



Northumberland & Durham Swimming Association 2024 Championships

FINAL CLUB INFORMATION – WEEKEND 1

WARM UP DETAILS:

Friday 2nd February	Session 1	Warm Up:	17:00-17:50 Mixed
		Start:	18:00
Saturday 3rd February	Session 2	Warm Up:	08:00-08:25 Open
			08:25-08:50 Girls
		Start:	09:00
	Session 3	Warm Up:	13:00-13:25 Girls
			13:25-13:50 Open
		Start:	14:00
Sunday 4th February	Session 4	Warm Up:	08:00-08:25 Girls
			08:25-08:50 Open
		Start:	09:00
	Session 5	Warm Up:	13:00-13:25 Open
			13:25-13:50 Girls
		Start:	14:00

Warm up for the Friday evening session will be continuous swimming in all lanes. For the final 5 minutes, lanes 0 and 9 can be used as one way sprint lanes as required.

All other warm ups will have one way sprint lanes introduced after not less than 15 minutes in lanes 0-3 and 6-9 from the scoreboard end as announced – swimmers should not stop before the 25m mark in sprint lanes. Swimmers can use the diving pit for both warm up and swim down as required but there is to be no diving in that pool.

Backstroke ledges will be available for use during the one way sprints but only in warm ups applicable to sessions where backstroke races are scheduled.

Please note that Sunderland Aquatic Centre operates a strict limit on the number of swimmers in each lane at any one time. In the main competition pool, during warm up, no more than 18 swimmers must be in any one lane. In the diving pit, no more than 10 swimmers must be in any one lane.

Coaches are responsible for ensuring these limits are complied with and for supervising their swimmers in both warm up and swim down.

WITHDRAWALS:

Any withdrawals for Session 1 (Friday 2nd February) should be made by email to ndswimmingentry@hotmail.co.uk by 1pm on Friday 2nd February.

Any withdrawals for Sessions 2 and 3 (Saturday 3rd February) should be made by 6pm on Friday 2nd February.

Any withdrawals for Sessions 4 and 5 (Sunday 4th February) should be made by 4pm on Saturday 3rd February.

Withdrawals from finals should be made as soon as possible after the finalists have been announced to ensure reserves have the opportunity to swim.

SAFEGUARDING:

All persons in attendance at the Championships must be aware that Swim England have updated their Wavepower safeguarding policy regarding the use of mobile phones in changing areas:

As of January 2024 the use of mobile phones in changing areas during any Swim England regulated event is prohibited.

This includes making/receiving calls, emails and messages, accessing the internet, listening to music or podcasts as well as use for photography/videography. When in changing areas phones should remain out of sight in bags or pockets.

This applies to everyone involved in the activity - swimmers, officials, coaches/team staff, meet management, volunteers and parents.

RESULTS:

Results will be posted in the pool hall and online at the following link:

<https://asaner.org.uk/results/ndsa/2024/championships/index.php>

IMPORTANT INFORMATION FOR SPECTATORS:

Spectator tickets have been sold online, and no tickets will be available to purchase on the door. There are no tickets remaining for Saturday 3rd and Sunday 4th February, and only a very small number remaining for the second weekend.

Tickets for any days not already sold out can be purchased using the following link:

<https://www.swimmingresults.org/events/nd24tickets/>

The doors will be opened for spectators at 8am each morning – no spectators will be admitted before this time. Spectators are not permitted on the swimmer side of the pool at any time.

For health & safety reasons, no chairs are permitted to be brought into the spectator area.

PRESENTATIONS:

Medals shall be awarded to the top 3 swimmers in each event and in each age group. Due to the number of entries this year and the estimated session lengths, medal presentations will be made immediately following the conclusion of events outside the timing suite on poolside, however this will be kept under review during the Championships.

POOLSIDE PASSES:

Information has been distributed to Clubs regarding the rules around poolside passes for this year. Those who need to collect a pass for the first time in the Championships must report to the timing suite via the door beside the photocopier room. Access on the morning sessions will be available from 7.20am **only** for those needing to collect their poolside pass.

Access to poolside for all others, including swimmers, will be from 7.30am each morning.

STUDIO:

The Studio overlooking the pool can be used by those who are in possession of a valid poolside pass as a breakout room during the weekend. Tea and coffee will be available. Please note that the Studio will be used by officials during the lunch break and during the warm ups and therefore will not be accessible for coaches and team managers at those times.