

Supplementary Information and Conditions

	Session	Type	Warm Up Start	Warm Up Length	Warm Up Finish	Session Start
Friday 2 nd November	1	Heats	18:00	25 mins	18:25	18:30
Saturday 3 rd November	2	Heats	08:00	2x25 mins	08:50	09:00
	3	Heats	12:40	2x20 mins	13:20	13:30
	4	Finals	17:10	20 mins	17:30	17:40
Sunday 4 th November	5	Heats	08:00	2x25 mins	08:50	09:00
	6	Heats	13:00	2x20 mins	13:40	13:50
	7	Finals	17:20	20 mins	17:40	17:50

SUNDAY

You may or may not be aware that the centre does not usually open on Sunday until 8am. In previous years, this has caused the car park to be shut on arrival in the morning. In order to ensure that our warm-up starts at 8am, we have arranged for the car park **to open at 07:15 on Sunday**. Please note however, that competitors, team personnel and spectators will only gain access to the facility **at 07:45** on Sunday.

WARM UP

Regular attendees will note that the warm-ups for sessions three, four, six and seven are slightly shorter than usual. This is to ensure that the event finishes at a reasonable hour, enabling athletes, team personnel and spectators to eat and rest.

Currently, swimming is due to finish just after 8pm on Friday and just after 7pm on Saturday and Sunday. The presentations are included in these timings.

During the official warm-up periods in the table above, both 25m pools will be used and managed according to the procedures set out in our warm-up document.

Swim England East Region Short Course Championships

2nd-4th November 2018, Luton



At all other times, the 25m pool at 'diving board' end of the facility will be used for competition. Warm-up and swim-down is not permitted in this pool outside of the times stated above.

The other 25m pool will be available throughout the day for warm-up and swim down. If an athlete is competing later in a session, it may be more conducive for them to warm-up in this pool during the competitive session.

Competitors in the Men's 1500m Freestyle are reminded that they can warm up during the Women's 800m Freestyle. For reference, there are twenty-five entries in the Women's 800m Freestyle – withdrawals may reduce this number.

The warm-up/swim-down pool has eight lanes, two of which are equipped with starting blocks – at least one of these lanes will be available as a sprint lane throughout the day. Continuous swimming will operate in all other lanes.

PARA-SWIMMING

The Para-Swimming events at these championships will be held under World Para Swimming Rules and Regulations.

BACKSTROKE

For the heats of the 50m Backstroke events, the region will be piloting the use of 'side by side' starts, as used at recent national competitions and championships. On finishing their race, swimmers should position themselves at the side of the lane, next to the lane rope – it does not matter which side of the lane they choose. They should exit the pool by the sides once the starting signal for the next race has been given.

STUDY AREA

A study area has been requested for these championships. Athletes are welcome to study on the designated table in the administration and dining room, which faces on to the gallery, during each competitive session. They must vacate the room at the end of each session, to enable food to be served. The room is not available to spectators.

VISIT – INTERNATIONAL SWIMMER

East Region age group athletes and 2018 Commonwealth Games Swimming Team England member, Jessica Jackson, will be visiting the championships on Saturday and Sunday. Jessica will be available to meet with athletes; she will also be providing swimmers and spectators with the opportunity to win a t-shirt signed by all of England's 2018 Commonwealth Games Swimming Team, to raise funds for charity.