



BRISTOL

BLUE



UK National Freediving Championships  
2<sup>nd</sup> and 3<sup>rd</sup> March 2024  
Hengrove Leisure Centre Bristol



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Dear Athletes,

We are very excited to welcome you to Bristol for the Bristol Blue 2024 Freediving Competition hosted by Bristol Freedivers. This year the Bristol Blue will again incorporate the BFA National Freediving Championships.

This information pack will give you all you need to know for the competition, where to go, what to bring and when it is all happening. There are also links to the competition website and other useful pages.

Good luck, dive safe and have a great time!!

Bristol Freedivers



## **Getting there**

### **Address**

The Bristol Blue 2024 is being held at Hengrove Park Leisure Centre in Bristol. The address is Hengrove Promenade, Bristol, BS14 0DE.

### **Driving - Bristol Clean Air Zone**

Bristol has recently introduced a Clean Air Zone with a £9 per day charge. Hengrove Leisure Centre is outside the zone so there is no need to go through it if you plan your route. For more info go to <https://www.bristol.gov.uk/residents/streets-travel/bristols-caz>

### **Bus and Trains**

The main bus depot is in the city centre and the closest main train station is Bristol Temple Meads. From the city centre the #92 bus goes via Temple Meads train station and will take you to Hengrove Leisure Centre. <https://www.firstbus.co.uk/uploads/news-attach/91%2092.pdf>

## **About the Venue**

### **Parking**

There is plenty of parking on site and is £5 all day. There are no payment metres or parking apps so on arrival head to reception and give them your registration number and pay the £5 fee. Anyone staying under 3 hours can enter their registration on the tablet at reception and stay for free for the first 3 hours. After that it is £5 all day.

### **Cafe**

Onsite there is a small café which sells jacket potatoes, salads, sandwiches and snacks.

### **Lockers**

Lockers take either old £1 coins or circular locker tokens.



## **Registration and Athlete Briefing**

### **Registration**

On arrival, go through the reception barriers and up the stairs towards the pool viewing area. Registration will be held in the area at the top of these stairs where you will need to present your ID and sign in to confirm your arrival on the day. If you have not sent in your signed medical and liability release forms, please bring these with you on the day too. If you have emailed a copy of your medical and liability in advance you do not need to bring these with you, just bring your ID.

Registration will open at 10.30 on Saturday and close at 13:00am when poolside opens.

### **Athlete briefing**

The athlete briefing will be held at 12:00 in the registration area. We will run through the order of the day, rules, introduce members of the judge jury and safety team and cover items such as official time and checking in poolside. The briefing is not mandatory but it is highly recommended especially if this is your first comp. There will also be time for questions and anything you want to clarify.

### **Timetable**

#### **Saturday 2<sup>nd</sup> March**

10:30	Registration Opens
12:00	Athlete Briefing
13:00	Registration closes. Poolside Open
14:00 - 16:30	DNF Competition
16:45	DNF Presentations
17:00	End of Day 1 Social and food

#### **Sunday 3<sup>rd</sup> March**

09:00	Registration opens for Sunday only athletes
10:00	Poolside Open
11:00 - 13:30	STA Competition
13:30 - 15:00	Break
15:00 - 17:15	Dynamic Competition
17:30	Prizes and closing ceremony
18:00	Social and food



## **Disciplines and APs**

### **Static**

The Static competition will be held in the learner pool next to the main pool. The learner pool is heated to 29 Deg C and the depth will be at 1.2m. The temperature is warmer than the main pools we are using for Dynamic events so please bear this in mind when planning which suits to bring.

There will be 6 performance zones with a warm-up area and transition zone leading into each performance zone.

### **Static Warm up poolside**

The learner pool is smaller than the main pool (20mx10m) so space to relax around the side is more limited. The learner pool has a doorway to the main pool area and the side of the main pool can be used as additional space for athletes to relax, stretch or prepare. You will not be allowed in the water of the main pool. Athletes must be in the poolside area 1 hr before their Top Time. We would ask that once you have finished your STA that you move your kit and bags out of the learner pool area to allow other athletes more room.

### **Dynamic – DNF, DYN and DYNB**

The main pool will be set up with a 25m configuration for the DNF event on Saturday and 50m configuration for DYN and DYNB on Sunday. For all dynamic events the pool will be set up with 10 lanes and a level 2m depth throughout. It is heated to 27 Deg C. There will be blocks in the water in each lane for athletes to stand on at the start of dynamic events. These will be moved out of the lanes after the start.

There will be 2 warm-up lanes in the middle of the pool, 6 competition lanes (3 either side of the warm up lanes) and the outside lanes on both sides will be empty and used by the photographer.

### **Dynamic warm up poolside**

There is plenty of space around the main pool to stretch and prepare for your dives. You will be allowed into this area from 13:00 Saturday for DNF and from 10am Sunday. If you intend to complete a warm up in the water you will be allowed in the warm up zone in the pool 45mins before your top time.

The spectator area is not accessible from poolside so you will not be able to use this for warm up during the 1hr prior to your dive. You will be able to access this area after your dives if you want to watch others from above.

### **Selecting your dynamic discipline – DYN/DYNB**

Athletes are able to choose either Dynamic Bi Fins or Monofin. These disciplines will run side by side so unfortunately athletes will not be able to enter more than one of these dynamic



discipline on Sunday. Athletes must select which discipline they will enter when filling in their entry form. However, this can be amended up to 1 week before the competition by emailing [BristolBlueComp@gmail.com](mailto:BristolBlueComp@gmail.com) by midday Saturday 24<sup>th</sup> Feb. After that your selected discipline will be locked in.

### **Changing AP's**

You can change your AP's up to 1 week before the competition. Please email [BristolBlueComp@gmail.com](mailto:BristolBlueComp@gmail.com) by midday Saturday 24<sup>th</sup> Feb with your new AP times and distances. After that they will be locked in and not able to change.

### **Top Times**

Entry will close at midday on Saturday 24<sup>th</sup> Feb. At this time all APs and dynamic discipline selections will be fixed. Top times and running order will be calculated and posted on Monday 26<sup>th</sup> Feb on the competition website. These will be based on APs with the shortest/lowest going first. Look out at <http://www.bristolfreedivers.co.uk/top-times> and for posts on Facebook and social media also.



## **Things to do in advance**

### **Forms**

In advance we will ask you to send a copy of your signed Liability Release and Medical Statement signed by a doctor within 12 months of the competition. Please forward to [BristolBlueComp@gmail.com](mailto:BristolBlueComp@gmail.com). This will help speed up registration on the day and support new COVID safe protocols. For registration you will need to bring with you a Passport or other proof of ID. Copies of the forms can be found at <http://www.bristolfreedivers.co.uk/forms>

Your medical statement MUST be signed by a doctor within 12 months of the competition in order to compete, even if you tick No to all medical conditions listed. Failure to provide this will mean you will not be allowed to compete and your entry fee will not be refunded.

### **National Association membership**

Competitors must be a member of a National Freediving Association such as the BFA. We will confirm your membership prior to the competition so you do not need to bring proof of membership on the day. If you are not a member of a National Association then you will not be permitted to compete and your entry fee will not be refunded.

### **Rules**

There will be an athlete briefing to go over the rules but please familiarise yourself with them in advance. The full rules can be found on the competition website, <http://www.bristolfreedivers.co.uk/forms> or on the AIDA website: <https://drive.google.com/drive/folders/1sV2D66MwuMOvZ-sco2DASuvQVbiQLhJT>

## **Scoring and winners**

Points will be awarded for each discipline as per the AIDA scoring system. Each performance is converted into points using the following scales:

- Static Apnea: 1 second of immersion = 0.2 points
- Dynamic Apnea (DNF/DYN/DYNB): 1m of distance = 0.5 points

For the purposes of determining overall winners only, an uplift of 15% to performances of DYNB to ensure results are comparable to DYN-MONO performances.

Points will be deducted for Yellow cards, as per the AIDA scoring system and Red cards will result in Zero points.

### **Winners**



There will be medals for the top 3 male and female athletes in each discipline. Overall male and female winners will be determined by combined scores for static and dynamic disciplines and receive a medal and trophy.

### **Best Newbie**

There will also be a prize will be for Best Newbie. These prizes will be awarded to the male and female athlete entering their first comp with the highest overall combined score.

### **Social**

Please join us for a social drink and meal after the competition at the Wessex Flyer Brewers Fayer. It is just across the park from the pool and is a warm, friendly pub offering real ales, quality seasonal pub grub.

Address: Hengrove Leisure Park, Hengrove Way, Bristol BS14 0HR

Website: <https://www.brewersfayre.co.uk/en-gb/locations/bristol/the-wessex-flyer>

### **Refund Policy**

We run our comps to the highest standard we can make them, not to make a profit. We put all the entry fees back into the event, paying for extras to make it the best it can be. We only spend the money once we have it in the bank so giving refunds once it has been allocated will mean we risk making a loss and are unable to host future comps.

As such, our refund policy is simple - if another athlete takes your spot then we will refund the full amount of your entry fee no problem. If however we are unable to fill your place with another athlete then we will not be able to offer a refund of your entry fee.

If you have any questions then please email [BristolBlueComp@Gmail.com](mailto:BristolBlueComp@Gmail.com) and we will do what we can to help. We look forward to welcoming you to Bristol in March!

*Bristol Freedivers*