



2024 Long Course Championships – Weekends Two (1ER240237) and Three (1ER240238)

UEA Sportspark, Norwich

4th-6th and 11th-12th May 2024

Important Notice

Swim England East Region is still actively recruiting officials and volunteers to staff both remaining weekends of the championships.

Our aim is to provide ample opportunity for officials to be mentored, but this is only possible if all roles are covered, and currently, we are short of the required number.

The online sign-up can be found here:

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

Session Ten - Saturday 4th May

Heats

Warm Up Start	08:00
Women's Warm-Up	08:00-08:20
Men's/Open Warm-Up	08:20-08:40
Start	08:45
Estimated Finish	09:55

Session Eleven – Saturday 4th May

Heats

Warm Up Start	10:05
Men's/Open Warm-Up	10:05-10:25
Women's Warm-Up	10:25-10:45
Session Start	10:50
Estimated Finish	11:40

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Twelve – Saturday 4th May

Heats

Warm Up Start	12:10
Women's Warm-Up	12:10-12:30
Men's/Open Warm-Up	12:30-12:50
Session Start	12:55
Estimated Finish	14:15

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Thirteen – Saturday 4th May

Finals

Warm Up Start	14:45
Women's Warm Up	14:45-15:00
Men's/Open Warm Up	15:00-15:15
Start	15:20
Estimated Finish	16:55

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Fourteen – Sunday 5th May

Long Distance – 15+

Mixed Warm Up Start	09:00
Mixed Warm-Up Finish	09:25
Start	09:30
Estimated Finish	11:45

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Fifteen – Sunday 5th May

Long Distance – 14/under

Mixed Warm Up Start	12:15
Mixed Warm-Up Finish	12:40
Start	12:45
Estimated Finish	15:15

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Sixteen – Monday 6th May

Heats

Warm Up Start	08:00
Women's Warm-Up	08:00-08:20
Men's/Open Warm-Up	08:20-08:40
Start	08:45
Estimated Finish	10:10

Session Seventeen – Monday 6th May

Heats

Warm Up Start	10:20
Men's/Open Warm-Up	10:20-10:40
Women's Warm-Up	10:40-11:00
Session Start	11:05
Estimated Finish	12:15

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Eighteen – Monday 6th May

Heats

Warm Up Start	12:45
Men's/Open Warm-Up	12:45-13:05
Women's Warm-Up	13:05-13:25
Session Start	13:30
Estimated Finish	14:50

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Nineteen – Monday 6th May

Finals

Warm Up Start	15:20
Women's Warm-Up	15:20-15:35
Men's/Open Warm-Up	15:35-15:50
Start	15:55
Estimated Finish	17:35

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Twenty – Saturday 11th May

Heats

Warm Up Start	08:00
Women's Warm-Up	08:00-08:20
Men's/Open Warm-Up	08:20-08:40
Start	08:45
Estimated Finish	10:15

Session Twenty-One – Saturday 11th May

Heats

Warm Up Start	10:25
Women's Warm-Up	10:25-10:45
Men's/Open Warm-Up	10:45-11:05
Session Start	11:10
Estimated Finish	12:50

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Twenty-Two – Saturday 11th May

Heats

Warm Up Start	13:20
Men's/Open Warm-Up	13:20-13:40
Women's Warm-Up	13:40-14:00
Session Start	14:05
Estimated Finish	15:30

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Twenty-Three – Saturday 11th May

Finals

Warm Up Start	16:00
Women's Warm Up	16:00-16:15
Men's/Open Warm Up	16:15-16:30
Start	16:35
Estimated Finish	18:00

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Twenty-Four – Sunday 12th May

Heats

Warm Up Start	08:00
Men's/Open Warm-Up	08:00-08:20
Women's Warm-Up	08:20-08:40
Start	08:45
Estimated Finish	10:30

Session Twenty-Five – Sunday 12th May

Heats

Warm Up Start	10:40
Men's/Open Warm-Up	10:40-11:00
Women's Warm-Up	11:00-11:20
Session Start	11:25
Estimated Finish	13:00

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Twenty-Six – Sunday 12th May

Heats

Warm Up Start	13:30
Women's Warm-Up	13:30-13:50
Men's/Open Warm-Up	13:50-14:10
Session Start	14:15
Estimated Finish	15:55

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Session Twenty-Seven- Sunday 12th May

Finals

Warm Up Start	16:25
Men's/Open Warm Up	16:25-16:40
Women's Warm Up	16:40-16:55
Start	17:00
Estimated Finish	18:20 (Presentations 18:35)

A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)

Dry Land Training Facilities

Dry land facilities, comprising at least two badminton courts will be made available in the Sports Halls. These will be available from 8am until the finish of the gala.

Keep in mind that the Sports Halls are colder than the poolside; swimmers will need to bring warmer clothing if they are using this space.

Saturday 4th May	Sports Hall 1
Sunday 5th May	Sports Hall 1
Monday 6th May	Sports Hall 4
Saturday 11th May	Sports Hall 1
Sunday 12th May	Sports Hall 1

Officials and Volunteers	<p>We have had a positive response, but still require individuals to assist.</p> <p>The sign-up can be found here: https://www.eastswimming.org/swimming/swimming-officials-application-to-officiate/</p> <p>There are separate sign-ups for officials and volunteers on this page.</p>
Live Stream and Results	<p>This event is being fully live streamed.</p> <p>You can access the live stream via the Region's You Tube Channel: https://www.youtube.com/@SwimEnglandEastRegion</p> <p>The link to our live results system will be shared via the region's Facebook and Twitter accounts.</p>
Withdrawals	<p>Withdrawals from heats must be made prior to the start of the warm-up for the session in which the swim is scheduled to take place.</p> <p>Withdrawals from finals must be within the stated time frame for withdrawals given on the results sheet.</p> <p>Withdrawals can only be made via the online systems:</p> <p>For all age group competition entries: https://forms.sportsys.co.uk/swim-england-east-region-long-course-championships-2024/</p> <p>Para-Swimming withdrawals here: https://www.eastswimming.org/para-swimmer-withdrawal-form/</p>

Medals	A medal table will be in operation during this event. A regional backdrop will be provided for photographs.
Trophy Presentations	After the finals on 12 th May, a number of presentations are made. These include: Top Club Top Overall 14/under swimmer Top 3 swimmers in 11/12, 13 and 14 year age groups A 'partial result' for each of these categories will be displayed prior to the last finals session, with final results being determined at the end of the session. Athletes must not attend presentation in suitable clothing (such as a club top).
Social Media	The Region likes to celebrate individual and team success stories at its events. Please do include the hashtag #ERSwimChamps24 when commenting on Twitter
Swim Shop	A swim shop will be present at this event.
Event Merchandise	Souvenir apparel/swimming hats can be purchased at the event.
Spectators	The cost for spectating is £5 per heat session, or £10 for all heat sessions in a day. Where there are three heats sessions in a single day, the first two sessions of the day shall be regarded as a single session for the purposes of buying tickets. There is no charge for finals sessions.
Coach and Team Manager Passes	Clubs have a duty to comply with the latest ratios provided in WavePower. If the promoter feels that a team has excessive numbers of accredited adults on poolside, the club's entries may be withdrawn for that session.
Queries	The Meet Director is Tom Baster, Swimming Manager, Swim England East Region. swimming@eastswimming.org

