



## 2019 Long Course Championships

### Supplementary Information – Weekend One

Inspire: Luton Sports Village (4<sup>th</sup>-6<sup>th</sup> May 2019)

	Warm Up		Start	Finish
Session 1	08:30	2x25mins	09:30	12:17
Session 2	12:50	2x25mins	13:50	16:08
Session 3	16:40	1x25mins	17:10	19:05
Session 4	08:30	2x25mins	09:30	12:00
Session 5	12:30	2x25mins	13:30	15:45
Session 6	16:15	1x20mins	16:45	18:40
Session 7a - 800m	09:00	1x25mins	09:30	10:10
Session 7b - 1500m	10:10	1x25mins	10:35	11:30
Session 8	12:00	2x25mins	13:00	15:49
Session 9	16:20	1x25mins	16:50	17:50

### Notes

A ten-minute swim-down opportunity will be available at the end of each session – this is not factored in to the session finish times. The only exception to this is in Session 7a – where swimmers will be able to warm-down during the warm-up for Session 7b – which is programmed to start as soon as the 800m heats conclude.

All withdrawals for Session 7a and 7b (800m and 1500m Freestyle) must be made by 9am on the day of competition.

There will be a ten-minute warm-up/swim-down period at the conclusion of the individual finals in Session 3 and Session 6, prior to the commencement of the relays.

Coaches and Team Managers are requested to ensure that all withdrawals and relay team declaration forms are completed in accordance with the conditions.

Swimmers may not swim 'out-of-age' in relays – teams fielding out-of-age competitors will not be permitted to swim. This is because the relays also serve as national qualifying swims - all data submitted to British Swimming must be correct to enable the correct qualifying teams to be identified.

## **Car Park Charges**

With regret, news reached us recently of the decision by Active Luton to charge for use of the car park. This policy has been in place since early April 2019.

Parking will be free for the first four hours. Any subsequent time will be charged at the rate of £1 per hour, up to a maximum charge of £5 per day.

As this is a recent development, the Region is currently considering its policy in respect of paying this fee for technical officials and event volunteers – a communication will be sent to these individuals shortly.

Full details on the car parking charges can be found here:

<https://www.activeluton.co.uk/car-parking-at-inspire-luton-sports-village>

## **Dry Land Training Area**

Badminton Courts 7 and 8 have been booked for Dry Land Training – this facility will be available throughout the championships. Please note that massage tables are not permitted in the training area. Access is restricted to athletes and accredited personnel.

Please observe the conditions of use as displayed in the centre.

## **Revision Area**

A table will be made available in the officials' meeting room for students to engage in quiet revision for public examinations. The area is not open to spectators. The room will not be available during the warm-up times above.

## **Volunteers**

Non-technical volunteers are required to assist with the smooth running of the Championships. If you are able to help, please email [swimming@eastswimming.org](mailto:swimming@eastswimming.org)

## **Sunday**

Please note that the centre operates different opening hours on a Sunday – and will be only be open from 8am. Please do not arrive at the venue significantly in advance of this time, as the car park may be closed.

## **Swim Shop**

A swim shop will be on site for the entirety of the championships. Regionally branded hoodies and related apparel will also be sold via our usual supplier.