



# Bracknell Masters Open Meet Saturday 1 March 2025 – Bracknell Leisure Centre

## Information for Competitors

### Session times

The session times are:

Session 1	Register by 12:05pm	Warm up 12:05pm	Start 12.50pm
Session 2	Register by 4:30pm	Warm up 4:30pm	Start 5.00pm

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We expect to finish racing around 8:00 – 8:30pm

### Bracknell Leisure Centre

Bracknell Leisure Centre features a 25m, 6 lane pool with A.O.E, plus a separate 25m 6 lane pool for continuous warm up/swim down. It also has a large pool hall, a spectator gallery and a large pool foyer. All these areas can be used by swimmers, although appropriate footwear is required for areas away from the pool hall itself.

We now have new starting blocks with track starts and backstroke ledges.

The address and postcode of the centre are Bracknell Leisure Centre, Bagshot Rd, Bracknell, RG12 9SE. The centre is situated on the A322 with easy access from both the M3 junction 3 and M4 junction 10. There is a large free car park. If the car park is full, there is additional parking at the athletic track car park which can be accessed from South Hill Road. The centre also has a coffee shop selling drinks and snacks, which we anticipate will be open until around 5:00pm. There is a large Sainsburys nearby and a Little Waitrose within walking distance (at the Shell Petrol station).

### Arrival at Bracknell Leisure Centre

The Leisure Centre have extended their programme of Saturday morning swimming lessons and so the training pool will be in use until 11:45 and the learner pool until 12:00. Rather than put back the start we have agreed with the Leisure Centre that we will only admit swimmers from 11:45 and that we will keep away from the learner pool until 12:00.

Please do not try to enter the Leisure Centre until 11:45.

You should enter via the fire door which is approximately 30m to the right of the main leisure centre entrance. This will open at 11:45 and close at 12:30. After 12:30, swimmers (including those arriving for Session 2) should enter via the main leisure centre entrance.

### Individual events – Registration

Swimmers must register their intention to swim in each of the events they have entered. There will be separate registration for sessions 1 & 2 and swimmers must register before the published "Register By" time for each session. Swimmers who have not registered prior to this time may be able to swim in any empty lanes in the first heat, but otherwise will not be able to swim.

The registration sheets will be posted on wall at the top of the stairs as normal.

Swimmers will register their intention to swim by highlighting the appropriate event on the registration sheets. A specimen follows.

Swimmer		Ev 1 200m Back	Ev 1 100m Breast	Ev 4 5m Fly	Ev 6 200m Free	Ev 7 100m Back	Ev 9 50m Breast
Moore, Rob	Bracknell	8				9	11

Rob Moore has entered the 100m and 200m backstroke and the 50m breaststroke in session 1 (hence the grey against the other events). He has highlighted the 50m breast and 100m back, as he wants to swim these events. However he has left the 200m back un-highlighted as he does not feel up to this today!! (NB the numbers shown are the competitor numbers for the event and correspond to the competitor numbers on accepted entries sheet).

### Team events – Registration

Relay Team Declaration Forms will be emailed to the person who entered in late February. The names, YOBS and ages of the swimmers in each team must be “declared” on the forms and then posted in the tray on the announcers table on pool side by the start of the warm up for the relevant session. Teams who do not complete and post relay declaration forms by the deadline above will not be eligible to swim.

It is permitted to change the age group of a relay team. Before the day, you can do this by email to [mastersmeet@bwscswim.org.uk](mailto:mastersmeet@bwscswim.org.uk). On the day, you need to see the meet technical team before the start of the warm up for the relevant session. You cannot change the age group by marking the Relay Team Declaration Form.

### Entry Acceptance

A complete list of accepted entries sorted by club then swimmer can be found on the website. <https://www.bwscswim.org.uk/open-meets/masters-open-meets/>. **Please note this document has around 300 pages, so please be careful to print only the pages you need.**

Please check the information on the accepted entries listing carefully. It is easy to make most corrections before the day by emailing [mastersmeet@bwscswim.org.uk](mailto:mastersmeet@bwscswim.org.uk). It is very unlikely that we will be able to make corrections on the day.

### Warm up

There will be two warm ups in the competition pool before each session, and both will be mixed. For Session 1, each warm up will be 20 minute long. For Session 2, each will be 15 minutes long.

- The first warm up will be for Open/Male and Female swimmers in the 50-54 and older age groups.
- The second warm up will be for Open/Male and Female swimmers in the 45-49 and younger age groups.
- Sprint lanes will operate for the last 5 minutes of each warm up.

Swimmers can also warm up in the training pool while the main warm up is taking place in the competition pool.

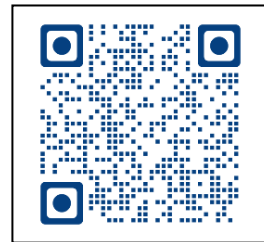
In both pools, even lanes swim clockwise and odd lanes swim anti-clockwise.

No diving is permitted in the training pool at any time.

The training pool will be available for warm up and swim down during racing.

### Start lists

Start list will be posted on the wall between the training and learner pools. They will also be uploaded to a web page you can view on your smart phone. You can find the page here <https://bsbasa.org/startlist> or scan this QR code.

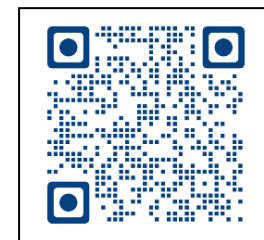


It is each competitor's responsibility to note which heat and lane they are swimming in and to ensure they are at the start at the correct time.

### Results

All events are heat declared winners and there will be no finals.

Results will be posted on the wall by the training pool. They will also be uploaded to a web page you can view on your smart phone. You can find the page here <https://bsbasa.org/results> or scan this QR code.



Results will also be posted on the web site <https://www.bwscswim.org.uk/open-meets/masters-open-meets/> after the meet and sent to Swim England for inclusion in masters rankings and the decathlon competition

Medals will be awarded for first, second and third in each age group for individual events and the first placed relay team in each age group. Medals will not be presented, but must be collected from the medal table which will be at the turn end of the pool.

Age Groups: Seniors-18/24, A-25/29, B-30/34, C-35/39, D-40/44, E-45/49, F-50/54, G-55/59, H-60/64, J-65/69, K-70/74, L-75/79, M-80/84, N-85+

Seniors must be 18 yrs on the date of the competition. Other ages are at the 31st December 2025. A competitor may only compete for one club at the meet.

A trophy will be awarded to the visiting club with the most points and will be presented as soon as possible after the final race. Points will be awarded 6 for 1st, 5 for 2nd, ..... 1 for 6th. No points will be awarded for the Mixed 4 x 50m Butterfly relay.

Trophies will be awarded to the top Open/Male and top Female swimmer of the meet. The winners will be determined using a points based method with age adjusted points calculated using a similar method to the British Swimming Master Decathlon Competition. The awards will be made based on the points for the best five swims (of any distance and stroke combination).

We will also be presenting a trophy for the best performance in the 200 Butterfly. This trophy was instituted as a tribute to Mike Daniell who died in early 2018. The trophy will be awarded to the Open/Male or Female swimmer who achieves the highest number of points in the 200m Butterfly event. The points are computed on the same age adjusted basis as the top swimmer award (see above). This trophy must be returned prior to next year's meet.

## **4 x 50m Mixed Butterfly Relay**

Unfortunately, the shallow end at Bracknell (1.25m) does not meet the minimum depth for diving starts under the recent Swim England guidance (1.35m), so it is not possible to run our traditional 4 x 25m Butterfly Relay. However we do not want to abandon the tradition, so we will again run a 4 x 50m Butterfly Relay at the end of Session 1. This event was instituted in 2018 as a further tribute to long time Bracknell Masters member, Mike Daniell, as a fun event. Entries can only be made on the day, and there is no entry fee. Full details can be found on the BWSC Master Meet page <https://www.bwscswim.org.uk/open-meets/masters-open-meets/>.

## **6 x 50m Tandem Relay**

We are continuing our tradition of having some unusual events. As well as the Mixed 4 x 50m Butterfly relay, we will again be running a Mixed 6 x 50m Tandem Freestyle Relay at the end of session 2.

- Teams must comprise 6 swimmers
- There must be at least 2 Open/Male and 2 Female swimmers in each team.
- The total age of the team must be at least 180 years
- The team must nominate a swimming order on the team declaration form
- A club may enter more than one team.

The race works as follows:

- When instructed all 6 swimmers enter the pool at the turn end and swim to start to take up their start positions in the water
- All swimmers start in the water in their lane at the start/finish end. Swimmer 1 and 2 on the wall and swimmers 3 – 6 lined up back towards the backstroke flags
- On the starting signal, swimmer 1 (as nominated on the team declaration form) pushes off the wall, followed by swimmer 2. Swimmer 3 walks or swims to the wall and pushes off and so on.
- The six swimmers then swim in procession in a clockwise direction for even numbered lanes, and an anticlockwise direction for odd numbered lanes. There is no overtaking within the lane at any point in the race.
- After swimmer 1 completes 50m, he/she drops out and the procession is lead by swimmer 2
- After swimmer 2 completes 100m, he/she drops out the procession is lead by swimmer 3, and so on
- The final leg is swimmer 6 swimming alone, and the race finishes when swimmer 6 completes his/her solo 50m / 300m for the team.
- All legs are freestyle
- Lanes 2 and 5 will not be used, and will act as a refuge lane to allow swimmers who have dropped out to “get out of the way”
- Swimmers who have dropped out should leave the pool by the side as soon as it is safe to do so, or move to the refuge lanes. Swimmers must not climb out over the timing pads. The usual relay rules on impeding swimmers from other teams apply, and exceptionally it may be necessary for swimmers to stay in their lane beyond the next “drop out”.

## **Meet programme**

We will not be producing a paper meet programme, but a PDF will available on the BWSC website before the meet. See <https://www.bwscswim.org.uk/open-meets/masters-open-meets/>.

## **Other information**

Swimmers should check for any late/urgent meet information at <https://www.bwscswim.org.uk/open-meets/masters-open-meets/>.

# Programme of Events

## Session 1

<b>Register by</b>	12:05	<b>Warmup</b>	12:05	<b>Start</b>	12:50
Event #	Gender	Distance	Stroke		
1	Mixed	200m	Individual Medley		
2	Mixed	200m	Freestyle		
3	Female	50m	Backstroke		
4	Open/Male	50m	Backstroke		
5	Female	100m	Breaststroke		
6	Open/Male	100m	Breaststroke		
7	Female	50m	Freestyle		
8	Open/Male	50m	Freestyle		
9	Female	100m	Butterfly		
10	Open/Male	100m	Butterfly		
11	Mixed	200m	Backstroke		
12	Female	4x50m	Freestyle Relay		
13	Open/Male	4x50m	Freestyle Relay		
99	Mixed	4x25m	Butterfly Relay		

Estimated session finish time 4:15 – 4:30

## Session 2

<b>Register by</b>	16:30	<b>Warmup</b>	16:30	<b>Start</b>	17:00
Event #	Gender	Distance	Stroke		
20	Mixed	200m	Butterfly		
21	Mixed	200m	Breaststroke		
22	Female	50m	Butterfly		
23	Open/Male	50m	Butterfly		
24	Female	100m	Freestyle		
25	Open/Male	100m	Freestyle		
26	Female	50m	Breaststroke		
27	Open/Male	50m	Breaststroke		
28	Female	100m	Backstroke		
29	Open/Male	100m	Backstroke		
30	Female	100m	Individual Medley		
31	Open/Male	100m	Individual Medley		
32	Female	4x50m	Medley Relay		
33	Open/Male	4x50m	Medley Relay		
34	Mixed	6x50m	Tandem Freestyle Relay		
<b>Presentation of Top Male, Top Female and Top Visiting Club awards</b>					

Estimated session finish time 8:15 – 8:30

Please note that session finish times are for guidance only and should not be relied on.