

# Regional Long Course Championships 2023

## Gala 3 Pre-Meet Information

A reminder that there should be no changing on pool deck and swimmers should be suitably clothed including footwear if leaving the pool deck/changing room area.

### Warm Up

The warm ups for heat sessions will be carried out within 20 minute blocks as given below, the timings of all warm ups are given on the meet time line. Swimmers should be supervised at all times in the main warm ups and in the warm up/swim down pool. Warm up for finals is open to all swimmers for the duration of the warm up time.

**Please note warm up times for session 10 will now be 7.55 am and warm up time for session 11 will be 11.55. The finals warm up shall remain at 4.15 – 4.55pm. No session start times have changed.**

| Gala 3     |   |                           |
|------------|---|---------------------------|
| Session 7  | 1 | Girls 13,14               |
|            | 2 | Boys & Girls 11,12        |
|            | 3 | Boys 13,14                |
| Session 8  | 1 | Boys 14/Ov                |
|            | 2 | Boys 11,12,13 Girls 11,12 |
|            | 3 | Girls 13,14               |
| Session 10 | 1 | Boys 13,14                |
|            | 2 | Boys & Girls 11,12        |
|            | 3 | Girls 13,14               |
| Session 11 | 1 | Girls 14/Ov               |
|            | 2 | Girls 11,12,13 Boys 11,12 |
|            | 3 | Boys 13,14                |

### Withdrawals

Withdrawals for heat swims must be carried out [online](#) by 6pm on the evening before the swim. At present the withdrawals system is available for gala 1 & 3, please note gala 3 will be taken offline while gala 2 is running to ensure there is no confusion. Withdrawals from heat swims cannot be submitted any other way. If any swimmer withdraws following this please inform the competitor stewards with the exception of the 800m and 1500m in which the recording team should be informed, please note there are fines in place for late withdrawal of the 800m and 1500m freestyle.

### Withdrawal from finals

Withdrawals for finals including any reserves must be made at the withdrawals table within 15 minutes at the end of the session in which the swim took place. Fines are in place for swimmers which do not withdraw within the given timeframe.

### Relay Team Declaration

Team declarations must be given to the recording team by 3pm on the day of the swim, these may also be sent to [entries@emswimchamps.org.uk](mailto:entries@emswimchamps.org.uk) within the same time frame. All swimmers within teams must appear on the View/Check entries page.

### Medals

Medals must be collect for each gala weekend by the end of the final session of that specific weekend. Please note for the 400m events medals may not be able to be given until the finals session should there be finalists including reserves within the medaling age groups takin part.

## Camping Chairs

Are allowed at these events, please ensure the pathway for officials and emergency exits are kept clear.

## Meet Accreditations

Meet accreditations are required for all Coaches, Team Managers and Chaperones attending the event, please ensure these remain on with you at all times. Pouches and lanyards if required will be available at the entrance to the meet. Meet Accreditations can be purchased via:

[https://www.swimmingresults.org/member\\_options/](https://www.swimmingresults.org/member_options/)

## Spectator area

During the heat sessions the spectator area can only be accessed by ticket holders. Tickets must be purchased in advance from the [Regional Eventbrite page](#). Tickets are not required for the finals sessions, should any swimmers be entering the spectator area they must be suitably dressed and also dry.

## Photography

Photos may be taken from the balcony it is essential to focus on your swimmer only. Photos or filming in the changing rooms or on poolside is prohibited. If there are any concerns these should be reported to the event organisers immediately.

## Live Streaming

The Regional events team will be trialing a live streaming set up at this event, should all go to plan with the technology this will be available via: <https://www.youtube.com/@EastMids> please note this is not guaranteed.

If there are any concerns these should be reported to the event organisers immediately.

## Merchandise

Information available here:

<https://sportyswim.co.uk/collections/east-midland-regional-long-course-2023>

## Volunteers and Officials

To be able to run Regional events volunteers are required, details for technical officials and event volunteers are available [here](#). Expenses are available for all roles.