

Swimming Championships (50m) 2022

Open/Youth Championships
Ponds Forge International Sports Centre, Sheffield
30th April & 1st May 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 30th April Heats	Morning All Individual Events except 800m Free	Afternoon 4x100m Teams
Male Warm Up	7-30am to 8am	12-20pm to 12-50pm
Female Warm Up	8am to 8-30am	
Session Start	8-35am	1pm

		800m Freestyle
Mixed Warm Up		1-55pm to 2-25pm
Session Start		2-30pm

		Finals
Mixed Warm Up		3-40pm to 4-10pm
Finals Start		4-15pm

Sunday 1st May Heats	Morning All Individual Events except 1500m Free	Afternoon 4x100m Teams & 1500m Freestyle
Female Warm Up	7-30am to 8am	12-40pm to 1-10pm
Male Warm Up	8am to 8-30am	
Session Start	8-35am	1-15pm

Finals		
Mixed Warm Up		3-10pm to 3-40pm
Finals Start		3-45pm

Spectators

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

Spectators should sit on the Aztec side of the pool (to the left through the doors to the Spectator Balcony) and the clubs on the Omega side (to the right).

There will be a NESS Swimwear shop in the foyer. 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

STREAMING

The Championships will be broadcast live on the Regional YouTube Channel

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 Sheffield.

Barry

Barry J Saunders
Swimming Manager