

The Bolton Gala is this Saturday, 9th 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.

On arrival, swimmers are to change and go on to poolside to meet their coach, parent helpers and other Marlins. Swim bags can be taken on to poolside.

Swimmers to be on poolside no later than 5 minutes before their warmup time.

Morning Session:

The morning session warm up will start at 7.45am. The warmup finishes at 9:00. Racing starts at 9:15am

7.45-8.05: 11-14 Girls (Last 5 mins sprint lanes in 1 & 8)

8.05 - 8.20am: 9/10 Girls and Boys (Last 5 mins sprint lanes 1 & 8)

8.20-8.40am: 15+ Girls and Boys (Last 5 mins sprint lanes 1 & 8)

8.40-9.00 am: 11-14 Boys (Last 5 mins sprint lanes 1 & 8)

Afternoon Session

For the afternoon session, warm up will start at 12.45pm and finish at 2:00pm. Racing starts at 2:15pm

12.45-1.05pm: 11-14 Boys (Last 5 minutes sprint lanes 1 & 8)

1.05-1.20pm: 9/10 Girls and Boys (Last 5 minutes sprint lanes 1 & 8)

1.20-1.40pm: 15+ Girls & Boys (Last 5 minutes sprint lanes 1 & 8)

1.40-2.00pm: 11-14 Girls (Last 5 mins sprint lanes 1 & 8)

Spectators

Spectator Admission is £6.00 all day per person or £3.50 for a morning or afternoon session per person. Programmes will be £2

There will be a swim shop available, tombola and raffle etc. DE Photography will also be present.

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.

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.

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 cap covers from bottles of purchased drinks before they are taken on 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!** It is also a good idea to pack a spare hat and goggles if you have them.

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, i-pods/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 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/guardian 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.

Any questions don't hesitate to contact me on (07779953942) before Friday 8th April.

Have a great day of racing.

Nick.

(Marlins Competitions Secretary)