



# Northumberland & Durham Swimming Association 2022 Championships

## FINAL CLUB INFORMATION – WEEKEND 1

### WARM UP DETAILS:

<b>Friday 11<sup>th</sup> February</b>	Session 1	Warm Up:	17:00-17:50 Mixed
		Start:	18:00
<b>Saturday 12<sup>th</sup> February</b>	Session 2	Warm Up:	08:00-08:25 Girls 08:25-08:50 Boys
		Start:	09:00
	Session 3	Warm Up:	13:00-13:25 Boys 13:25-13:50 Girls
		Start:	14:00
<b>Sunday 13<sup>th</sup> February</b>	Session 4	Warm Up:	08:00-08:25 Boys 08:25-08:50 Girls
		Start:	09:00
	Session 5	Warm Up:	13:00-13:25 Girls 13:25-13:50 Boys
		Start:	14:00

Warm up for the Friday evening session will be continuous swimming in all lanes. For the final 5 minutes, lanes 0 and 9 can be used as one way sprint lanes as required.

All other warm ups will have one way sprint lanes introduced after not less than 15 minutes in lanes 0-3 and 6-9 from the scoreboard end as announced – swimmers should not stop before the 25m mark in sprint lanes. Swimmers can use the diving pit for both warm up and swim down as required but there is to be no diving in that pool.

**Please note that Sunderland Aquatic Centre operates a strict limit on the number of swimmers in each lane at any one time. In the main competition pool, during warm up, no more than 18 swimmers must be in any one lane. In the diving pit, 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.**

## **WITHDRAWALS:**

Any withdrawals for Session 1 (Friday 11<sup>th</sup> February) should be made by email to [ndswimmingentry@hotmail.co.uk](mailto:ndswimmingentry@hotmail.co.uk) by 1pm on Friday 11<sup>th</sup> February.

Any withdrawals for Sessions 2 and 3 (Saturday 12<sup>th</sup> February) should be made by 6pm on Friday 11<sup>th</sup> February.

Any withdrawals for Sessions 4 and 5 (Sunday 13<sup>th</sup> February) should be made by 4pm on Saturday 12<sup>th</sup> February.

Withdrawals from finals should be made as soon as possible after the finalists have been announced to ensure reserves have the opportunity to swim.

## **RESULTS:**

Results will be posted in the pool hall and online at the following link:

<https://asaner.org.uk/results/2022/ndsa22/champs/index.php>

## **LIVE STREAM:**

The Championships will be streamed live through the Swim England North East YouTube channel. The following links can be used to access each session:

Session 1 – [https://youtu.be/A\\_TkijUardc](https://youtu.be/A_TkijUardc)  
Session 2 – [https://youtu.be/fUJBZnRay\\_Y](https://youtu.be/fUJBZnRay_Y)  
Session 3 – <https://youtu.be/okioLoECw7E>  
Session 4 – <https://youtu.be/KYxfMUP5clA>  
Session 5 – <https://youtu.be/j0lF3GTP4mo>

## **PRESENTATIONS:**

- Medals shall be awarded to the top 3 swimmers in each event and in each age group.
- Medal presentations for HDW events will take place during the Heats in each session once the results have been announced. Coaches and Team Managers should ensure medallists, or a deputy, are available for presentation in accordance with the announcements made.
- Medal presentations for events with finals will take place during the Finals in each session. Swimmers must wear appropriate clothing for the presentations. Swimmers may be asked to remain at the presentation area immediately following their final to ensure attendance at the presentation. It is the responsibility of the Clubs to arrange for a deputy to attend if swimmers are unable to remain for presentation.
- Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.

## **STUDIO:**

The Studio overlooking the pool can be used by coaches and team managers who are in possession of a 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 lunch break and therefore will not be accessible for coaches and team managers at those times.

## **IMPORTANT COVID-19 AND ACCESS INFORMATION:**

All attendees aged 18 and over present at the Championships, in whatever capacity, must provide evidence of a negative lateral flow test taken within the last 48 hours. Anyone unable to provide such evidence will be refused entry to the venue. It is the responsibility of individuals to ensure they bring evidence with them on each day they attend.

Once our volunteers have checked names and negative tests, wristbands will be provided which must be worn at all times. Please be patient at busy times.

Under 18s are encouraged to take a lateral flow test before attending the Championships.

If anyone tests positive, or displays any Covid-19 symptoms, please do not attend and you should follow current Government guidance. If anyone has had Covid-19 within the last 90 days please do still take a lateral flow test and, if positive, bring proof that you have previously had a positive PCR.

Entry to the pool hall at the start of each session will be via fire exits rather than through the main pool reception to reduce crowding.

The following Clubs should use the first entrance on the Stadium of Light side (timing suite – Fire Exit 1):

Aquaforce Hartlepool, Aquajets Newcastle, Alnwick Dolphins, Ashington, Billingham, BOSS, Chester le Street, City of Sunderland, Consett, Darlington, Derwentside, Durham City, Durham University, Gateshead & Whickham, Guisborough, Hartlepool & NEDSC

The following Clubs should use the far entrance on the Stadium of Light side (diving pit – Fire Exit 2):

Loftus Dolphins, Middlesbrough, Morpeth, Northumbria Masters, Newcastle Swim Team, Peterlee, Richmond Dales, Saltburn & Marske, Sedgefield, South Tyneside, Stokesley, Tynedale, Tynemouth & Wear Valley

Those entering via Fire Exit 1 should sit on the Stadium of Light side of the pool.

Those entering via Fire Exit 2 should sit on the opposite side, crossing over between the competition pool and diving pit.

The Fire Exits will be open at the following times:

Session 1 - 4.30-5.30pm - \*\*all attendees for this session should use Fire Exit 2\*\*

Sessions 2 & 4 – 7.30-8.30am

Sessions 3 & 5 – 12.30-1.30pm

If arriving outside of these times, access is through main reception and then upstairs to the correct side of the pool, where the entry process above will be followed.

We do encourage all attendees to wear masks during the Championships, however this is optional. Thank you for your understanding and support.