

Swim England East Region 2018 Long Course Championships

(Under ASA Laws & ASA Technical Rules)

Weekend One

UEA Sportspark, Norwich

Saturday 5th May – Monday 7th May 2018

(Licensed Meet No. 1ER180213)



Schedule of Events

15/Over Age Group Individual Events & All Relays
Also Incorporating Para-Swimming Events

Session One

Saturday 5th May

Heats Session

Start 9:30

- 111 Women's 200m Butterfly
- 112 Men's 50m Backstroke
- 113 Women's 50m Freestyle
- 114 Men's 100m Breaststroke
- 115 Women's 200m Breaststroke
- 116 Men's 100m Butterfly
- 117 Women's 400m Freestyle (HDW)

Session Four

Sunday 6th May

Heats Session

Start 9:30

- 211 Men's 200m Butterfly
- 212 Women's 50m Backstroke
- 213 Men's 50m Freestyle
- 214 Women's 100m Breaststroke
- 215 Men's 200m Breaststroke
- 216 Women's 100m Butterfly
- 217 Men's 400m Freestyle (HDW)

Session Seven

Monday 7th May

Distance Session

Start 9:10

- 311 Women's 800 Free (HDW)
- 312 Men's 1500 Free (HDW)

Session Two

Saturday 5th May

Heats Session

Start 13:30

- 121 Women's 200m Backstroke
- 122 Men's 100m Freestyle
- 123 Women's 50m Breaststroke
- 124 Men's 400m I.M. (HDW)
- 125-126 Women's 4x200m Team (HDW) **

Session Five

Sunday 6th May

Heats Session

Start 13:40

- 221 Men's 200m Backstroke
- 222 Women's 100m Freestyle
- 223 Men's 50m Breaststroke
- 224 Women's 400m I.M. (HDW)
- 225-226 Men's 4x200m Team (HDW) **

Session Eight

Monday 7th May

Heats Session

Start 12:05

- 321 Women's 200m I.M.
- 322 Men's 200m I.M.
- 323 Women's 100m Backstroke
- 324 Men's 100m Backstroke
- 325 Women's 200m Freestyle
- 326 Men's 200m Freestyle
- 327 Women's 50m Butterfly
- 328 Men's 50m Butterfly

Session Three

Saturday 5th May

Finals Session

Start 16:50

- 131-133 Women's 200m Butterfly
- 134-136 Men's 50m Backstroke
- 137-139 Women's 50m Freestyle
- 140-142 Men's 100m Breaststroke
- 143-145 Women's 200m Breaststroke
- 146-148 Men's 100m Butterfly
- 149-151 Women's 200m Backstroke
- 152-154 Men's 100m Freestyle
- 155-157 Women's 50m Breaststroke
- 158-159 Men's 4x100m Medley (HDW) **
- 160-161 Women's 4x100m Free (HDW) **

Session Six

Sunday 6th May

Finals Session

Start 17:05

- 231-233 Men's 200m Butterfly
- 234-236 Women's 50m Backstroke
- 237-239 Men's 50m Freestyle
- 240-242 Women's 100m Breaststroke
- 243-245 Men's 200m Breaststroke
- 246-248 Women's 100m Butterfly
- 249-251 Men's 200m Backstroke
- 252-254 Women's 100m Freestyle
- 255-257 Men's 50m Breaststroke
- 258-259 Women's 4x100m Medley (HDW) **
- 260-261 Men's 4x100m Free (HDW) **

Session Nine

Monday 7th May

Finals Session

Start 15:55

- 331-333 Women's 200m I.M.
- 334-336 Men's 200m I.M.
- 337-339 Women's 100m Backstroke
- 340-342 Men's 100m Backstroke
- 343-345 Women's 200m Freestyle
- 346-348 Men's 200m Freestyle
- 349-351 Women's 50m Butterfly
- 352-354 Men's 50m Butterfly

(HDW) – Heat Declared Winners

14-16 age group relays will be first event, 17/OV age group will be second

2018 Long Course Championships
Weekend One 5th, 6th, 7th May 2018
UEA Sportspark
Supplementary Information

Session Warm-Up and Start Times

	Session	Type	Warm up start	Warm up Finish	Session Start
Saturday	1	Heats	08:30	09:20	09:30
	2	Heats	12:30	13:20	13:30
	3	Finals	16:15	16:40	16:50
Sunday	4	Heats	08:30	09:20	09:30
	5	Heats	12:40	13:30	13:40
	6	Finals	16:30	16:55	17:05
Monday	7	Heats	08:30	09:00	09:10
	8	Heats	11:05	11:55	12:05
	9	Finals	15:20	15:45	15:55

Please consult the warm-up documents for full details of the organisation of warm-up.

A ten minute swim down opportunity will be provided at the end of each competitive session.

An additional ten minute warm-up/swim down opportunity will be provided between the individual finals and relays in sessions three and six only.

Quiet Study Area

A small number of tables will be available in the John Jarrold Suite for swimmers wishing to carry out revision in silence for the forthcoming public examination season.

The facility is available at the following times:

Saturday	09:00-12:00 13:20-15:45 16:40-18:00
Sunday	09:00-12:00 13:30-15:45 16:55-18:00
Monday	09:00-10:30 11:55-14:30 15:55-17:00

Dry Land Training Area

Saturday	08:20-12:20 12:20-17:00	Squash Court 1 Sports Hall – Courts 13 and 14
Sunday	08:20-17:00	Sports Hall – Courts 1 and 2
Monday	08:20-17:00	Sports Hall – Courts 11 and 12

Some jigsaw matting will be provided

Please note the following:

1. Swimmers must only use the designated area. Other areas may be hired to members of the public. The Regional Swimming Committee has hired the area knowing that our athletes and team staff will treat other facility users and personnel with courtesy and respect
2. At all times, users of the area must be accompanied by a Team Manager or Coach with event accreditation
3. By prior individual arrangement, it shall be permissible for Team Managers/Coaches to assume responsibility for swimmers from other teams, up to a ratio of 1:25
4. The designated area is part of the competition space - only authorised athletes and accredited team personnel are allowed entry
5. Sport therapy equipment, including massage tables, is not permitted in the area
6. Swimmers must be dry, suitably clothed and wearing appropriate footwear (not wet flip flops) before entering the facility
7. The area will be closed in the event of misuse, or if safeguarding becomes a concern

Warm up procedure

In order to satisfy safety requirements the warm-up will be organised as follows:

- ◆ **The Warm-up Supervisor shall have overall control of warm up sessions.** However, each coach is responsible for their own swimmers and a swimmer must not enter the warm-up without being under the direct supervision of their coach on the poolside
- ◆ Swimmers who ignore instructions, or place themselves or others in danger, may be asked to leave the pool
- ◆ There will be no diving at all during the warm-up except in designated sprint lanes
- ◆ Swimmers must not exit the pool other than by the steps
- ◆ Fins, kickboards, hand paddles or pull-buoys may not be used in sprint lanes
- ◆ **For sessions 1, 2, 4, 5, and 8**, which are heat sessions, warm up will commence one hour before the start of the session. For the first session of each day, warm up will commence at 8.30 am. The start times for subsequent sessions will be announced. Each of these sessions will have two single gender warm-up periods of 25 minutes.
- ◆ **For Session 7**, the distance session, will have a single 30 minute mixed gender warm up.
- ◆ **Sessions 3, 6 and 9**, which are predominantly final sessions, will have a single 25 minute mixed gender warm up. In sessions 3 and 6 there will also be a 10 minute warm up before the relays.
- ◆ In Sessions 1, 2 and 8 **girls** will warm up first, in sessions 4, and 5 **boys** will warm up first.
- ◆ Warm up sessions will commence with continuous warm up in all lanes. Lanes 1, 3, 5 and 7 will swim clockwise and lanes 2, 4, 6 and 8 will swim anti-clockwise.
- ◆ Sprint lanes will be opened during each session.
- ◆ There will be specific lanes reserved during warm-up for those swimmers wishing to use the Backstroke Starting Ledge prior to racing Backstroke in the competition.

Swim Down procedure

- ◆ At the end of each session there will be a 15 minute swim down session.
- ◆ Coaches are responsible for supervising their swimmers during swim down
- ◆ The Backstroke Starting Ledges will be available in some lanes during the swim down session.