

Regional Long Course Championships 2023

Gala 2 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.

Swimmers and accreditation holders should only be within the poolside area if they are racing in the session that is under way. We ask that time on deck is limited to required time only.

Changing Rooms

The facility changing rooms are also open to the public, the group change will be specifically labelled for the competition girls on the left and boys on the right. Any concerns must be reported to center staff and the event organisers immediately.

Meeting Room

The meeting room on the entrance floor has been booked for merchandise stall with the remainder available for exam revision, stretching or relaxing. Mats, stretch bands and camping chairs are allowed in this space, but no med balls please.

Main Pool

The main warm ups as given on the time line shall be carried out below as two 25 minutes as below on the Saturday/Sunday and two 20 minutes on the Monday heats and 2 x 25 min in the finals.

Any time during the time line the main pool is not being used for racing or scheduled warm up the pool may be used for swim down, this includes the breaks within finals. Coaches must supervise their swimmers, lanes have a capacity limit of 22.

The main pool will be available for swim down until 6.45pm on Saturday and 7.30pm on Sunday. Following the completion of the Monday finals session the 5 lanes in the on the timing suite side will be available until 3.15pm, these may be reduced if not required.

Saturday			Sunday			Monday		
8.00-8.55 2 x 25 min	1	Women	8.30-9.25 2 x 25 min	1	Men	7.45 – 8.25 2 x 20 min	1	Women
	2	Men		2	Women		2	Men
11.15-12.10 2 x 25 min	1	Women	12.00 – 12.55 2 x 25 min	1	Men	9.45 – 10.25 2 x 20 min	1	Women
	2	Men		2	Women		2	Men
2.45-3.40 2 x 25 min	1	Women	3.30 – 4.25 2 x 25 min	1	Men	11.45 – 12.40 2 x 25 min	1	Men
	2	Men		2	Women		2	Women

Swim Down facility

The learner pool will be available during the event with the exception of 3.30pm-4.30pm on Sunday and will close at 3pm on Monday. At times entrance may be limited to control numbers. Please note there are no backstroke flags in this pool.

Withdrawals from heats and finals

Withdrawals for heat swims must be carried out [online](#) by 6pm on the evening before the swim.

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.

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Relay Team Declaration

Team declarations must be given to the recording team by 12.30pm on the day of the swim for Saturday/Sunday and 11 am for Monday, these may also be sent to 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 taking part.

Camping Chairs

Are allowed at this event, please ensure the pathway for officials and emergency exits are kept clear. Should these have to limited an announcement will be made.

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/

Spectator area & Café

During all sessions the spectator area can only be accessed by ticket holders. Tickets must be purchased in advance from the [Regional Eventbrite page](#). Tickets are required for the finals sessions but there is no charge.

The café are will be open at 7am on each day of the competition.

Photography

Photos may be taken from the spectator 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.

Car Parking Information – updated 29/04/2023

Swimmers & Spectators

All swimmers and spectators must park in the Rolls Royce car park shown on the diagram. You will be directed there by the Scouts and **a charge of £3 per day/per car will be payable to the Scouts. Please make sure you have cash to pay for this.** When you see the centre and car park entrances on your left-hand side, please continue driving past the main building, left at the traffic lights and the parking is on your right, the Scouts team will direct members to parking the parking areas.

Rolls Royce Pink & Grey Moor Lane Car Park

The car park should be open from 7.00 am

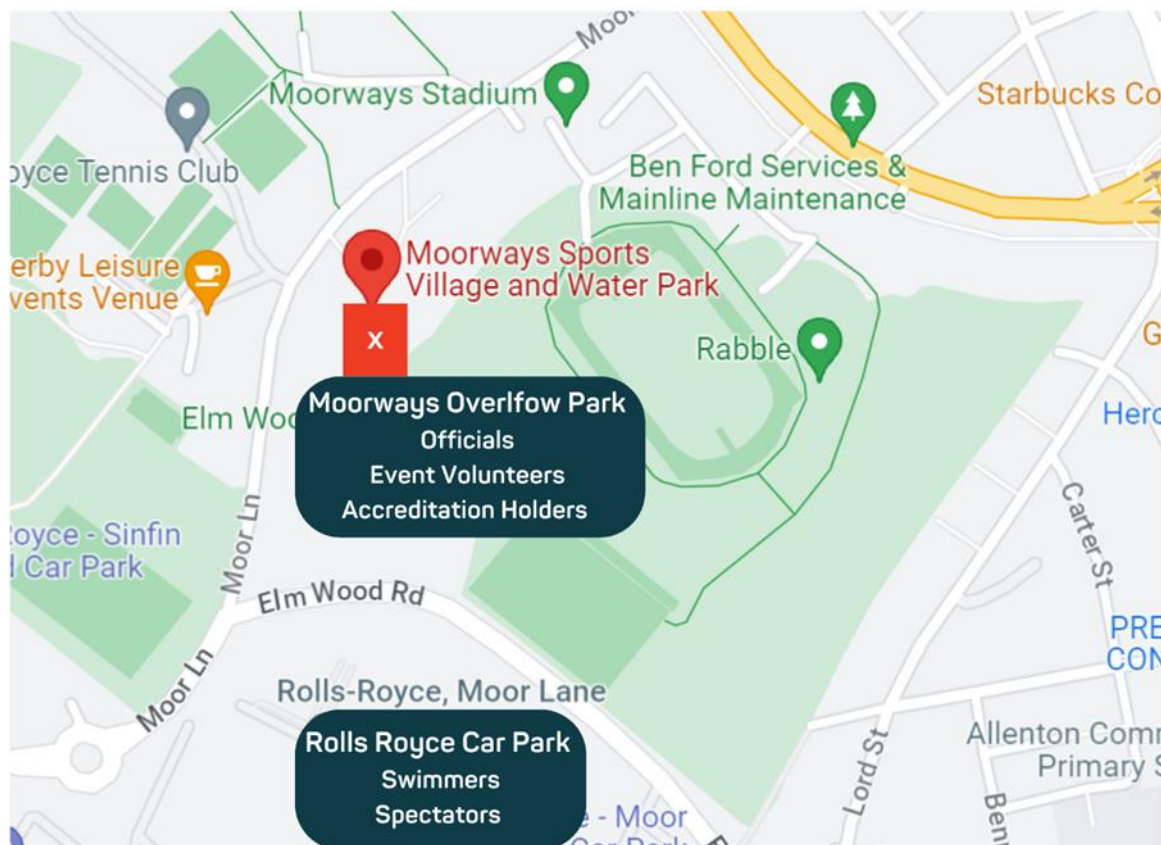
The car park is a short walk from the pool entrance.

Any blue badge holders should park in the reserved spaces in Moorways main car park on the approach to the front entrance.

Officials, Event Volunteers & Meet Accreditation holders

Parking is in the Moorways overflow car park (red X box below), members in these roles will be issued with notice to display in their windscreen this will allow the Scouts to direct you to the correct parking area.

Any blue badge holders should park in the reserved spaces in Moorways main car park on the approach to the front entrance.



East Midland Regional Long Course Championships 2023 Car Parking