



**2025 Long Course Championships – Weekend One (1ER250254)**

**UEA Sportspark, Norwich**

**28-30 March 2025**

**Important Notice – LIFT @ SPORTSPARK**

Our valued colleagues at the UEA Sportspark have informed us that the customer lift at the centre will not be operational for both March and May weekends. There is no other lift.

For those unable to use the stairs to access the spectator gallery, a small alternative viewing space has been arranged. Please contact [swimming@eastswimming.org](mailto:swimming@eastswimming.org) if you need to use this service.

**Schedule and Warm-Up Arrangements**

**Session One – Friday 28<sup>th</sup> March 2025**

***800m Session***

Warm Up Start	18:30
Warm Up Finish	18:55
Session Start	19:00
Approximate Session Finish	20:10

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

## Session Two - Saturday 29<sup>th</sup> March 2025

### *Heats*

Warm Up Start	08:00
Women's Warm-Up	08:00-08:20
Men's/Open Warm-Up	08:20-08:40
Start	08:45
Estimated Finish	10:15

## Session Three – Saturday 29<sup>th</sup> March 2025

### *Heats*

Warm Up Start	10:25
Women's Warm-Up	10:25-10:45
Men's/Open Warm-Up	10:45-11:05
Session Start	11:10
Estimated Finish	12:40

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

## Session Four – Saturday 29<sup>th</sup> March 2025

### *Heats plus 4x200m Freestyle Relay*

Warm Up Start	13:10
Men's/Open Warm-Up	13:10-13:30
Women's Warm-Up	13:30-13:50
Session Start	13:55
Estimated Finish	15:20

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

## Session Five – Saturday 29<sup>th</sup> March 2025

### *Finals and 4x100m Relays*

Warm Up Start	15:50
Women's Warm Up	15:50-16:05
Men's/Open Warm Up	16:05-16:20
Start	16:25
Estimated Finish	17:45 (Individual Events) 18:20 (Relays)

*There will be a 10-minute pause between the conclusion of the individual finals and relays*

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

### Session Six – Sunday 30<sup>th</sup> March 2025

#### *Heats*

Warm Up Start	08:00
Men's/Open Warm-Up	08:00-08:20
Women's Warm-Up	08:20-08:40
Start	08:45
Estimated Finish	10:10

### Session Seven – Sunday 30<sup>th</sup> March 2025

#### *Heats*

Warm Up Start	10:20
Men's/Open Warm-Up	10:20-10:40
Women's Warm-Up	10:40-11:00
Session Start	11:05
Estimated Finish	12:25

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

### Session Eight – Sunday 30<sup>th</sup> March 2025

#### *Heats plus 4x200m Relay*

Warm Up Start	12:55
Women's Warm-Up	12:55-13:15
Men's/Open Warm-Up	13:15-13:35
Session Start	13:40
Estimated Finish	15:05

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

### Session Nine – Sunday 30<sup>th</sup> March 2025

#### *Finals and 4x100m Relays*

Warm Up Start	15:35
Men's/Open Warm Up	15:35-15:50
Women's Warm Up	15:50-16:05
Start	16:10
Estimated Finish	17:25 (Individual Events) 18:00 (Relays)

*There will be a 10-minute pause between the conclusion of the individual finals and relays*

*A ten-minute swim-down will be offered at the conclusion of this session (not included in timings)*

### Dry Land Training Facilities

Dry land facilities, will be made available in the Sports Hall – the specific Sports Hall in use each day will be signposted. Athletes and teams are responsible for bringing their own equipment. Teams must also ensure that athletes under the age of 18 are adequately supervised. Please follow the safety signs displayed. Unaccredited parents are not permitted to enter this area.

<b>Saturday 29<sup>th</sup> March 2025</b>	8am until gala finish
<b>Sunday 30<sup>th</sup> March 2025</b>	8am until gala finish

<b>Officials and Volunteers</b>	<p>We have had a positive response, but still require individuals to assist.</p> <p>The sign-up can be found here:  <a href="https://www.eastswimming.org/swimming/swimming-officials-application-to-officiate/">https://www.eastswimming.org/swimming/swimming-officials-application-to-officiate/</a></p> <p>There are separate sign-ups for officials and volunteers on this page.</p>
<b>Live Stream and Results</b>	<p>This event is being fully live streamed.</p> <p>You can access the live stream via the Region's You Tube Channel:  <a href="https://www.youtube.com/@SwimEnglandEastRegion">https://www.youtube.com/@SwimEnglandEastRegion</a></p> <p>The link to our live results system will be shared via the region's Facebook and Twitter/X accounts.</p>
<b>Footwear/Clothing</b>	All persons going poolside may only leave poolside in footwear and wearing clothes – swimmers may not leave the pool area unclothed/in costume.
<b>Medals</b>	<p>A medal table will be in operation during this event.</p> <p>A regional backdrop will be provided for photographs.</p>
<b>Social Media</b>	<p>The Region likes to celebrate individual and team success stories at its events.</p> <p>Please do include the hashtag #ERSwimChamps25 when commenting on Twitter/X</p>
<b>Swim Shop</b>	A swim shop will be present <b>on the Sunday only</b> at this event.
<b>Event Merchandise</b>	Souvenir apparel/swimming hats can be purchased on both Saturday and Sunday at this event.
<b>Spectators</b>	<p>The cost for spectating is £5 per heat session, or £10 for all heat sessions in a day.</p> <p>Where there are three heats sessions in a single day, the entrance fee for two consecutive sessions is £5.</p> <p>There is no charge for finals sessions. This includes the 800m session.</p>
<b>Coach and Team Manager Passes</b>	Clubs have a duty to comply with the latest ratios provided in WavePower. If the promoter feels that a team has excessive numbers of accredited adults on poolside, the club's entries may be withdrawn for that session.

<b>Queries</b>	The Meet Director is Tom Baster, Swimming Manager, Swim England East Region. swimming@eastswimming.org
<b>Withdrawals and Relay Team Declaration Forms</b>	As the relays are national qualifiers, team declaration forms are required.  Withdrawals will also be via an online system.  <a href="https://www.eastswimming.org/swimming/swimming-competitions/">https://www.eastswimming.org/swimming/swimming-competitions/</a>
<b>Programme</b>	A online programme will be published here:  <a href="https://www.eastswimming.org/swimming/swimming-competitions/">https://www.eastswimming.org/swimming/swimming-competitions/</a>
<b>Quiet Revision Room</b>	Athletes may revise during sessions in the John Jarrold Suite. There may be limited space to revise between sessions as this is where our workforce take their breaks.