

PNSC EASTER MEET 2025

Meet Guide



Thank you for supporting our Easter Meet 2025. It's great to have you with us! We ask for your help and collaboration in ensuring that the meet runs smoothly by please carefully reading the following key information points:

Please be advised that there are still currently extensive refurbishments going on at the Mountbatten Centre. This doesn't affect the pool area in any way. The café area upstairs is now open again with some spectator toilets also available in this area. Other spectator toilets are located downstairs either side of the corridor by the Sports Hall.

LOCATION

Mountbatten Centre - Alexandra Park, Portsmouth PO2 9QA



SWIMMERS / COACHES/ TEAM MANAGERS ENTRY TIMES

Thursday from 15:40 for all. (Prior to this time please congregate in the Sports Hall)

Friday, Saturday & Sunday from 07:40 for all. (Prior to this time please congregate in the Sports Hall)

SPECTATORS ENTRY TIMES

Doors to the spectator gallery will open at 15:40 on Thursday and 07:40 on Friday, Saturday and Sunday.

TEAM LOCATION

ALL swimmers will be based in the Sports Hall throughout this meet (**unless alternative arrangements have been made for teams with a low number of swimmers.**) Each team will have a dedicated area for their swimmers and Team Manager/s.

Technology permitting we are hoping to have a Live Stream of the scoreboard in the Sports Hall to enable all in this area to know the live position in the pool.

Please note a Nut Free environment cannot be guaranteed.

Parents are not permitted in the Sports Hall or Changing Village at any time.

We have not been advised of any fire alarm tests scheduled during this meet. If the fire alarms do sound, please follow the instructions given by the Mountbatten Centre Staff. Please calmly make your way out of the centre by the nearest fire exit and cross the car park to the area by the sea wall. All swimmers will be escorted out of the building to this area by their Coach/Team Manager.

TIMINGS AND WARM UP SCHEDULE

Day/ Session	Warm Up Start Time	Warm Up Groups	SESSION		
			Est. Start	Est. Finish	Events
Thursday 17 th April Session 1	16:00	Female/Male Open Age 14 & Under 16:00 – 16:25 (25mins) Female/ Male Open Age 15 & Over 16:25 – 16:50 (25mins) The Finals will be swum straight after the heats with no break in this session.	17:00	19:50	Male/Open 200 Freestyle Heats Female 50 Freestyle Heats Male/Open 50 Butterfly Heats Female 800 Freestyle HDW Male/Open 200 Freestyle Finals x3 Female 50 Freestyle Final x2 Male/Open 50 Butterfly Final x2
Friday 18 th April Session 2	08:00	Female/Male Open Age 14 & Under 08:00 – 08:25 (25mins) Female/ Male Open Age 15 & Over 08:25 – 08:50 (25mins) There will be approximately a 20 minute break before the Female 200m Breaststroke in this session with the finals following immediately on.	09:00	13:00	Male/Open 100 Breaststroke Heats Female 100 Backstroke Heats Male/Open 200 Butterfly HDW Female 400 Freestyle HDW Male/Open 400 IM HDW Female 200 Breaststroke HDW Male/Open 100 Breast Finals x3 Female 100 Backstroke Finals x3
Session 3	13:30	Female/Male Open Age 14 & Under 13:30 – 13:55 (25mins) Female/ Male Open Age 15 & Over 13:55 – 14:20 (25mins) There will be approximately a 20 minute break after the heats in this session before the finals.	14:30	18:00	Female 200 IM Heats Male/Open 50 Freestyle Heats Female 50 Breaststroke Heats Male/Open 800 Freestyle HDW Female 200 Butterfly HDW Female 200 IM Finals x3 Male/Open 50 Free Final x2 Female 50 Breast Final x2
Saturday 19 th April Session 4	08:00	Female/Male Open Age 14 & Under 08:00 – 08:25 (25mins) Female/ Male Open Age 15 & Over 08:25 – 08:50 (25mins) There will be approximately a 20 minute break after the heats in this session before the finals.	09:00	12:45	Male/Open 100 Backstroke Heats Female 100 Butterfly Heats Male/Open 200 IM Heats Female 200 Backstroke HDW Male/Open 400 Freestyle HDW Male/Open 100 Back Finals x3 Female 100 Butterfly Finals x3 Male/Open 200 IM Finals x3
Session 5	13:15	Female/Male Open Age 14 & Under 13:15 – 13:40 (25mins) Female/ Male Open Age 15 & Over 13:40 – 14:05 (25mins) There will be approximately a 20 minute break after the heats in this session before the finals.	14:15	17:35	Male/Open 100 Freestyle Heats Female 50 Backstroke Heats Male/Open 50 Breaststroke Heats Female 1500 Freestyle HDW Male/Open 100 Free Finals x3 Female 50 Back Final x2 Male/Open 50 Breast Final x2
Sunday 20 th April Session 6	08:00	Female/Male Open Age 14 & Under 08:00 – 08:25 (25mins) Female/ Male Open Age 15 & Over 08:25 – 08:50 (25mins) There will be approximately a 20 minute break after the heats in this session before the finals.	09:00	12:30	Female 200 Freestyle Heats Male/Open 100 Butterfly Heats Female 100 Breaststroke Heats Male/Open 200m Backstroke HDW Female 400 IM HDW Male/Open 200m Breast HDW Female 200 Freestyle Finals x3 Male/Open 100 Butterfly Finals x3 Female 100 Breast Finals x3
Session 7	13:00	Female/Male Open Age 14 & Under 13:00 – 13:25 (25mins) Female/ Male Open Age 15 & Over 13:25 – 13:50 (25mins) There will be approximately a 20 minute break after the heats in this session before the finals.	14:00	17:15	Female 100 Freestyle Heats Male/Open 50 Back Heats Female 50 Butterfly Heats Male/Open 1500 Freestyle Female 100 Freestyle Finals x3 Male/Open 50 Back Final x2 Female 50 Butterfly Final x2

SWIMMERS KEY INFORMATION:

- **All SESSIONS:**
 - **ALL swimmers will be based in the Sports Hall (unless alternative arrangements have been made for teams with a low number of swimmers.)** Each team will have a dedicated area for their swimmers and Team Manager/s.
 - **All meet participants must observe the safety precautions in operation at the Mountbatten Centre and must be dry, fully clothed and have footwear when leaving the poolside and changing village area.** Swimmers will not be allowed to enter/exit the pool area unless they are appropriately dressed (door entry marshals will turn you around). Please remember to bring a towel with you to the poolside as we need to ensure that the floors stay dry for health and safety reasons.
 - Please only **bring a small drawstring bag onto the poolside** for your warm up/racing to ensure your possessions are not misplaced. **No glass is to be taken poolside.**
 - **All large bags are to be kept in the sports hall or in lockers.** No large bags will be allowed poolside, as there is not the space and they block air vents thus affecting the temperature of the pool surroundings. This must be strictly adhered to please and is something that our pool provider will be checking.
 - In line with our meet conditions, swimmers are requested to use **any strength and conditioning equipment** (i.e. medicine balls, stretch bands, mats, etc.) **ONLY in the sports hall (not on poolside).** Any swimmer/team wishing to bring such equipment can do so in the sports hall under the supervision of their own Coach/Team Manager.
 - **The Sports Hall is a little drafty/cooler in temperature than the rest of the leisure centre, so please keep this in mind, dress accordingly and bring several layers.**
 - There will be a number of **chairs** available for team managers and swimmers in the sports hall. Swimmers and team managers can bring their own folding chairs to the sports hall (not poolside).
 - **Please keep the area around you in the Sports Hall, Pool Area and Spectator Area clean and tidy.** Bin bags will be provided and should please be used.
 - There will be a number of **Marshalls in the sports hall and in the Marshalling area in the changing village.** Announcements will only be made in the Sports Hall. It is your responsibility to get to your races on time.

COACHES /TEAM MANAGERS KEY INFORMATION

- **Pre-Ordered Coach/Team Manager and Chaperone Passes will be available for you to pick up in reception. There will be no poolside passes available to purchase on the day at the meet.** All pre-ordered passes will be available from a table in the entrance reception area by the changing rooms. You will be expected to present your pass at lunch (if applicable) and when entering the poolside, please kindly make sure you have it on your person.
- Please ensure your swimmers swim in the correct **warm up groups**, as we need to adhere to the pool capacity and the number of swimmers per session cannot exceed the maximum number.
- Please can all **withdrawals** be notified in a timely manner. **QR codes** will be provided on poolside to enable electronic submission or if a withdrawal is known in advance of the meet, please kindly email meets@pns.org.uk. Withdrawals from heats will close 40 minutes before the start of each session.
- Withdrawals from the Finals including reserves can be made at the medal table. These need to be made within 10 minutes of the finalists being announced please.

Food and drink will be provided for Coaches as follows:

- Thursday - Coffee/tea and snacks prior to warm up. Available in Officials Room.
- Friday, Saturday and Sunday - Coffee/tea and snacks in the morning prior to warm up in Officials Room.
- Lunch for all coaches of larger clubs and for those TMs/ Small Club Coaches where the lunch option has been Purchased (In the Officials Room upstairs adjacent to the Cafe).
- Drinks and sweets will be provided during the meet.
- **Please remember to bring a flask and/ or water bottles, so we reduce recycling.**

WARM DOWN FACILITIES

- The **warm down facilities** are for swimmers to use after their event for a limited time only. This facility will be withdrawn if it is abused, so coaches' co-operation in this matter will be greatly appreciated.
- The learner pool is available for warm down throughout this meet once racing has started each day. This can be accessed by walking alongside the pool at the shallow end and through the door. There is a maximum capacity limit of 30 swimmers in this pool.
- The competition pool will also be available for warm up/cool down for the first 15 minutes only during any scheduled breaks in a session and additionally for strictly 15 minutes per session once racing has finished. For the remainder of the lunch break each day the competition pool will be closed. **Your club coach MUST be present and actively oversee the swimmers if the pool is being used in the scheduled session breaks/15 minutes at the end of each session.**

CHANGING ROOMS/ LOCKERS

- The Swim England safeguarding policy Wavepower clearly states that “mobile phones and devices should not be used under any circumstances in a changing room area during Swim England regulated activity”. The safeguarding policy can be downloaded and read by clicking on the link. ([Wavepower | Safeguarding for Swim England clubs \(swimming.org\)](#)) **Those found using mobile phones in the changing village, showers and toilet areas, breaching this rule, may be excluded from the meet.**
- Please do not leave belongings in cubicles as this reduces the amount of changing space for other people. This is something that our pool provider checks on.
- Any belongings found unattended will be removed and placed in lost property. The club will only hold on to items for a week after the event, after that all lost property will be discarded.
- Lockers are operated by a code system. No coins or padlocks are required.
- Please see below instructions on how to use the lockers in the changing rooms:



RESULTS

- Results will be posted up in the Spectators Gallery and in the Sports Hall. They will also be uploaded to Meet Mobile, however, please be aware that the Wi-Fi and Internet access at the Mountbatten Centre is not always reliable.
- Finalists Information will be at the medals table (poolside) and will be posted in the Sports Hall.
- Free heat sheets will be available through Meet Mobile once the meets starts. As we actively process all withdrawals, please keep in mind that these will change and will not be up to date until just before each session starts.

MEDALS

- The medal table for swimmers to collect their medals from will be located poolside, **please note that medals not collected at the meet will not be sent out afterwards.** There will be one set of medals awarded for the age group results and another set for each final.

LEISURE CENTRE FACILITIES

- We have been advised of the following opening hours for the cafe in the Mountbatten Centre during the meet. These timings could be liable to change.
- Thursday until 20:00. On Friday and Saturday it will be open 08:00-18:00 and on Sunday 09:00-18:00 .
- There are also vending machines around the centre for drinks and snacks.
- Swim Stop will be attending with a pop up store on Friday and Saturday and Kit Kabin will be in attendance on Sunday, both for the purchase of any swimming essentials or gifts. These stores will be located outside the Sports Hall.

SPECTATORS

There is limited spectator seating available. This can be located by going up the stairs from the reception area. **Spectator entrance does not guarantee you a seat.** There will be a charge to enter this area as follows:

- £7 for Thursday.
- £10 per day Friday, Saturday and Sunday or £7 per session.
- Children (under 18) are free of charge.

Please note that a card machine is available however the Internet signal can be temperamental in the Mountbatten Centre. Please kindly also have cash available as a backup. We would really appreciate it if wherever possible you are able to bring the correct money.

CAR PARK

- There is a **large car park at the Mountbatten Centre, which will be free of charge during all 4 days of this meet. This will only be applicable if you are wholly parked in a standard parking bay.** It does however fill up very quickly when large events are being held. We do ask you to please park responsibly and respect our neighbours and other centre users. Traffic wardens do patrol the area and will ticket cars parked on double yellow lines, grass verges and disabled spaces (where a Blue Badge is not clearly displayed). We do not accept responsibility for car parking.
- Use of the **overflow car park is available.** This can be found on Alex Way outside the Gymnastics/Tennis Centre. To access this car park you need to turn left at the roundabout on leaving the Mountbatten Centre onto Northern Parade. The Gymnastics/Tennis centre is signposted and is the next turning on your left. SatNav Postcode – PO2 9AD. There are also sometimes spaces along the road here.

- **Alternative parking** can be found at Portsmouth Park & Ride – SatNav PO2 8AN. This site is accessible from the M275. This is approximately a 20 minute walk and the Mountbatten Centre can be reached by following the “England Coastal Path” signs. These take you through a housing estate as opposed to along the coast at this point. It is free to park here however if you want to use the Park and Ride bus transfers to explore the city, there is one charge applied for up to 5 passengers. This gives you all day access to the centre of Portsmouth and Gunwharf Quays/Portsmouth Historic Dockyard. Electric Charging Points are also available here. Full details can be found on the following link. [Park and Ride Portsmouth ~ the easy way into Portsmouth by car](#) Please check the opening hours as the site closes before we are due to finish on Thursday and Easter hours may be different.
- Other **walkable** free parking can be found at the Hilsea Lido complex – SatNav PO2 9RP. This is approximately a 25 minute walk. To get to the Mountbatten Centre from here, you can either walk down the main road (Northern Parade) past the Shell Garage or alternatively there is a more picturesque walk along the Coastal Path. This can be found by turning left out of the car park and following the pedestrian/cycle path. A small café is located at South Coast Wake Park.

PHOTOGRAPHY

- Throughout the Meet, there may be a number of authorised PNSC staff members taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the Internet.
- Some images will be published on our website and our social network sites. Should any competitor wish not to be photographed please request a form. If at any time a competitor or parent of a swimmer under 18 years of age on the day of competition, wishes a static image to be removed from our website, 7 days’ notice must be given to admin@pns.org.uk after which the data will be removed.
- By attending the event either as a participant, volunteer, team member or spectator, you accept that any photographs / videos taken will not be used for illicit purposes and that pictures / films produced will not be altered in any way without the consent in writing of the person(s) photographed / filmed.
- The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.
- Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.
- The use of professional camera equipment and flash photography is prohibited at the Event.

OFFICIALS, VOLUNTEERS, COACHES & BH LIVE STAFF

- We are extremely grateful to all the officials, volunteers, coaches and BH Live Staff that are making this event possible. PNSC has a **zero-tolerance approach to abuse and violence against** any official, volunteer, coach or member of staff.
- Please remember to be polite and thank all the people that have contributed significant amounts of time and effort to the PNSC Easter Meet 2025.

MEET CONDITIONS

- A full list of meet conditions is available on our website.
- The meet organisers reserve full powers over the PNSC Easter 2025 Meet.
- Anything not covered above or in the meet conditions will be at the promoters’ discretion.

We always welcome feedback on how to improve our events. Please e-mail us on meets@pns.org.uk. **We hope you enjoy the PNSC Easter Meet 2025!**