

## 2018 Long Course Championships

Weekend Two - 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> May

Inspire Luton

### Supplementary Information

#### Session Warm-Up and Start Times

	Session	Type	Warm up start	Warm Up Length	Warm up Finish	Session Start
Saturday	10	Heats	08:30	2x 25 Min	09:20	09:30
	11	Heats	12:10	2x 25 Min	13:00	13:10
	12	Finals	16:25	1 x 25 Min	16:50	17:00
Sunday	13	Heats	08:30	2x 25 Min	09:20	09:30
	14	Heats	12:15	2x 25 Min	13:05	13:15
	15	Finals	16:45	1 x 25 Min	17:10	17:20
Monday	16	Heats	08:30	1x30 Min Mixed	09:00	09:10
	16b		10:45	1x25 Min Mixed	11:10	11:15
	17	Heats	12:20	2x 25 Min	13:10	13:20
	18	Finals	16:15	1 x 25 Min	16:40	16:50

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.

#### Dry Land Training Area

Saturday	11am-6pm	Studio 1
Sunday	8am-6pm	Badminton Court 1&2
Monday	8am-6pm	Badminton Court 1&2

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