



Northumberland & Durham Swimming Association 2024 Teams Day

FINAL CLUB INFORMATION

WARM UP DETAILS:

PLEASE NOTE – coaches, team managers and swimmers will not be permitted into the pool hall before 7.30am.

Sunday 3rd March	Session 1	Warm Up:	08:00-08:15 Open 13yrs/under 08:15-08:30 Open & Girls 14/over 08:30-08:45 Girls 13yrs/under
		Start:	09:00
	Session 2	Warm Up:	13:00-13:15 Girls 13yrs/under 13:15-13:30 Open & Girls 14/over 13:30-13:45 Open 13yrs/under
		Start:	14:00

All warm ups will have one way sprint lanes introduced after 10 minutes in all lanes from the scoreboard end in the race pool as announced. Swimmers should use both the race pool and the second pool for warm up. The diving pit and second pool can be used for swim down as required but there is to be no diving at any time.

Please note that Sunderland Aquatic Centre operates a strict limit on the number of swimmers in each lane at any one time. In all pools, 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.

There will be a 15 minute break between the heats and finals in each session to allow for generation of the final start sheets.

WITHDRAWALS:

Any withdrawals for this meet should be made by email to ndswimmingentry@hotmail.co.uk by 9pm on Friday 1st March. In the event a team wishes to withdraw from a final, please ensure the recorders are notified as soon as possible and certainly within 15 minutes of announcement of the finalists.

POOLSIDE PASSES:

All those who collecting a poolside pass must report to the timing suite via the door beside the photocopier room. Access on the morning will be available from 7.20am **only** for those collecting their poolside pass.

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

RULES:

Clubs are reminded that any changes to their Team Lines must be reported to the recorders prior to the start of the relevant session. Clubs are permitted to amend Team Lines between heats and finals so long as such amendments are formally declared to the recorders before the start of the finals session. Swimmers who compete for one team in the heats **may not** be brought into a different team for the final.

PRESENTATIONS:

- Medals shall be awarded to the top 3 teams in each event.
- Due to time constraints, there will be no medal presentations and swimmers should collect their medals following the announcement of the results for each final.

STUDIO:

The Studio overlooking the pool can be used by coaches and team managers who are in possession of a poolside pass as a break out room during the day, except for the lunch break. Tea and coffee will be available.

INFORMATION FOR SPECTATORS:

The doors will be opened for spectators at 8am – no spectators will be admitted before this time. All spectators should remain on the right hand side of the pool (when looking from the scoreboard end) and are not permitted on the swimmer side of the pool at any time. The left hand side of the pool is for swimmers and those in possession of a poolside pass only.

Tickets for spectators have been sold out – **no tickets will be available on the door to purchase** so please do not attend if you are not already in possession of a ticket. If possible, spectators are asked to bring a printed copy of their ticket to reduce delays at the entrance.

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

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.

FACE/BODY PAINT

Clubs should note that **no** face or body paint should be used at this event. Any swimmers ignoring this request will be asked to remove any paint before entering the pools.