

## Hart Masters Open Meet 2024

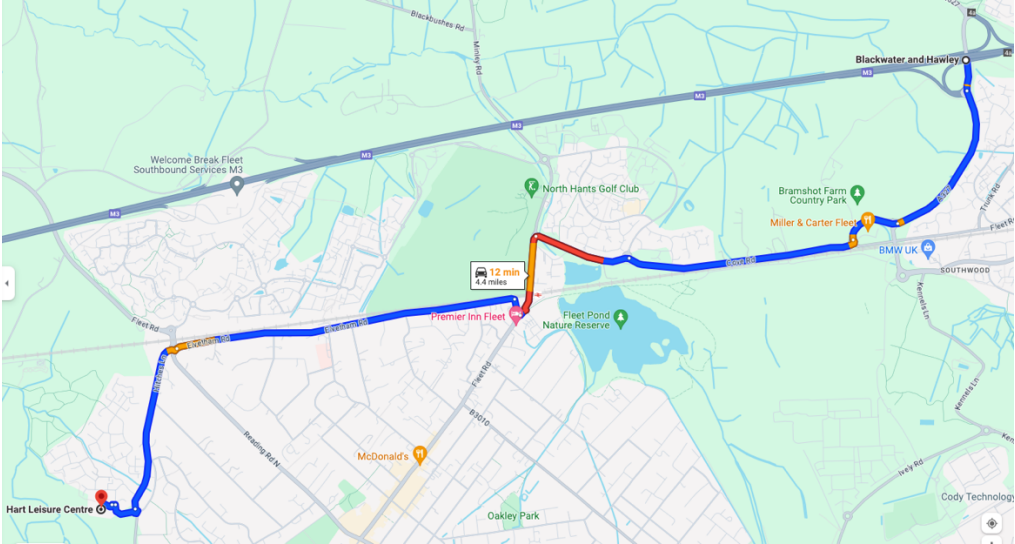
Saturday 1<sup>st</sup> June 2024

Hart Leisure Centre, Emerald Avenue, Fleet, Hampshire GU51 5EE

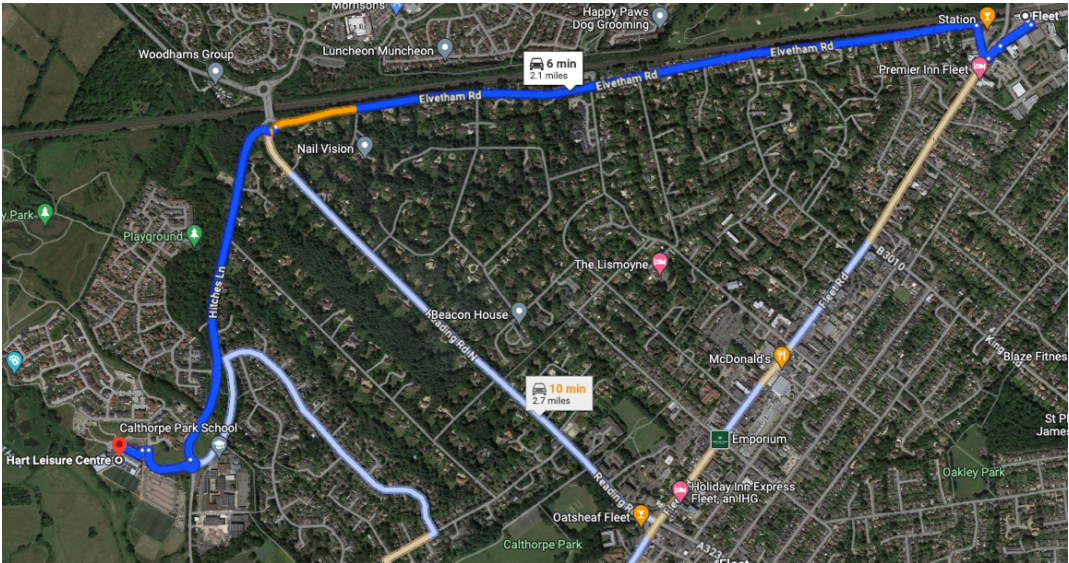
### Info Pack

**Directions:**

**Driving:** Sat Nav use Hart Leisure Centre.  
Approx 10 mins from Junction 4a M3

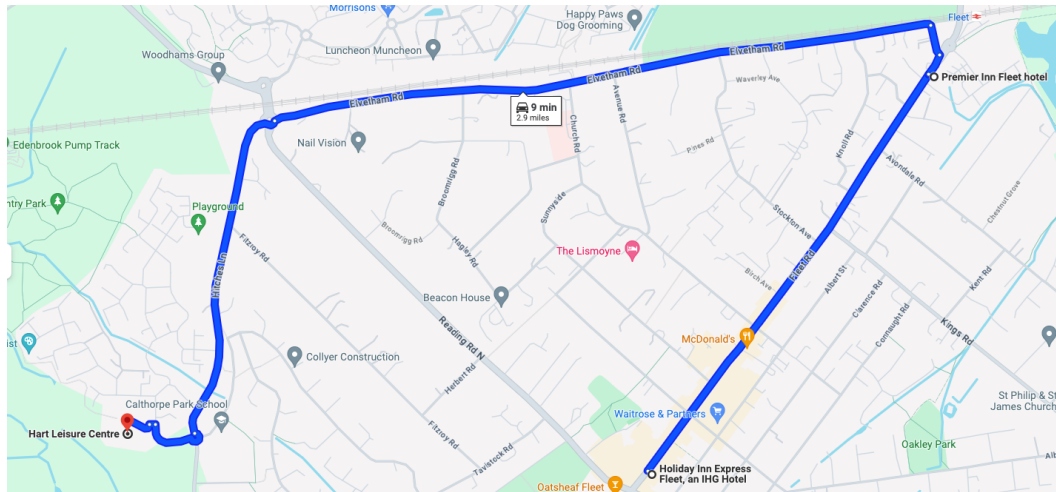


**Train:** Fleet Train Station is on the main line between Southampton and London Waterloo. Taxis are available at the station.



## Accommodation & Restaurants:

For those requiring accommodation, there is a Premier Inn and Holiday Inn Express in the Town Centre. Fleet High Street also has a wide range of restaurants, bars, fast-food and supermarkets for those looking to grab lunch beforehand or a late dinner and is just minutes from the leisure centre.



## Parking

There is a lot of parking at Hart Leisure Centre, but it is a popular centre. Any person parking for more than three hours must register their vehicle on the touch pad screens at reception (free of charge) to avoid parking tickets (£100). Please remember! We will try to get the system shut off for the day, but please assume it is working unless told otherwise.

## Sign In

We will be operating a 'Sign-In' system. All swimmers **MUST** sign-in prior to the start of warm-up of each session to signify that they are present and intend to swim entered events. Sign In sheets will be through the entrance of the changing rooms.

## Withdrawals

Should you need to withdraw prior to the day, please submit it here via our [early withdrawals form](#) or scan the below QR code



## Warm up

The Competition Pool will be available for warm-up before the start of each session (see timings below). The other 25m (training) pool will be available throughout the meet starting from 2pm for warm up and swim down.

		Sign-In	Warm-Up	Start	Est. Finish
Saturday 1 <sup>st</sup> June	Session 1	13:40	14:00	14:30	18:00
	Session 2	18:40	18:30	19:00	21:30

## Events

Heat start lists will be posted as soon as possible after registration has closed, bearing in mind that it does take some time to process registered swimmers in the meet management system. These will be available on Meet Mobile, posted in the Changing rooms and available around the poolside.

It is the swimmer's responsibility that they report to the starting blocks on time. There will be NO announcements calling late swimmers.

Session 1	
No.	Event
101	Mixed 200m Freestyle
102	Female 50m Backstroke
103	Open/Male 50m Backstroke
104	Female 100m Breaststroke
105	Open/Male 100m Breaststroke
106	Female 50m Freestyle
107	Open/Male 50m Freestyle
108	Female 100m Butterfly
109	Open/Male 100m Butterfly
110	Mixed 200m Backstroke
111	Open/Male 100m Individual Medley
112	Mixed 4x50m Freestyle

Session 2	
No.	Event
201	Mixed 200m Butterfly
202	Mixed 200m Breaststroke
203	Female 50m Butterfly
204	Open/Male 50m Butterfly
205	Female 100m Freestyle
206	Open/Male 100m Freestyle
207	Female 50m Breaststroke
208	Open/Male 50m Breaststroke
209	Female 100m Backstroke
210	Open/Male 100m Backstroke
211	Female 100m Individual Medley
212	Mixed 4x50m Medley

## Heat Sheets and Results

Please download Meet Mobile for Heat Sheets and Results.

<https://www.active.com/mobile/meet-mobile-app>

Heat Sheets & Results will be posted at the meet (most likely Changing Area and Spectator Gallery) and will be available via Meet Mobile. All times recorded will be sent to the Swim England Rankings Department within 5 working days of the completion of the competition.

## Relay Teams

Electronic relay entries maybe amended up until start of warm-up on the 1st of June should there be a change in swimmer. To edit an entry, click on the 'Edit Submission' link in the confirmation

email received after submitting your relay entry. There is no paper 'Declaration of Swimmers' required on the day of the event. Please amend the electronic entry for the team if there is a change in swimmer and resubmit as soon as possible and latest before warm-up so the appropriate age groups and swimmers are logged for the final heats.

## **Medals and Prizes**

A medal table will be available poolside to collect your medals and prizes from Hot Heats, sponsored by **Cardinal Performance Swimming!** Please be patient when collecting your medals

Make sure to take your picture on our medal podium out in reception!

Medals will be awarded to the top 3 swimmers in each age group as well as the top 3 relay teams in each age category.

Cardinal will be offering 30 x Hot Heat Prizes of 3 months free dryland and gym programming on their app. This will be an option of gym-based dryland or home-based mobility; the winner will get to choose! Hot Heats will be announced prior to the start of Heat. Hot Heat winners can collect their prize from the medal table.

Cardinal are also providing 2 special prizes; for best male and female swimmer of the meet!

## **Changing and Lockers**

Personal possessions and articles should not be left unattended. Lockers are available for the use of swimmers at a cost of £1.00, redeemable at the locker. Please try and use 'drawstring' bags on poolside to save space.

## **Seating**

Swimmers may sit poolside or in the upstairs Spectator area. Note, there is no direct access to/from the spectator area to poolside. You will have to walk up/down the stairs through the main area within the Leisure Centre. There is a lift available if needed. Please ensure you are dry and wearing appropriate shoes to walk between poolside and the upstairs seating area.

## **Food and drink**

There are café facilities at Hart Leisure Centre. Food is not permitted poolside. Drinks are allowed poolside though no cans, glass bottles or hot drinks are permitted on poolside. Café is due to close at 4pm on Saturday. We are working on alternative solutions and will communicate before the Meet if we are able to achieve them.

## **Long gap between races?**

If you don't want to sit around in the pool heat, Hart Leisure Centre is fortunate to be next to Edenbrook Country Park. If you have a long gap between races and fancy a walk (and the weather is kind!), turn left out of the Leisure Centre Entrance and you can enter the Country Park directly.

<https://www.hart.gov.uk/edenbrook-country-park>

## **Hart Leisure Centre**

For more information on Hart Leisure Centre and its facilities, please visit:

<https://www.everyoneactive.com/centre/hart-leisure-centre/>

## **Cardinal Performance Swimming**

Hart SC is working with Cardinal Performance Swimming to bring the Hart SC Masters Open Meet event to you in 2024. Cardinal Performance Swimming has changed over the years as a passion project for the founder, Clive Marquis. The main goal has always remained the same though. To provide opportunities for swimmers to compete and train at the highest levels in our sport. Cardinal has worked with some exceptional athletes who have gone on to compete and win National titles and become British record holders.

With Masters swimming not always receiving the support it needs to flourish, they want to be able to make a difference.

Swim, dryland and gym programming can be hugely expensive, they want to reduce those barriers to entry and make sure performance support is accessible to all. Having access to structured mobility programming, gym programming or sports science should not be closed off to those in performance centres or those who can afford it. They make it possible for everyone to have access to what they need to succeed and achieve their goals. For more information check out their website or come and say hello on the day!

[www.cardinalperformanceswimming.com](http://www.cardinalperformanceswimming.com)

## **Officials**

We are always looking for officials, and with most meets, we are short. If you are an official and only swimming in one session or have officials at your club that can support, please sign up here:

<https://swim-meet.com/OfficialsSignup/Hart/>

## **Assistance or Support**

Should you require any assistance throughout the Meet. Please speak to the Tech Desk team that will be poolside who will do their best to assist.

We look forward to welcoming you and wish you all the success.

Hart Swimming Club