

Regional Short Course Championships 2023

Pre-Meet Information – Accreditation Holders & Swimmers

Changing must not take place on pool deck or sports hall and swimmers should be suitably clothed including footwear if leaving the pool deck/changing room area.

Entrance

Swimmers must use the changing room entrance to access poolside.
 Accreditation holders may use the door from the lobby onto poolside.
 The backstairs must not be used to access the balcony area, this area is for ticket holders only.
 A reminder that there is to be no hot drinks on poolside.

Changing Rooms

The facility changing rooms are also open to the public, particularly on the Friday when the public will be in the pool area. Any concerns must be reported to center staff and the event organisers immediately.

Sports Hall

This will be available for swimmers and clubs on Saturday and Sunday during the heat sessions, all swimmers must be supervised in this space.
 There is to be no changing or photography/filming in this area.
 The sports hall is cooler than the pool areas so please bring suitable clothing.

Camping Chairs

These may be used in the sports hall but cannot be used on poolside.

Warm up/Swim Down

Friday: warm up will be in the competition pool only, the opposite pool will be in use by the center during this session.

Saturday and Sunday: during the given times both poolside will be in use. During competition the warm up/swim down pool will be available.

Supervision: swimmers must be supervised by a team coach in either pool at all times.

Starts: timing of these will be under the discretion of the warm up marshal

Friday		Saturday			Sunday		
18.15-18.40 There will also be 15 minutes between the 1500m and 800m this with run within the programme	Mixed	08:00 – 08:55 2 x 20 min	1 Female	08:00-08:55 2 x 20 min	1 Open/Male	Open/Male	
			2 Open/Male	2 Female	2 Female	Female	
		12:15-13:10 2 x 20 min	1 Female	12:00-12:55 2 x 20 min	1 Open/Male	Open/Male	
			2 Open/Male	2 Female	2 Female	Female	
		16:15-16:55 1 x 40 min	1 Mixed	16:15-16:55 1 x 40 min	1 Mixed	Mixed	

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 from the finals or the 800/1500m within the given timeframe.

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Relay Team Declaration

[Team declarations](#) must be given to the recording team by 8.00am/start of morning warm up on the day of the swim. 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 during the Championships. We request that where possible these are collected throughout the sessions to support the volunteers on the medals table.

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 withdrawals/medals table. Meet Accreditations can be purchased via:

https://www.swimmingresults.org/member_options/

Photography/filming

Photos or filming is not permitted at this event, mobile phones should be away completely in the changing rooms.

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.

Café

The café is planned to be open:

Friday 4.30pm – 9.00pm

Saturday 9am – 4.30pm

Sunday 8.30am – 4.30pm

Hot drinks must not be bought onto poolside.

Merchandise

Information available here: <https://sportyswim.co.uk/collections/east-midlands-short-course-champs-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.

Parking

Parking is free of charge at the venue within the marked bays or the sign posted overflow parking. Please do not park on double yellow lines or on grass verges/footpaths.