



# Northumberland & Durham Swimming Association 2019 Championships

## FINAL CLUB INFORMATION – WEEKEND 1

### WARM UP DETAILS:

**PLEASE NOTE – coaches, team managers and swimmers will not be permitted into the pool hall before 7.30am each morning.**

<b>Saturday 2<sup>nd</sup> February</b>	Session 1	Warm Up:	08:00-08:25 Girls 08:25-08:50 Boys
		Start:	09:00
	Session 2	Warm Up:	13:00-13:25 Boys 13:25-13:50 Girls
		Start:	14:00
<b>Sunday 3<sup>rd</sup> February</b>	Session 3	Warm Up:	08:00-08:25 Boys 08:25-08:50 Girls
		Start:	09:00
	Session 4	Warm Up:	13:00-13:25 Girls 13:25-13:50 Boys
		Start:	14:00

All warm ups will have one way sprint lanes introduced after no less than 15 minutes in lanes 0-3 and 6-9 from the scoreboard end as announced – swimmers should not stop before the 25m mark in sprint lanes. Swimmers can use the diving pit for both warm up and swim down as required but there is to be no diving.

**Please note that Sunderland Aquatic Centre operates a strict limit on the number of swimmers in each lane at any one time. In the main competition pool, during warm up, no more than 18 swimmers must be in any one lane. In the diving pit, no more than 10 swimmers must be in any one lane.**

**Coaches are responsible for ensuring these limits are complied with and for supervising their swimmers in both warm up and swim down.**

### WITHDRAWALS:

Any withdrawals for Sessions 1 and 2 (Saturday 2<sup>nd</sup> February) should be made by email to [ndswimmingentry@hotmail.co.uk](mailto:ndswimmingentry@hotmail.co.uk) by 4pm on Friday 1<sup>st</sup> February.

Any withdrawals for Sessions 3 and 4 (Sunday 3<sup>rd</sup> February) should be made by 4pm on Saturday 2<sup>nd</sup> February.

Withdrawals from finals should be made as soon as possible after the finalists have been announced to ensure reserves have the opportunity to swim.

## **PRESENTATIONS:**

- Medals shall be awarded to the top 3 swimmers in each event and in each age group.
- Medal presentations for HDW events will take place during the Heats in each session once the results have been announced. Coaches and Team Managers should ensure medallists, or a deputy, are available for presentation in accordance with the announcements made.
- Medal presentations for events with finals will take place during the Finals in each session. Swimmers must wear appropriate clothing for the presentations. Swimmers will be asked to remain at the presentation area immediately following their final to ensure attendance at the presentation. It is the responsibility of the Clubs to arrange for a deputy to attend if swimmers are unable to remain for presentation.
- Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.

## **STUDIO:**

The Studio overlooking the pool can be used by coaches and team managers who are in possession of a poolside pass as a break out room during the weekend. Tea and coffee will be available. Please note that the Studio will be used by officials during the lunch break and therefore will not be accessible for coaches and team managers at those times.

## **PARKING:**

Please be aware that Sunderland Football Club are playing at home on **Saturday 2<sup>nd</sup> February 2019**. This will mean that there is **NO parking at the Sunderland Aquatics Centre for swimmers, coaches, officials, team staff or spectators**. The football kicks off at 3pm and depending on the stewards at the ground on the day, people should be able to be picked up and dropped off outside the aquatic centre up until 12:00 noon however after this time, alternative arrangements will need to be made.

Stadium car parks are closed until 30 minutes after the final whistle. Police and local authority parking restrictions, including permit schemes, are in place on more than 60 streets surrounding the stadium and are heavily enforced.

Football fans travelling to the Stadium of Light are advised to use the Park and Ride facility on Wessington Way (A1231). This is easily accessible from the A19 and is clearly signposted. Buses will pick up from the permanent bus stops on Sunderland Enterprise Park while pick-up points from the stadium are to the north on Kier Hardie Way. Buses run every five minutes before the game from 90 minutes prior to kick-off and regularly after the game until all fans have been transported back to their cars.

There is also car parking for the football from two sites at the University of Sunderland – the A183 (Chester Road) and St Peter's. Both are clearly signposted however we aren't sure when they are open. If you wish to park here, follow signs for match day parking.

There are a number of car parks within the city centre which are short walk from the Aquatics Centre, information on these can be found here: <https://tinyurl.com/y89kmhob>. There is also limited parking at a number of the metro stations that are within Sunderland and the surrounding areas; the Stadium of Light (SR5 1HX, short walk to the pool), East Boldon (NE36 OLP – short metro ride and walk to the pool) and Fellgate (NE32 4SR – metro ride and walk to the pool).

### **INFORMATION FOR SPECTATORS:**

The doors will be opened for spectators at 8am each morning – no spectators will be admitted before this time. Spectators are not permitted on the swimmer side of the pool at any time.

Entry prices are set at £4 per session, £6 for a day pass and £10 for a weekend pass. Please note that there are no concessions and only children aged 5 and under will be allowed free entry. Programmes will be on sale at £2 each. A limited number of start sheets for the heats will be available for spectators at a cost of 50p each.

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

### **ADVANCE NOTICE FOR WEEKEND 2:**

During the lunchbreak on Saturday 9<sup>th</sup> February, parents of 11 year old swimmers are welcome to attend a presentation in the Studio overlooking the pool. This presentation will provide further information about the 2019 County camps, details of which are contained within the programme.