



## 2023 Short Course Championships

Inspire Luton Sports Village

3-5 November 2023

### Information

- 1) As these are short-course championships, there will be continuous warm-up and swim down in the warm-up pool. For this reason, competitors may choose to warm-up during the competitive session, rather than in the formal warm-up periods. A lane will be reserved for dive starts.
- 2) Please note that Inspire Luton Sports Village will only open 30 minutes prior to the start of the morning warm-up, and that there is a charge for parking, which is reimbursed for officials and volunteers.
- 3) An online withdrawal system will be in operation. Withdrawals should be made to [swimentries@eastswimming.org](mailto:swimentries@eastswimming.org) until noon on Friday 3<sup>rd</sup> November 2023, after which an online withdrawal system will operate, details of which will be shared.
- 4) Coach and Team Manager passes remain free and can be accessed via the usual online system, the club must ensure that they respect the coach/TM ratios published in the entry pack. Please do not leave it until the last minute to download passes.
- 5) Relay team names will not be collected.
- 6) We have requested that the café remains open throughout the gala.  
There will be ample time between sessions for individuals to get food of their choice if this is their preference.
- 7) The event will be live streamed with professional commentary, which can be accessed via the Swim England East Region You Tube Channel.
- 8) Spectators are welcome, £5 per session or £10 per day. There is no charge for finals sessions.
- 9) There will be no break between finals and relays this year. A distance freestyle event has been inserted where there would normally have been a break to enable finalists to warm-up and swim-down in the training pool during this time.

**Session One – Friday 3<sup>rd</sup> November**

***Distance Freestyle Session***

Warm Up Start	18:00
Warm Up Finish	18:25
Session Start	18:30
Approximate Session Finish	20:17

**Session Two - Saturday 4<sup>th</sup> November**

***AM Heats***

Warm Up Start	08:00
Men's Warm-Up	08:00-08:20
Women's Warm-Up	08:20-08:40
Start	08:45
Estimated Finish	11:30

**Session Three – Saturday 4<sup>th</sup> November**

***PM Heats***

Warm Up Start	12:00
Women's Warm-Up	12:00-12:20
Men's Warm-Up	12:20-12:40
Session Start	12:45
Estimated Finish	15:15

**Session Four – Saturday 4<sup>th</sup> November**

***Finals***

Warm Up Start	15:45
Mixed Warm Up	15:45-16:05
Start	16:15
Estimated Finish Time	17:45

**Session Five - Sunday 5<sup>th</sup> November**  
**AM Heats**

Warm Up Start	08:00
Women's Warm-Up	08:00-08:20
Men's Warm-Up	08:20-08:40
Start	08:45
Estimated Finish	11:38

**Session Six – Sunday 6<sup>th</sup> November**  
**PM Heats**

Warm Up Start	12:10
Men's Warm-Up	12:10-12:30
Women's Warm-Up	12:30-12:50
Start	12:55
Estimated Finish	15:25

**Session Seven – Sunday 6<sup>th</sup> November**

**Finals**

Warm-Up Start	15:55
Mixed Warm Up	15:55-16:15
Start	16:20
Estimated Finish Time	17:45

### Arrangements for Presentations

For HDW events in heat sessions, presentations will take place at the conclusion of the session  
Para Swimmers have the option of collecting their medal, or having it presented on the podium.

#### Schedule of Presentations and Finals

Saturday 5 <sup>th</sup> November	Sunday 6 <sup>th</sup> November
401 M 200 Individual Medley	701 W 200 Individual Medley
402 W 50 Backstroke	702 M 50 Backstroke
403 M 50 Freestyle	703 W 50 Freestyle
404 W 200 Butterfly	704 M 200 Breaststroke
405 M 200 Butterfly	705 W 200 Breaststroke
406 W 100 Breaststroke	706 M 100 Butterfly
<i>Presentations – Events 401-404</i>	<i>Presentations – Events 701-704</i>
407 M 100 Breaststroke	707 W 100 Butterfly
408 W 100 Individual Medley	708 M 100 Individual Medley
409 M 100 Backstroke	709 W 100 Backstroke
410 W 100 Freestyle	710 M 100 Freestyle
411 M 200 Freestyle	711 W 200 Freestyle
<i>Presentations – Events 405-409</i>	<i>Presentations – Events 705-709</i>
412 W 200 Backstroke	712 M 200 Backstroke
413 M 50 Butterfly	713 W 50 Breaststroke
414 W 50 Butterfly	714 M 50 Breaststroke
415 W 1500 Freestyle	715 M 800 Freestyle
416 M 200 Freestyle Team	716 W 200 Freestyle Team
417 W 200 Medley Team	717 M 200 Freestyle Team
<i>Presentations – Events 410-417</i>	<i>Presentations – Events 710-717</i>

Competitors should arrive to presentation appropriately dressed, ideally in club kit.

#### Key

M – Male/Open

W - Women