



Swim England East Region Long Course Championships 2023

Weekend One – UEA Sportspark, Norwich

Plus outline of session times for subsequent weekends

22nd-23rd April 2023

Request for volunteers and officials

Events like this one cannot take place without the support of technical officials and volunteers. Currently, we do not have sufficient to run the competition. Please do support the Region in the staging of this event by signing up to assist. The link to register your availability for any of the regional weekends can be found here:

<https://www.eastswimming.org/swimming/swimming-officials-application-to-officiate/>

Saturday 22nd April 2023

Session One – M 1500m Freestyle

Warm Up Start	09:00
Warm Up Finish	09:25
Session Start	09:35
Session Finish	11:50

Session Two – W 1500m Freestyle

Warm Up Start	12:20
Warm Up Finish	12:45
Session Start	12:55
Session Finish	14:40

Sunday 23rd April 2023

Please note that at 3pm on Sunday 23rd April, all 4G and 5G mobile phones will beep and vibrate, even if they are set to silent, as part of a government 'emergency alerts' system pilot. We have therefore structured the day to ensure that no swimming is taking place at this time. In the unusual situation that the competition overruns, we will momentarily pause the competition around this time. Nevertheless, please reassure athletes in advance of the competition that they do not need to be worried when this happens.

Session Three

Warm Up Start	08:00
Warm Up Finish	08:40
Session Start	08:45
Session Finish	10:10

2x20 minute warm-ups, women to warm up first. As there are two female events in this session, to ensure an even distribution of swimmers across both warm-ups, women in the 14-year age group category in the 50m Breaststroke may warm-up in the men's warm-up.

Session Four

Warm Up Start	10:15
Warm Up Finish	10:55
Session Start	11:00
Session Finish	12:15

2x 20 minute warm-ups, men to warm-up first.

Session Five

Warm Up Start	12:45
Warm Up Finish	13:25
Session Start	13:30
Session Finish	14:55

2x20 minutes warm-ups, men to warm-up first.

Session Six

Warm Up Start	15:25
Warm Up Finish	15:55
Session Start	16:00
Session Finish	17:30

2x15 minute warm-ups, women to warm up first, although males competing in the finals of the 200m IM may also warm-up in the first warm-up.

Dry Land Warm-Up Area

On both days, Sports Hall 1, situated in a corridor on the other side of the UEA Sportspark Café, will be available throughout the day for athletes to use for dry-land warm-up. Athletes under the age of 18 must be supervised by accredited club personnel. Please note that the region does not provide equipment in the room – athletes and teams must bring their own.

Revision Area

A space will be provided in the John Jarrold or Town Close Rooms, for athletes to revise for the forthcoming GCSE, A Level and university examinations; this includes for older siblings who are travelling to the competition with younger competitors, having perhaps competed in the 1500m on the Saturday. This will be available while the competition is in session – the spaces may be required in between these times for catering and technical officials' briefings.

Withdrawals

Withdrawals made on the days of the competition should be made via the online system. A link to the system will be posted to our social media channels nearer the event.

Withdrawals made in advance of the competition should be made to swimentries@eastswimming.org

All withdrawals for heats must be made one hour prior to the session start time.

Withdrawals for finals must be made by the time published for that event on the results sheet, again via the online system.

Every effort will be made to locate the reserve swimmer if they become eligible for a final.

Call Room

The Cringleford Room, situated in the foyer on the lower concourse, will be used to marshal athletes. Athletes must report to the Call Room in good time. Please do not complete dry lane warm-up exercises in the vicinity of the room, as this disrupts centre use for other centre users.

Live Stream

This event is being live streamed with full commentary.

<https://www.youtube.com/@SwimEnglandEastRegion>

Live Results

A link to the live results system will be shared via our social media channels in advance of the competition.

Poolside Access

This event has been carefully planned to ensure that it complies with the centre's capacity limits for poolside. Please comply with the following when attending the event.

-Only be on poolside when you are competing in that session.

-Leave the pool deck as soon as you have finished racing in that session.

-Only enter the pool deck a short period (10-15 minutes) prior to the commencement of your warm-up.

-Coaches and team managers should also comply with the above, vacating the poolside once all swimmers from their club have finished competing in that session.

Should it be deemed that there are too many athletes poolside, the Region will close a section of the gallery to spectators, or require that all athletes competing in the first event or two of the session move to the Sports Hall prior to attending marshalling.

Spectators

Subject to the above arrangements, spectators are welcome at all sessions. The cost is £5 for a single session or £10 for all day. Our preferred payment method is by card but cash will still be accepted. Please have the correct cash as we no longer take a cash float to the event. The mobile phone signal at the pool has been unreliable lately which may mean card payments can only be taken by inserting a card into the payment terminal and entering the PIN, mobile payment should still be contactless. There is no charge for the Finals sessions.

Swim Shop

There will be no Swim Shop at this weekend of the championships. There will be a Swim Shop at weekends two and three.

Merchandise

Details regarding event merchandise is available here:

<https://www.eastswimming.org/hoodies-at-the-long-course-championships/>

Advance Information - Weekend 2

	Saturday 29 April	Sunday 30 April	Monday 1 May
Morning Session	Session 7	Session 11	Session 15
Warm Up Start	08:00	08:00	08:00
Warm Up Finish	08:40	08:40	08:40
Session Start	08:45	08:45	08:45
Session Finish	10:00	09:50	09:50
Mid-Morning Session	Session 8	Session 12	Session 16
Warm Up Start	10:05	10:00	10:00
Warm Up Finish	10:45	10:40	10:40
Session Start	10:50	10:45	10:45
Session Finish	12:15	12:05	11:40
Afternoon Session	Session 9	Session 13	Session 17
Warm Up Start	12:45	12:40	12:15
Warm Up Finish	13:25	13:20	12:55
Session Start	13:30	13:25	13:00
Session Finish	15:00	14:55	14:20
Finals Session	Session 10	Session 14	Session 18
Warm Up Start	15:30	15:25	14:50
Warm Up Finish	16:00	15:55	15:10
Session Start	16:10	16:05	15:15
Session Finish	18:10	18:05	16:50

For all heats sessions, there will be two twenty-minute warm-up sessions, separated into M/F sections.

The Region is still negotiating if swim-down arrangements can be added to the programme.

For finals, there will be 2x15 minute warm-up sessions, split, M/F.

The order of warm-up is determined by the order of events in the session.

A full competition pack will be issued for all subsequent weekends. The above timings should be regarded as outline timings until the competition pack for the respective weekend is issued.

Advance Information – Weekend Three (Luton)

Friday 12th May	Session 19
Warm Up Start	18:00
Warm Up Finish	18:25
Session Start	18:35
Session Finish	20:35

Saturday 13th May Sunday 14th May

AM Heats	Session 20	Session 23
Warm Up Start	08:00	08:00
Warm Up Finish	08:50	08:50
Session Start	09:00	09:00
Session Finish	11:35	11:30

PM Heats	Session 21	Session 24
Warm Up Start	12:05	12:00
Warm Up Finish	12:45	12:40
Session Start	12:55	12:50
Session Finish	15:30	15:15

Finals	Session 22	Session 25
Warm Up Start	16:00	15:45
Warm Up Finish	16:20	16:05
Session Start	16:30	16:15
Session Finish	17:45	17:30

(Presentations
17:45)

For all heats sessions, there will be two twenty-minute warm-up sessions, separated into M/F sections.

For finals, there will be one 20 minute warm-up sessions.

The order of warm-up is determined by the order of events in the session.

A full competition pack will be issued for all subsequent weekends. The above timings should be regarded as outline timings until the competition pack for the respective weekend is issued.