



2019 Long Course Championships

Supplementary Information – Weekend Two

UEA Sportspark Norwich (25-27th May 2019)

	Warm Up		Start	Finish	
Session 10	08:30	2x25mins	09:30	11:51	
Session 11	12:30	2x25mins	13:30	16:14	
Session 12	16:45	1x25mins	17:15	18:26	
Session 13	08:30	2x25mins	09:30	11:48	
Session 14	12:30	2x25mins	13:30	16:20	
Session 15	16:45	1x25mins	17:15	18:25	
Session 16a	08:30	1x25mins	09:00	09:43	800m
Session 16b	09:45	1x25mins	10:15	11:16	1500m
Session 16c	11:20	1x25mins	11:50	12:21	50 BR
Session 17	13:00	2x25mins	14:00	16:19	
Session 18	16:50	1x25mins	17:20	18:10	

Notes

A ten-minute swim-down opportunity will be available at the end of each session – this is not factored in to the session finish times. The only exception to this is in Session 16a – where swimmers will be able to warm-down during the warm-up for Session 16b – which is programmed to start as soon as the 800m heats conclude. Swimmers from the 1500m will be able to swim-down during the allocated warm-up for the 50m Breaststroke.

All withdrawals for Session 16a and 16b (800m and 1500m Freestyle) must be made by 08:30am on the day of competition.

Coaches and Team Managers are requested to ensure that all withdrawals are completed in accordance with the conditions – as this is a regional championships, we like to ensure that all those eligible to swim in a final are provided with the opportunity to do so.

Dry Land Training Area

A dry land training area will be in operation during this meet. This will be in one of the sports halls in-venue. The facility will be accessible from 08:20-17:00 on all three days.

Please be aware that, whilst housed in the same venue, the distance from the pool to the sports hall is quite long - up to 100m. Athletes should not walk around the centre with wet feet.

Directions to the designated sports hall will be sign posted in-venue.

Matting will be provided. Please be advised that the dry land training area is for athletes and accredited coaches/team managers only.

Volunteers

Non-technical volunteers are required to assist with the smooth running of the Championships. If you are able to help, please email swimming@eastswimming.org

Swim Shop

A swim shop will be on site for the entirety of the championships. Regionally branded hoodies and related apparel will also be sold via our usual supplier.

Parent Talk

A parent talk will be given by the Swim England East Region Swimming Talent Officer, Kevin Pickard on 25th May in the Town Close Room. The room is booked for this purpose between 12:00 and 14:00 – exact timings of the presentation will be confirmed on the day.

Social Media

Athletes, coaches and spectators are advised to exercise due diligence with regard to their social media postings over the course of the championships. Concerns should be reported to the Meet Director immediately.

Presentations

A number of presentations occur at the end of session eighteen – Swim England East Region makes special awards to the top three swimmers in each age group category (male and female). There is also an award for the top overall club, taking into account performances at weekend one, including the para-swimming events, the reverse long distance session and weekend two.