



Swim England North East Region Open  
Short Course Championships 2019  
**Open Championships**

**FINAL CLUB INFORMATION**

**THIS MEET IS NOW FULL – NO FURTHER ENTRIES WILL BE ACCEPTED**

**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 2 November**

Session 1 (**Events up to and including Mens 400m Freestyle**)

Warm Up: 08:00-08:25 Men  
08:25-08:50 Women  
Start: 09:00  
Finish: 12:20

Session 2 (**All remaining Events**)

Warm Up: 12:20 Mixed for the remaining events only  
Start: 13:15  
Finish: 15:10

Finals Warm Up: 15:10-15.50 Mixed  
Start: 16:00

**Sunday 3 November**

Session 3 (**Events up to and including Womens 400m Freestyle**)

Warm Up: 08:00-08:25 Ladies  
08:25-08:50 Boys  
Start: 09:00  
Finish: 12:30

Session 4 (**All remaining Events**)

Warm Up: 12:30 Mixed for the remaining events only  
Start: 13:15  
Finish: 15:35

Finals Warm Up: 15:35-16.20 Mixed  
Start: 16:30

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 [SwimBarry42@gmail.com](mailto:SwimBarry42@gmail.com) by 5pm on Friday 1 November.

Qualified Swimmers including the 2 Reserves not wishing to take part in a final are required to inform the Recorders no later than 15 minutes after the last Individual Event in the Session.

#### **MEDALS:**

- Medals shall be awarded to the top 3 swimmers in each event .
- Medals for the 800/1500m events can be collected from the President during the Heats once the results have been announced.
- Failure of a swimmer 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 sat 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.

#### **OFFICIALS**

**We are still short of Officials for all Sessions, particularly Sunday Afternoon.**

**If you can assist, for any of the sessions, please email**

**[SwimBarry42@gmail.com](mailto:SwimBarry42@gmail.com) will full details.**



Swim England North East Region Age Group  
Short Course Championships 2019  
**Age Group Championships**

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**Saturday 2 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 3 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.

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