer is in the water. Swimmers in the water are reminded to stay clear of the touch pads and to the side of the lane relative to the side of the pool they will be exiting from.

### **Photography / Videos**

Individuals wishing to use photographic and video equipment (including mobile phone cameras and iPad/tablet cameras) within the pool hall must register with the Aquatics Centre reception within the entrance foyer to the facility. Given the practical issues of registering all users it is advised that only one representative from each team register to record their team members swims.

### **Catering**

The Cafe at the Aquatics Centre is located in the reception foyer and serves hot and cold drinks, snacks and meals. The Sports Village also has a second outlet which can be accessed via the cover walkway through the centre of the building. With the high number of competitors participating in the competition time to get a meal may be slow as well as availability being limited and it is recommended that swimmers take a packed lunch or similar to avoid not getting food. There is also a Tesco Express on Kings Street, 5 minutes walk from the facility.

### **Post Meet Meal**

For those who will be attending our post meet meal this will be held at the Bobbin, address: 500 King St, Aberdeen, AB24 5ST, which is just adjacent to the main entrance of the pool. There is parking available at the Bobbin but may be limited however there is on street parking in the local area. **Note:** the Aquatics centre carpark will be locked shortly after the conclusion of the meet so we recommend moving your car before heading to the Bobbin. Age group prizes will be presented at the Bobbin but this will be a very casual meal given the lateness in finish of the meet.

For further questions please contact Greg at [scbmeet@outlook.com](mailto:scbmeet@outlook.com)