



Northumberland & Durham Swimming Association 2025 Teams Day

FINAL CLUB INFORMATION

PLEASE NOTE –

Coaches, Team managers will not be permitted into the pool hall before 7.20am,
and Swimmers before 7:30am

WARM UP DETAILS:

Sunday 2 nd March	Session 1	Warm Up:	08:00-08:15 Open/Male 13yrs/under 08:15-8:30 Open/Male & Female 14/over 08:30-08:45 Female 13yrs/under
		Start:	09:00
	Session 2	Warm Up:	13:00-13:15 Female 13yrs/under 13:15-13:30 Open/Male & Female 14/over 13:30-13:45 Open/Male 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 short break between the heats and finals in each session to allow for the generation of the final start sheets.

WITHDRAWALS:

Please email any withdrawals to ndchampionshipentries@outlook.com by 12 noon on Saturday 1st March.

Withdrawals from finals should be made as soon as possible to the timing room, no later than 15 minutes after the finalists have been announced.

RESULTS:

Results will be available online at the following link:

<https://asaner.org.uk/results/ndsa/2025/teams/index.htm>

SWIMMERS:

Access to the pool area will be via the Male and Female entrance doors for the Changing Village. Swimmers will not be allowed on poolside before 7:30am.

SAFEGUARDING:

In response to the latest guidelines from Swim England, the following will be in place for the Changing Village:-

- Separate Entrance doors for Male and Female swimmers into the changing village. *There will be signage in place to help direct swimmers to the correct entrances.*
- Male swimmers will enter via the **Left**-Hand side of the main reception desk.
- Female swimmers will enter via the **Right**-Hand side of main reception desk at the Café side.
- The changing village will be divided into Male and Female areas with a barrier system.

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 - swimmers, officials, coaches/team staff, meet management and volunteers.

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

COACHES:

ALL Coaches and Team Managers must have purchased an online accreditation in advance to be permitted on poolside/on the swimmer's side of the pool hall.

Anyone who attended the Championships; please bring your accreditation lanyard with you.

Those who are attending for the **first time**, Please **PRINT OFF YOUR PASS** and following verification outside the timing suite, you will be given a lanyard and plastic wallet which must be worn at all times.

Entrance to the pool area will be from 7:20am onwards via the coach/team manager entrance. Which is located to the left-hand side of the main reception desk, adjacent to the Fire exit.

Please note any Coaches or Team Managers who are sitting in the Spectator area will be asked to return to the swimmer side of the pool hall.

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 final's session. **Swimmers who compete for one team in the heats may not be brought into a different team for the final.**

FACE/BODY PAINT, TRANSFERS, WATERPROOF TATOOS

Clubs should note that NO face/body paint, transfers or waterproof tattoos should be used at this event. Any swimmers ignoring this request will be asked to remove any, before entering the pools, as advised by the Aquatic Centre Management Team.

STUDIO:

The Studio overlooking the pool can be used by those who are in possession of a valid poolside pass as a breakout room during the weekend. Tea and coffee will be available. Please note that the Studio will be used by officials during the warmups and during the lunch break, therefore will not be accessible for coaches and team managers at those times.

SPECTATORS INFORMATION:

Spectator tickets TEAMS are **sold out**. There will be no tickets available to purchase on the door.

The doors will be opened for spectators at 8am each morning – no spectators will be admitted before this time. To assist our volunteers in admitting everyone as quickly as possible, please have your ticket printed off or available on your phone for checking it will help us admit you to the poolhall as quickly as possible.

It's important that wristbands are visible when entering the spectator areas. If it isn't, please don't be offended, when our volunteers ask to see it.

There will be NO Start sheets for spectators, A QR code will be displayed to access start lists and LIVE results.

Spectators are not permitted on the swimmer side of the pool at any time.

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

NESS Swim shop:

Will be situated in Meeting Room 2. situated on the left-hand side of the balcony.

CAR PARK INFORMATION

There is a SAFC Women's Football match taking place on Sunday 2nd March, kick off is at 2pm.

Free Car parking remains available, but we expect the car parks to be extremely busy. The Green and Blue car parks will be available for public parking next to the Stadium,/Aquatic centre. The Red, Yellow and Platinum Car parks will be steward Controlled.

There are several car parks within the city centre a short walk from the Aquatics centre.

For example:

The Stadium of Light metro station SR5 1HX, has 182 parking spaces and is a 12 min walk to the pool.

St Mary's Car Park - SR1 3AH which has over 400 parking spaces located just across the river/bridge and is a 15-minute walk.