



**2024 Long Course Championships – Weekend One (1ER240236)**

Inspire Luton Sports Village

19<sup>th</sup>-21<sup>st</sup> April 2024

**Important Notice – Session 1 (Mixed 800m Freestyle)**

Historically, the regional 800m Freestyle session has taken place on the Friday night before a 14/under weekend.

This year, it is taking place the night before a 15+ and Para Swimming weekend.

To give the 15+ swimmers maximum rest in advance of their weekend of racing, the 800m Freestyle heats will be seeded as normal but the heats will be swum in reverse order. The highest numbered heat will be swum first with heat 1 being the last to be swum.

**Schedule and Warm-Up Arrangements**

**Session One – Friday 19<sup>th</sup> April**

***800m Session***

Warm Up Start	18:00
Warm Up Finish	18:25
Session Start	18:30
Approximate Session Finish	20:50

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

### Session Two - Saturday 20<sup>th</sup> April

#### 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	09:50

### Session Three – Saturday 20<sup>th</sup> April

#### Heats

Warm Up Start	10:00
Women's Warm-Up	10:00-10:20
Men's/Open Warm-Up	10:20-10:40
Session Start	10:45
Estimated Finish	12:15

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

### Session Four – Saturday 20<sup>th</sup> April

#### 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	15:10

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

### Session Five – Saturday 20<sup>th</sup> April

#### Finals and Relays

Warm Up Start	15:40
Men's/Open Warm Up	15:40-15:55
Women's Warm Up	15:55-16:10
Start	16:15
Estimated Finish	17:30 (Individual Finals) 18:15 (Relays)

*There will be a 10-minute pause between the conclusion of the individual finals and relays*

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

### Session Six – Sunday 21<sup>st</sup> April

#### *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	09:55

### Session Seven – Sunday 21<sup>st</sup> April

#### *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	12:10

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

### Session Eight – Sunday 21<sup>st</sup> April

#### *Heats*

Warm Up Start	12:40
Women's Warm-Up	12:40-13:00
Men's/Open Warm-Up	13:00-13:20
Session Start	13:25
Estimated Finish	15:10

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

### Session Nine – Sunday 21<sup>st</sup> April

#### *Finals and Relays*

Warm Up Start	15:40
Women's Warm Up	15:40-15:55
Men's/Open Warm Up	15:55-16:10
Start	16:15
Estimated Finish	17:30 (Individual Finals) 18:15 (Relays)

*There will be a 10-minute pause between the conclusion of the individual finals and relays*

*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 are available at times throughout the weekend. Athletes and teams are responsible for bringing their own equipment. Teams must also ensure that athletes under the age of 18 are adequately supervised. Unaccredited parents are not permitted to enter this area.

<b>Saturday 20<sup>th</sup> April 2024</b>	Noon until gala finish (in Studio 2/3)
<b>Sunday 21<sup>st</sup> April 2024</b>	8am until gala finish (right hand side of Sports Hall)

<b>Officials and Volunteers</b>	<p>We have had a positive response, but still require individuals to assist.</p> <p>The sign-up can be found here:  <a href="https://www.eastswimming.org/swimming/swimming-officials-application-to-officiate/">https://www.eastswimming.org/swimming/swimming-officials-application-to-officiate/</a></p> <p>There are separate sign-ups for officials and volunteers on this page.</p>
<b>Live Stream and Results</b>	<p>This event is being fully live streamed.</p> <p>You can access the live stream via the Region's You Tube Channel:  <a href="https://www.youtube.com/@SwimEnglandEastRegion">https://www.youtube.com/@SwimEnglandEastRegion</a></p> <p>The link to our live results system will be shared via the region's Facebook and Twitter accounts.</p>
<b>Medals</b>	<p>A medal table will be in operation during this event.  A regional backdrop will be provided for photographs.</p>
<b>Social Media</b>	<p>The Region likes to celebrate individual and team success stories at its events.</p> <p>Please do include the hashtag #ERSwimChamps24 when commenting on Twitter</p>
<b>Swim Shop</b>	<p>A swim shop will be present at this event.</p>
<b>Event Merchandise</b>	<p>Souvenir apparel/swimming hats can be purchased at the event.</p>
<b>Spectators</b>	<p>The cost for spectating is £5 per heat session, or £10 for all heat sessions in a day.</p> <p>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.</p> <p>There is no charge for finals sessions.</p>
<b>Coach and Team Manager Passes</b>	<p>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.</p>
<b>Queries</b>	<p>The Meet Director is Tom Baster, Swimming Manager, Swim England East Region.  <a href="mailto:swimming@eastswimming.org">swimming@eastswimming.org</a></p>

<p><b>Withdrawals and Relay Team Declaration Forms</b></p>	<p>As the relays are national qualifiers, team declaration forms are required. An online form will be used and shared in advance of the competition.</p> <p>Withdrawals will also be via an online system. This will be shared via the region's website and social media channels nearer the event.</p>
<p><b>Programme</b></p>	<p>A online programme will be published here:</p> <p><a href="https://www.eastswimming.org/swimming/swimming-competitions/">https://www.eastswimming.org/swimming/swimming-competitions/</a></p>
<p><b>Revision Room</b></p>	<p>During each competitive session, swimmers may use the officials' meeting room to quietly revise for GCSE, A Level and university examinations.</p> <p>A table will be set aside between sessions, but it will be slightly noisier!</p>