

**BERKSHIRE & SOUTH BUCKINGHAMSHIRE AMATEUR SWIMMING ASSOCIATION  
2010 CHAMPIONSHIPS**

**27 FEBRUARY AND 13, 20 & 17 MARCH 2010  
AT MAGNET LEISURE CENTRE, MAIDENHEAD, AND ALDERSHOT GARRISON POOL**

**INFORMATION FOR COMPETITORS**

**DIRECTIONS TO MAGNET LEISURE CENTRE (all sessions except 800m and 1500m Free)**

The pool is located on the A4 in central Maidenhead. Directions and details of parking can be found at [http://www.rbwm.gov.uk/web/parking\\_magnetlc.htm](http://www.rbwm.gov.uk/web/parking_magnetlc.htm)

**DIRECTIONS TO ALDERSHOT GARRISON POOL (800m and 1500m Free only)**

Directions can be found at <http://bsbasa.org/champs/2010/Aldershot.htm>

**ACCEPTED SWIMS SUMMARY**

All swimmers who met the consideration times (except the 200m Free) have been accepted. 200m Free times were reduced by 2 seconds to allow the meet to run within the time constraints. Please note that the 100m times shown overleaf for 10 & under Girls, 10 & under Boys and 11 year old Boys are their 200m times, reflecting that qualification is via the 200m event.

**ENTRY INFORMATION**

No cards will be produced except for team events and the 800m and 1500m Free (at Aldershot). Errors to the entry information shown overleaf can normally be corrected before the meet (please email [rjm7737@btinternet.com](mailto:rjm7737@btinternet.com) ). It is most unlikely that corrections will be possible on the day.

**WITHDRAWING FROM AN INDIVIDUAL EVENT (except 800m and 1500m Free)**

**It is very important that swimmers withdraw from any event they have entered but do not intend to swim. If swimmers do not withdraw, heats will inevitably be swum with empty lanes.**

Swimmers should notify withdrawals to their club's team manager, who will then inform the meet organisers.

**POSTING CARDS (800m and 1500m Free only)**

Swimmers intending to swim in these events must post their cards prior to the start of the warm up.

**TEAM EVENTS**

There is a team declaration card attached for each team entered. This must be completed with the names of the swimmers who will swim and posted prior to the start of the relevant session. If you do not submit this card, your team will be withdrawn.

**REPORTING FOR EVENTS**

It is the responsibility of each swimmer to make sure they report to the competitor stewards in good time for their swim. Start lists will be posted on pool side before the start of each session. Please note that all individual events other than the 800m and 1500m Free are seeded fast to slow.

**NEW SWIM SUIT RULES**

The rules have undergone a fundamental change recently. Please make sure your swimmers are familiar with these, otherwise they risk disqualification.

## SESSION TIMES

Please note the actual session times differ slightly from those provisionally published. The revised session times are:

<u>Sess</u>	<u>Warmup / post cards / withdrawals</u>	<u>Racing starts</u>
1	11:00	11:45
2	13:30	14:15
3	17:45	18:30
4	11:00	11:45
5	13:45	14:30
6	18:00	18:45
7	18:15	18:45
8	11:00	11:45
9	14:15	15:00
10	18:00	18:45