

The Bolton Gala is this Saturday, 25th April.

**Venue: Jason Kenny Centre, Bolton One, Moore Lane,
Bolton, BL3 5BG.**

Additional information that you may find useful:

Location:

See the following link for a map of the location:

<https://www.google.co.uk/maps/place/Bolton+One/@53.5742507,-2.4365163,18z/data=!4m2!3m1!1s0x0:0x7dfa04ccc5578d32>

Parking:

Parking at the Deane Road NCP car park across the road from Bolton One is free at the weekends. It's accessed via Stanley Street which is a left turn from the A676 (Deane Road) as you approach Bolton from the M61. Don't park outside the pool for more than 20 mins to drop off otherwise you'll get a ticket! The wardens are very keen.

Warmup information :

Remember, the warmup is about familiarisation with the pool and blocks as well as getting your body warmed up.

Morning Session:

The morning session warm up will start at 7.45am. The warmup finishes at 8:45. Racing starts at 9:00am

- 7.45 - 8.00 am: 11-14 Boys (Last 5 mins sprint lanes 1 & 8)
- 8.00 - 8.15 am: 11-14 Girls (Last 5 mins sprint lanes 1 & 8)
- 8.15 - 8.30 am: 15+ Girls and Boys (Last 5 mins sprint lanes 1 & 8)
- 8.30 - 8.45 am: 9/10 Girls and Boys (Last 5 mins sprint lanes 1 & 8)

All morning swimmers to be on poolside 5 minutes before their warmup at the latest. **BUT** be aware that if you decide to arrive in time for your warmup rather than at the start of the warmup session, you could find it difficult to find a seat in the stands. See the Note on Page 3.

Afternoon Session

For the afternoon session, warm up will start at 1.00pm and finish at 2:00pm. Racing starts at 2:15pm

- 1.00 - 1.15pm: 11-14 Girls (Last 5 minutes sprint lanes 1 & 8)
- 1.15 - 1.30pm: 11-14 Boys (Last 5 minutes sprint lanes 1 & 8)
- 1.30 - 1.45pm: 15+ Girls & Boys (Last 5 minutes sprint lanes 1 & 8)
- 1.45 - 2.00pm: 9/10 Girls and Boys (Last 5 minutes sprint lanes 1 & 8)

All afternoon swimmers to be on poolside for 12:55pm ready for 1pm warmup.

If for any reason your child can not race, please contact me, Nick on 07779953942, no later than the start of the sessions warmups (7:45am or 1pm), so your child can be withdrawn from their races.

Spectators

Spectator Admission is £6.00 all day per person or £3.50 for a morning or afternoon session per person.

The spectator area will be pretty full (see note on page 3) so I would advise you not to bring your racer's siblings to watch, it can be very uncomfortable for them and you may think they will be thrilled to watch their sibling race but from past experience that's often not the case! If a babysitter is not possible don't forget to take along plenty of entertainment - don't forget headphones for i-pads etc. and lots of drinks and snacks.

It is likely to be very warm in the spectator gallery so dress accordingly!

There's no café at the venue and the organisers will only be selling drinks, cakes, toffees etc. So you'll need to bring your own food or wander into Bolton / or across to nearby shops for lunch. (Trinity Retail Park is across the road from the venue, there is a Morrison's, Sainsbury's, Costa Coffee). If your swimmer's last race is at the end of the morning session and you are staying for the afternoon, a packed lunch is probably the best option.

Photography and filming will be allowed. You will need to register at the BMSS entrance tables. No flash photography will be allowed at the start of a race.

There's no drinking water tap on poolside to fill drinking bottles so make sure your swimmer has plenty of fluids to last the whole session or day or be prepared to buy more. Please remove plastic caps off purchased drink bottles before they go to poolside, they are difficult to see and a choking hazard if they get accidentally kicked into the pool.

Swimmers

Make sure you know where everything is in your bag, pack it yourself or pack it with the help of a parent. Swimmers normally take their swim bag poolside with them.

You may feel chilly on poolside so make sure you pack something you can cover up in, a Marlins t-shirt is useful, maybe a spare towel to wrap up in, hoodie and maybe jogging bottoms? Something sensible to put on your feet can help too. **Just don't get cold!**

Have some sensible snacks (e.g. bananas, flapjacks, cereal bars, dried fruit etc). Sweets and fizzy drinks are **not advisable!** It's best not to eat any snack less than 20 minutes before your race.

You may have lots of time between races so don't get bored, watch the other races and cheer on and support your team mates. Have some entertainment with you, ipods/mp3 players, books, electronic games, phones - don't forget your headphones as you will not be able to have the sound up. **However, it is your responsibility to look after all your belongings, the club will not accept any responsibility for lost or damaged items.**

It will be very busy poolside so you will need to be careful where you put your belongings – especially hats and goggles. If possible, have belongings labelled with your name. Keep the Marlins' poolside area tidy.

Do not leave poolside without letting your coach or team manager know where you are going – we don't want anyone missing a race!

It can be difficult to communicate from poolside to the spectator gallery upstairs! So it may be a good idea to arrange with your parent when you will leave poolside for your lunch or to go home, i.e. Will you leave straight after your last race, after your friend's race or at the end of all that sessions races? And where will you meet them, in the spectators' gallery, outside the changing village, at the entrance?

Remember to have £1 change for a locker, should you require one.

I wish you all a great day of racing.

Any questions don't hesitate to contact me on (07779953942)

Nick. (Marlins Competitions Secretary)

BMSS Spring Sprint Meet – Spectator Facilities

We should be grateful if competing clubs would bring the following notice to the attention of their swimmers and spectators.

Spectator Facilities

The meet programme is very full and we have been able to accept all entries

However, the spectator facilities at Bolton One are limited to 250 seats.

We cannot therefore guarantee that all spectators will be granted access and would ask you to consider carefully how many people you bring in your party.

Spectators must not reserve seating and must only occupy a single seat. The use of additional seats for bags, cool boxes coats etc., is strictly forbidden.

If spectators bring cool bags or boxes they should be of a size that will fit comfortably under their seat.

Anybody not wearing the appropriate spectator wristband will be refused access to the balcony

Swimmers

Swimmers will not be permitted to sit on the Balcony and must remain with their teams on the pool deck.

We ask for your support in this matter.

Many Thanks

Bolton Metro Swim Squad