



2024 Short Course Championships (2ER241557)

Inspire Luton Sports Village

1-3 November 2024

Warm-Up/Swim Down	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. Swimmers who use the formal warm-up periods (timings listed below) must warm up in the correct warm-up (i.e Male/Open or Female). With regret, as overall warm-up numbers are calculated to ensure athlete safety, a failure to respect this requirement may result in the swimmer and supervising coach/team manager being removed from the competition without refund.
Coach and Team Manager Passes	Coach and Team Manager passes are free and can be downloaded via the usual online system. Clubs must ensure that they respect the coach/TM ratios published in Wavepower.
Withdrawals	An online withdrawal system will be in operation. Withdrawals should be made to swimentries@eastswimming.org until noon on Friday 1st November 2024, after which the online withdrawal system will operate, details of which will be shared on the Swim England East Region website and Facebook page.
Relay Teams	Relay team names will not be collected.
M 800 and W 1500m Freestyle	The fastest heat of the M 800m and W 1500m will be swum in the finals session, earlier heats of this event will be swum in the second heats session of each day. Competitors are encouraged to make any withdrawals from these events as early as possible. Exact heat and lane assignments for these events will be declared on the publication of the heat sheets for sessions three and six.
Live Stream/Results	The event will be live streamed; this can be accessed via the Swim England East Region YouTube Channel. The link to live results will be posted on the Swim England East Region website and Facebook pages. https://www.youtube.com/@SwimEnglandEastRegion
Spectator Entry	Spectators are welcome, the fee for entering the gallery is £5 per session or £10 per day. There is no charge for finals sessions.
Finals and Relays	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.
Event Merchandise and Swim Shop	An event merchandise stand (Upper Concourse) and a Swim Shop (Lower Concourse) will be available on Saturday and Sunday of the championships.
Car Parking	Attendees are reminded that there is a charge for parking at the pool; payment can be made in the foyer or via an app.

Session and Warm-Up Arrangements

Session One – Friday 1st November

Distance Freestyle Session

Warm Up Start	18:00
Warm Up Finish	18:25
Session Start	18:30
Approximate Session Finish	20:18 (20:25 with presentations)

Presentations for the 800m Freestyle will be made during the 1500m Freestyle heats.

Session Two - Saturday 2nd 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	11:15

Session Three – Saturday 2nd November

PM Heats

Warm Up Start	11:45
Women's Warm-Up	11:45-12:05
Men's Warm-Up	12:05-12:25
Session Start	12:30
Estimated Finish	15:00

Session Four – Saturday 2nd November

Finals

Warm Up Start	15:30
Mixed Warm Up	15:30-15:50
Start	15:55
Estimated Finish Time	17:10 (17:30 with presentations)

Session Five - Sunday 3rd 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	11:30

Session Six – Sunday 3rd November
PM Heats

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

Session Seven – Sunday 3rd November

Finals

Warm-Up Start	15:30
Mixed Warm Up	15:30-15:50
Start	15:55
Estimated Finish Time	17:00 (17:20 with presentations)

Arrangements for Presentations – Finals Session

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 2 nd November	Sunday 3 rd 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
<i>Presentations – Events 401-404</i>	<i>Presentations – Events 701-704</i>
406 W 100 Breaststroke	706 M 100 Butterfly
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
<i>Presentations – Event 405-409</i>	<i>Presentations – Events 705-709</i>
411 M 200 Freestyle	711 W 200 Freestyle
412 W 200 Backstroke	712 M 200 Backstroke
413 M 50 Butterfly	713 W 50 Breaststroke
414 W 50 Butterfly	714 M 50 Breaststroke
<i>Presentations – Event 410-414</i>	<i>Presentations – Event 710-714</i>
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 – Event 415-417</i>	<i>Presentations – Event 715-717</i>

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

Key

M – Male/Open

W - Women

Presentations are made to the top 3 competitors/teams in each event, and to the top three Para Swimmers in each Para event, using a multi-classification points system.