



Swim England North East Region Age Group
Short Course Championships 2018
Age Group Championships

FINAL CLUB INFORMATION

WARM UP DETAILS:

PLEASE NOTE – coaches, team managers and swimmers will not be permitted into the pool hall before 7.30am each morning. All clubs are asked to keep the Omega side of the pool clear for marshalling.

Saturday 3 November

Session 1	Warm Up:	08:30-08:55 Boys
		08:55-09:20 Girls
		Start: 09:30

Session 2	Warm Up:	13:30-13:55 Girls
		13:55-14:20 Boys
		Start: 14:30

Sunday 4 November

Session 3	Warm Up:	08:30-08:55 Girls
		08:25-08:50 Boys
		Start: 09:30

Session 4	Warm Up:	13:30-13.55 Boys
		13:55-14:20 Girls
		Start: 14:30

All warm ups will have one way sprint lanes introduced after 20 minutes in lanes 0-3 and 6-9 from the scoreboard end as announced – swimmers should not stop before the 15m mark in sprint lanes. Swimmers can use the diving pit for both warm up and swim down at 09:00, but there is to be no diving.

Coaches are responsible for supervising their swimmers in both warm up and swim down.

WITHDRAWALS:

Any withdrawals should be made by email to swimming@proudys.plus.com by 5pm on Friday 2 November.

MEDALS:

- Medals shall be awarded to the top 3 swimmers in each event in each age group.
- Medals can be collected from the President during the Heats once the results have been announced.
- Failure of a swimmer to collect their medal in the relevant session will result in the swimmer forfeiting his/her medal.

INFORMATION FOR SPECTATORS:

The doors will be opened for spectators at 7.30am each morning – no spectators will be admitted before this time. Spectators are not on the pool deck at any time.

Entry prices are set at £6.00 per day, £10.00 for a weekend pass, including start lists.

All Spectators will be seated on the left hand side as you enter the venue.

For health & safety reasons, no chairs are permitted to be brought into the spectator area.