

Swimming Championships (50m) 2022

Age Group Championships
John Charles Centre for Sport, Leeds
23rd/24th April 2022

FINAL INSTRUCTIONS

A Programme may be downloaded or printed from [here](#).

We will not be selling programmes at the event.

The Warm Up Schedule is below.

Saturday 23rd April	Morning	Afternoon
Heats	All Heats except 1500m Free	Boys 1500m Freestyle
Girls	7-45am to 8-20am	12-15pm to 12-50pm
Boys	8-20am to 8-55am	
Session Start	9am	1pm
Finals		
Girls		2-45pm to 3-20pm
Boys		3-20pm to 3-55pm
Finals Start		4pm
Sunday 24th April	Morning	Afternoon
Heats	All Heats except 800m Free	Girls 800m Freestyle
Boys	7-45am to 8-20am	12-15pm to 12-50pm
Girls	8-20am to 8-55am	
Session Start	9am	1pm
Finals		
Boys		2-45pm to 3-20pm
Girls		3-20pm to 3-55pm
Finals Start		4pm

Spectators

All Spectator Tickets will be sold in advance. Purchase [here](#)

Spectators should sit in the 4 blocks of seats towards the start end of the pool (The end with the Scoreboard). The other two blocks of seats will be allocated to clubs.

There will be a NESS Swimwear shop in the Studio. The Café should be open.

Withdrawals

If a swimmer is not going to swim in a heat they must inform the Entry Manager of their intention to withdraw no later than 5pm on the Friday Evening for all events on the Saturday and 5pm on Saturday for events on Sunday. Seeded Heat Start lists will be produced. Notifications should be sent to: nerswimmingmanager@asaner.org.uk

Volunteers

We need more offers of help from technical officials and other volunteer roles for both weekends at Leeds.

We pay 45p per mile for return travel (to a daily maximum of £90 per day). We also provide a hot meal for those assisting all day at Leeds. You will also be eligible for a Regional Polo Shirt.

If you are able to assist us for any of the sessions please contact our Officials Coordinator, email address kath.smith@swimmingvolunteers.org

STREAMING

The Championships will be broadcast live on the Regional YouTube Channel

SEATING PLAN

Attached is a Seating Plan. Clubs have been allocated an area based on the number of swimmers entered in the Meet. Some clubs have been allocated space at the entrance end of the Spectator Balcony.

SWIMMERS MUST NOT ACCESS THIS AREA WITH WET FEET

If Common Sense is used there will be more than adequate space for all clubs to be based around the Competition Pool and Diving Pit

This following requirements must be met by all those attending this meet.

Swimmers are requested to only remain the building for as long as is necessary for them to complete their events. Once they have swum their programme, for a particular session, they are requested to vacate the building. Please ensure that you are met by a responsible person.

As you are aware, the 2022 North East Regional Championships will take place without any mandatory COVID restrictions in place. However, as you will no doubt be aware, COVID rates have increased significantly since this decision was made. The infection rate is now significant with an estimated 1 in 15 people having COVID this week. Given the number of people involved in the Championships, it is inevitable that COVID cases will appear at the event.

The North East Regions priority is the safety of all athletes, staff, volunteers and spectators, as such we kindly ask that you review and take note of the points below:

If you develop any of the symptoms listed below prior to attending the event, then please perform a lateral flow test and do not attend the event if this is positive.

Please take a lateral flow test if you have any of the following symptoms:

- o unexplained fatigue
- o unexplained muscle ache
- o headache
- o new loss of taste or smell
- o sore throat
- o congestion or runny nose
- o fever or chills
- o cough
- o shortness of breath or difficulty breathing

If during the Championships you develop any of the above symptoms, then please take a lateral flow test immediately. If you do test positive, you will not be able to compete and will be required to leave the event.

You should then send an email to nerswimmingmanager@asaner.org.uk notifying that you will be withdrawing from your events.

We ask, as always, that you adhere to the following as the most effective ways to avoid contracting COVID:

- o Wash your hands frequently and use hand sanitiser
- o Socially distance where possible and minimise

Have a safe journey to Leeds.

Barry

Barry J Saunders
Swimming Manager