



Distance Time Trial 2024
Loughborough University
Licensed Level 1
Saturday 30th March 2024

Closing Date: 6pm Wednesday 13th March 2024

This is a level 1 licensed time trial to give a distance opportunity to swimmers within the qualifying window for the British Summer Championships and Home Nation Championships. A younger age group has been included to also give experience to these swimmers. While priority is given to swimmers from the East Midlands entries will be considered from members from outside of the Region.

The following conditions apply:

- The promoter is Swim England East Midlands
- All events shall be swum mixed, slowest to fastest with the fastest heat spearheaded.
- The event is open to any Club Compete member from a Swim England club, priority will be given to Swim England East Midland members.
- Entry is subject to meeting the set qualification times (long course - 50m, conversions accepted). Should there be space entries outside of the qualification times may be considered.
- Times must have been achieved between 1st September 2022 and the closing date at a level 1 -4 meet, split times are not accepted.
- Should the event be oversubscribed priority will be given to those East Midlands swimmers with the fastest submitted times, taking age groups into consideration. Then by 400m times fastest first taking age groups into consideration, then those with 800m/1500m times outside of the given times at consideration of the promoter, times which impact the meet timeline will not be considered. Swimmers from outside of the Region will considered at each stage after the acceptance of the East Midland swimmers.
- Swimmers entering via a 400m freestyle time will be placed in the first heat(s) after those entering with a relevant 800m or 1500m time have been accepted, swimmers may be seeded fastest first for these swimmers only to ensure the youngest 400m qualifying swimmers are racing with their peers.
- Should the meet have to reject swimmers a reserves list will be offered, should the meet have spaces within heats the promoter reserves the right to consider entries after the closing date at the entry fee + £5.
- Age at 31st December 2024
- **Meet Schedule:**
 - Warm up: 10.00 for a 10.30am start
Event 101 - 1500m freestyle - mixed
 - Secondary warm up - time tbc
Event 2 - 800m freestyle - mixed
- Communication will be done via email the Regional Championship website will also carry confirmation of details details: <https://www.emswimchamps.org.uk/>

- A draft programme will be circulated and published on the website as soon as possible after the closing date
- Withdrawals must be done online by 6pm on Friday 29th March 2024, failure to notify of a withdrawal will result in a £20 penalty levied against the representing club of the missing swimmer.
- The results will be available via the website during the event. There are no awards given during this time trial.
- For withdrawals after the closing date, refunds will only be given on medical grounds if appropriate evidence can be provided.
- Swimmers and team members are responsible for ensuring swimmers arrive at their block in time for their race, announcements will be made.
- A secondary strobe will be available at this meet if required.

Entry

Entry should be completed via the following links:

- [800m/1500m qualifying time](#)
- [400m qualifying time](#)
- [800m/1500m non qualifying time](#)

Invoices for BACS payments will be sent once accepted entries have been processed.

Entry fees

Swim England East Midlands club member: £12

Outside of Region: £16

Meet accreditations: £4 or an East Midlands Long Course 2024 Championship accreditation.

Officials and Volunteers

We will require the support of officials to ensure this opportunity runs at a level 1. If you are available please let us know here:

- Officials: <https://www.swim-meet.com/OfficialsSignup/EastMids/>
- Volunteers: <https://www.swim-meet.com/VolunteersSignup/EastMids/>

Photography

The Region may have an official event photographer on poolside, these photos would be available online and potentially in the venue. Images taken at events may be used as follows:

- On the Regional website, digital and social media channels
- For the promotion of future Regional events and Regional documents

To withdraw your consent to any photography by the official event photographer please complete the following by Friday at 6pm before the event:

<https://www.surveymonkey.co.uk/r/photographywithdrawal>

By non-completion this will be considered as agreement to the above photo use.

Outside of the official event photographer there is no other filming or photography to take place within any areas being used by swimmers such as but not restricted to the poolside, changing rooms and sports hall. Mobile phones must be safely secured in a pocket or bag while in the changing rooms.

Filming and photography from the balcony/spectator area by spectators will vary venue to venue and this will be announce at the start of each session

Qualifying Times
(LONG COURSE - 50m - Conversion times accepted)

Open/Male	11/12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs /Ov
400m (800m or 1500m entry)	5.41.10	5.36.20	5.12.10	5.04.80	4.48.90	4.46.40
800m	12.35.70	12.11.00	11.20.60	10.51.30	10.40.40	10.30.50
1500m	22.25.90	21.29.70	21.10.80	20.38.60	20.29.90	20.04.90

Female	11/12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs /Ov
400m (800m or 1500m entry)	6.04.90	5.43.30	5.28.20	5.16.90	5.12.30	5.10.70
800m	12.29.10	12.10.30	11.23.70	10.56.80	10.44.50	10.35.60
1500m	22.39.40	22.20.90	22.01.60	21.05.40	20.58.10	20.46.00