



# 2019 MIDLAND OPEN MASTERS CHAMPIONSHIPS

(under FINA Swimming Rules and FINA Masters Rules)



**At The Queens Diamond Jubilee Centre  
Bruce Williams Way  
Rugby  
Warwickshire  
CV22 5LJ**

## SWIMMERS NOTES

**Programmes** – There will be no printed programmes at this event. If you want a paper copy please go to the website to download your PDF printable version.

**400m Freestyle & 400m Individual Medley** – Please ensure you register 60 minutes prior to the start of the session. In person or by phone on 07540 929133, from 12:00 on Saturday 18<sup>th</sup> May. The phone line will be closed between 20:00 hrs and 07:45 hrs

**Relays** – **MUST REGISTER** 60 minutes prior to the start of the session. Declaration forms are to be handed in to the recording table.

### Warm Up –

	Session	Warm Up	Start
18 <sup>th</sup> May	1	13:00	14:00
19 <sup>th</sup> May	3	08:30	09:30

	Session	Warm Up	Start
	2	17:00	18:00
	4	12:30	13:30

Please follow the Marshalls' instructions.

Warm up sessions at this meet can be very crowded. Please be considerate and follow these instructions and the guidance of the Marshalls' so that warming up is a pleasant experience. In particular, do not do backstroke starts, dive, or jump into the pool during the warm up: this is anti-social and dangerous.

Please do not introduce kicking boards, paddles, or flippers into the warm ups. There will be a permanent sprint lane in lane 8 from the start end others may be introduced as required. Males will be allocated the first half of the warm up.

Lane 1 is reserved for swimmers aged 60 and over.

During the warm up lanes 2, 4, 6, and 8 swim anti-clockwise. 1, 3, 5 and 7 will swim clockwise, Please avoid standing around at the shallow end.

**Starts** – Swimmers are asked to be ready to swim in their allotted heat and lane as shown in the programme. Unfortunately the gala will not be delayed for missing swimmers as we are on a tight schedule.

**Relay** – Swimmers may swim in only one team in any relay event. One single sex freestyle relay, One single sex medley relay, One mixed freestyle relay and one mixed medley relay. A swimmer may only swim under the name of one club throughout the event.

Any swimmer under 25 on 31<sup>st</sup> December may only compete in a 72+ relay. Swimmer must be masters as defined by FINA to compete in masters relays (100yrs +).

**Medals** – Medals will be awarded to all swimmers and teams who are placed in the first 3 in their age group. Medals should be collected as the meet progresses. Do not wait until the end of the day to collect them.

**Records** – Swimmers breaking British, European or World records will be presented with their medals. Please let the announcer's table know if you are fortunate enough to have broken a record. Records are the responsibility of the swimmer who should see the recorders for the necessary paperwork to be completed. If you are attempting a record please inform the referee prior to the start of the event.

**Safety** – Please familiarise yourself with the building's safety arrangements and listen to the safety announcements. Swimmers in the spectator area should be dry and wear shoes. Do not make the balcony wet or slippery. Keep the balcony and poolside litter free at all times.

**Refreshments** – A selection is available from the Leisure Centre in their cafeteria.

**Photography** – Please restrict photos to those people who have given their permission.

**MOST IMPORTANT** – Enjoy yourself 😊

**Comments** – I would be pleased to hear swimmers views on the conduct of this meet. Name,  
E-mail: