



Saturday 7th December 2019

Bangkok Prep are excited to welcome you to our annual Puppy Cup competition. Please take the time to read this document in its entirety for full information regarding our fantastic event.

Location: Bangkok Prep Primary Campus (25m pool)

Please arrive no later than 7:00am

Session 1: 7:30am (no warmup)	Session 2: Approx 11:30am (no warmup)
Mixed 5yrs 25m Freestyle Mixed 6yrs 25m Freestyle Mixed 7yrs 25m Freestyle Mixed 8yrs 25m Freestyle Mixed 5yrs 25m Backstroke Mixed 6yrs 25m Backstroke Mixed 7yrs 25m Backstroke Mixed 8yrs 25m Backstroke Mixed 5yrs 25m Breaststroke Mixed 6yrs 25m Breaststroke Mixed 7yrs 25m Breaststroke Mixed 8yrs 25m Breaststroke	Mixed 9yrs 25m Butterfly Mixed 10yrs 25m Butterfly Mixed 11yrs 25m Butterfly Mixed 9yrs 25m Backstroke Mixed 10yrs 25m Backstroke Mixed 11yrs 25m Backstroke Mixed 9yrs 25m Breaststroke Mixed 10yrs 25m Breaststroke Mixed 11yrs 25m Breaststroke Mixed 9yrs 25m Freestyle Mixed 10yrs 25m Freestyle Mixed 11yrs 25m Freestyle Coaches Relay
<i>Please note: Swimmers in session 2 are not required to attend until after 10:45am</i>	Presentation for Puppy Cup winners Meet to close approx 2:30pm



Transport and Parking

There will be NO car parking on site for this event. Drop off is welcome. There will be 50 spaces at the Nikko Hotel from 5:30am-2:00pm on floor B3-B4. We strongly advise using BTS station from Thong Lo exit 1 (only a 2minute walk - see image below). Please allow extra time to find parking.



Access

Parents entering the school will be required to hand over their ID card for a visitors badge – swimmers must be wearing team kit to be allowed access.

Sports Hall & Spectators Area

Parents and guests are welcome to sit in the sports hall for the duration of the day. Spectators area on poolside will be very limited due to space. We will only accept parents onto poolside if your child is in the next few races. Any parents who do not have swimmers in the event will be asked to return to the sports hall. This is very important during the day and we will do our very best to monitor it effectively. Please adhere to these rules so we can prevent any delays.

Food and Drink

Parents are welcome to make use of all the food/drink vendors at the school near the main entrance. Swimmers will receive a lunch coupon (100THB) for certain food vendors and a gift coupon. Gift coupons can be used at our helper's desk to receive your gift (8am onwards).



Adult Toilets

Adult toilets are located on the 2nd floor of the swimming pool building. Please follow the signs. Adults must NOT use the student toilets.

Winter Fair

Bangkok Prep's Winter Fair is being held the same day as Puppy Cup which means that all of our Puppy Cup swimmers and guests can join in the fun. The Fair opens at 2pm and will be happening on the Astro turf, the Undercroft and Basketball Area. There will be food, rides, games, shopping and entertainment.

'Jai Yen Yen' Clause

This meet will be run at a pace that is conducive to the developing swimmer. If a swimmer requires time to be encouraged at the starting blocks then the race will wait. No pressure should be placed on any swimmer to swim any event they do not want to. We will be patient in allowing a child to receive encouragement from their coach prior to each race. There is the '3 ask' procedure in place for reluctant swimmers. Please ensure your parents understand this.

There are NO DQ's unless a swimmer swims the wrong stroke.

Marshalling

It is VERY important that coaches and helpers marshal their swimmers correctly and efficiently. The sports hall will be very busy and we want to minimise the chances of swimmers missing races.

Health and Safety

In the event of:

Lightening – the competition will be postponed for 30 minutes. If lightening continues the competition may be cancelled as per direction of the Event Director. However, a coaches meeting will be called before any decision is made.

Fire – Use the nearest emergency exits and make your way to the astro turf (field).

High AQI – In the case of high levels of AQI readings we will ensure all swimmers are marshalled indoors and make as much effort to minimise exposure outside. If the readings are over 200 the competition will be cancelled.

Injuries or Accidents – A nurse will be on site and an ambulance on standby.

We are looking forward to a great event and hope all swimmers have a wonderful experience.

Kind regards,

Ollie Brewer

Whole School Head of Aquatics



BANGKOK PREP
Bangkok International Preparatory & Secondary School
Est. 2003