

Swimming Championships (50m) 2024

Open/Youth Championships
Sunderland Aquatic Centre, 4th-6th May 2024

FINAL INSTRUCTIONS

YOUR REGION NEEDS YOU!!

Volunteers

We need more Technical Officials for the sessions on Monday 6th May or the swimming cannot take place. All other sessions are fully staffed.

We owe it to the swimmers to ensure that the full Championship Programme is delivered.

Please offer to assist if you can. Please apply by using the form [here](#)

Our Expenses Policy can be found [here](#) under 'Regional Swimming Championships'

Obviously if a Spectator Ticket has been purchased it will be refunded.

A Programme may be downloaded or printed from [here](#).

We will not be selling programmes at the event.

The Warm Up Schedule is below.

Saturday 4th May Heats	Morning All Heats except 1500m Free	Afternoon Mixed 1500m Freestyle	Finals Mixed
Open/Male	8am to 8-25am	1-30pm - 1-55pm	4-15pm
Female	8-25am to 8-50am		
Session Start	9am	2pm	5pm
Sunday 5th May Heats			Finals Mixed
Open/Male	8am to 8-25am		4-15pm
Female	8-25am to 8-50am		
Session Start	9am		5pm
Monday 6th May Heats	Morning All Heats except 800m Free	Afternoon Mixed 800m Freestyle	Finals Mixed
Open/Male	8am to 8-25am	1-30pm to 1-55pm	4-15pm
Female	8-25am to 8-50am		
Session Start	9am	2pm	5pm

Spectators

All Spectator Tickets will be sold in advance. Purchase [here](#)

[There will be no parking at the pool due to a football match on Saturday 4th May 2024](#)

Withdrawals

If a swimmer is not going to swim in a heat they must inform the Entry Manager of their intention to withdraw no later than 12noon on the Friday for all events on the Saturday and 12noon on Saturday/Sunday for events on the following day. Seeded Heat Start lists will be produced. Notifications should be sent to:

nerswimmingmanager@asaner.org.uk

Streaming

The Championships will be broadcast live on the Regional YouTube Channel