



2019 Long Course Championships

Supplementary Information – Reverse Long Distance

Inspire: Luton Sports Village (18th May 2019)

Based on entries, there are currently eight heats of 800m and six heats of 1500m.

Warm up will commence at 5pm and will last 15 minutes.

Heat 1 of the 800m will start at 5:20pm or as soon as the swimmers are ready.

Immediately at the conclusion of all heats of the 800m, warm up for the 1500m will start, and will last for 15 minutes. The 1500m will then commence.

A space for dry land preparation will be available from 5pm.

If sufficient withdrawals are received, resulting in fewer heats, more time will be added to each warm-up.

For this reason **all** withdrawals must be made, for both the 800m and 1500m events, **by 5pm.**