

Open Masters & Senior Age Group Championship 2023 Information

Parking

Event parking will be available from 7.15am at Victory Rd, Allenton, Derby DE24 8ZF.

There is a cost of £3, this is cash paid to the Scouts managing the parking, this is a short walk from the center.

We would ask where possible all attendees use the event parking, a further guidance map is given on the next page.

Lockers

Lockers are available if swimmers wish to use them, a £1 coin or £1 token is required.

Access to Pool Deck

The pool is accessed via the entrance gates as soon as come into reception, there are either lifts or stairs down to the village change. Please note members of the public will also be using the village change as this also serves the aqua park.

Camping/fold out chairs

Swimmers are welcome to bring chairs onto poolside, it is requested that officials walk ways and emergency exits are kept clear.

Warm up & Session timings

	Start	Finish Times for sessions are estimates
Warm up 1	8.00	8.40
Session 1	8.45	11.40
Session 1 break	A 15 min break will be given after event 107, the pool may be used during this time excluding dive starts.	
Warm up 2	12.00	12.40
Session 2	12.45	15.30
Session 2 break	A 15 min break will be given after event 207, the pool may be used during this time excluding dive starts	

Each warm up will consist of two 25 minute sessions with a lane given to a specific age group.

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
1 st 20 min	Starts all age groups	All age groups	18-24		25-29		30-39			Starts all age groups
2 nd 20 min			40-46		47-58		59-63	64+		

Withdrawals & Additional Swims

Withdrawals must be completed online via the website: [Meet Withdrawal](#) by Saturday 9th December at 6pm.

Additional swims may be considered up to Saturday 9th at 6pm, subject to there being space within the heats, the request should be sent to: entries@emswimchamps.org.uk

With the exception of the 800m and 1500m which should be submitted via the [reserve list](#).

Heat Sheets & Results

A draft programme is available on the website, any errors should be report to entries@emswimchamps.org.uk by Saturday 9th at 6pm.

