

Bolton November Sprint Gala SUNDAY 27th NOVEMBER.

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

IMPORTANT INFORMATION FOR SWIMMERS AND SPECTATORS

FROM BOLTON METRO NOVEMBER MEET ORGANISERS:

BMSS November 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 full.

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

INFORMATION FROM CHORLEY MARLINS and Warm up information received from BMSS:

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 (it has been free in the past but please check carefully). 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. <http://www.ncp.co.uk/find-a-car-park/car-parks/bolton-deane-road/>

WARM UP PROCEDURE

The morning session warm up will start at 7.45am and the start time for the programme will be 9.15am. For the afternoon, warm up session will start at 1.00pm with a start time of 2.10pm (TBC).

The morning warm up will proceed as follows:

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)

The afternoon will follow a similar format:

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

All Marlin swimmers to be on poolside 5 minutes before their warmup at the latest.

WITHDRAWALS If for any reason your child can not race, please contact **Nick (Bolton Metro Competitions Secretary) on 07779953942, no later than the start of the session's warmup (7:45am or 1pm), so that your child can be withdrawn from their races.** Also inform **Mary Parkinson (Marlin's Head Coach) on 07908404727. Failure to do so may result in a fine.**

Withdrawals slips completed by team coaches must be handed into the timing suite by 8:15am during the morning warmup and by 1:15pm during the afternoon warmup.

Entry Charges

Spectator entry is **£6 for an all-day wristband**, with a **£2.50 refund** if it's handed back after the morning session.

Entry at lunch time for the **afternoon session is £3.50**. Entry for children is free.

Copies of the Programme will be £2. There will be a Swim shop and Photographer present at the Meet.

Spectators

Marlins staff may need to speak to you, be contactable on a mobile phone number that you provided to Chorley Marlins Memberships. Please ensure swimmers who require an inhaler have it with them on poolside.

The spectator area will be busy (see message from BMSS) so think carefully about your party size and whether or not young siblings need to attend, it can be very uncomfortable and boring for them. If you've no options don't forget to take along plenty of entertainment - don't forget headphones for i-pads etc. and lots of drinks and snacks. Be aware that if you decide to arrive just in time for your swimmer's warmup rather than at the start of the warmup session, you could find it difficult to find/get a seat in the stands.

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

There's no café at the venue and the organisers will only be selling drinks, cakes, confectionary etc. Trinity Retail Park is across the road from the venue. If your swimmer's last race is at the end of the morning session a packed lunch, at least for your swimmer, is probably the best option, sessions can sometimes run later than expected and leave a swimmer with very little time to eat before being expected back for their warm up.

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.

Photography and filming will be allowed. No flash photography will be allowed at the start of a race.

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). 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 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 spectator when you will leave poolside for your lunch or to go home, i.e. Are you going to 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, outside the changing village, at the entrance?

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

HAVE A GREAT DAY OF RACING!