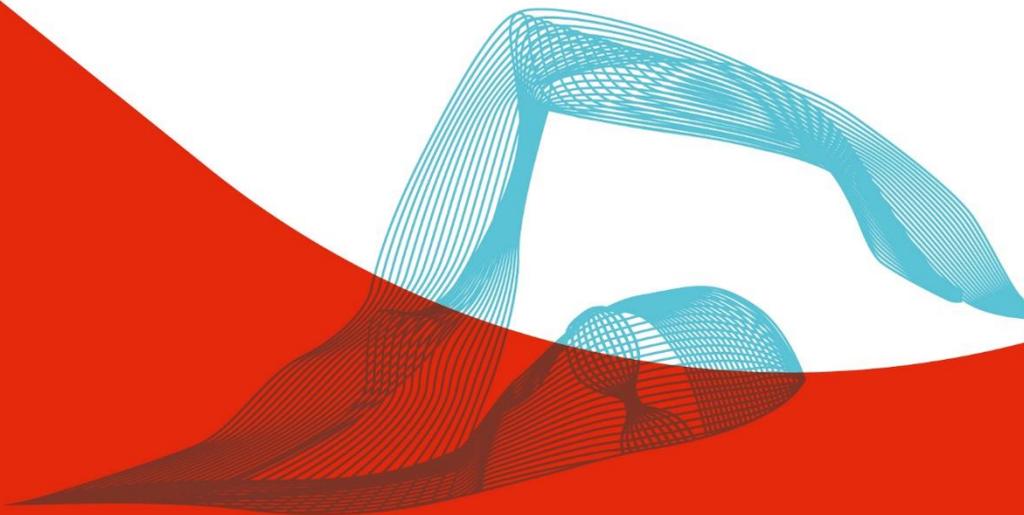


# Confirmation Pack

Swim England East Midland Regional  
Championships 2024

Corby, 20<sup>th</sup>-21<sup>st</sup> April



## Contents

Contents .....	2
CONTACTS .....	3
KEY DATES.....	3
TRAVEL INSURANCE .....	3
COMPETITION INFORMATION .....	4
Entries .....	4
Event Schedule .....	4
Protocol .....	4
Start Lists & Results .....	4
Finals .....	5
Withdrawals.....	5
Withdrawals from Finals .....	5
Anti doping .....	5
Medical.....	6
ACCREDITATION.....	6
Competitors.....	6
Coaches, Team Managers and Chaperones .....	6
GENERAL INFORMATION .....	7
Changing room access.....	7
Security .....	7
Spectators Tickets.....	7
Event Merchandise.....	7
Food and Drink.....	7
Parking.....	7
Live stream.....	8
CONDITIONS .....	8

## CONTACTS

<p><b>Swim England East Midlands</b>  <b>Matthew McNicholas</b>                  Swim England East Midlands                  Pavilion 3                  3 Oakwood Drive                  Loughborough                  LE11 3QF                    Tel: 07392 115785                  Email: <a href="mailto:matthew.mcnicholas@swimming.org">matthew.mcnicholas@swimming.org</a></p>	<p><b>Venue</b>  <b>Corby East Midlands International Pool</b>                  Parkland Gateway                  George St                  Corby                  NN17 1QG                  Tel: 01536 464643  <a href="#">CEMIP website</a></p>
<p><b>Regional Welfare Officer</b>  <b>Ursula Beck</b>                      Email:  <a href="mailto:eastmidlands.welfare@swimenglandvolunteers.org">eastmidlands.welfare@swimenglandvolunteers.org</a></p>	<p><b>Swim England Safeguarding</b>    <a href="#">Child Safeguarding Referral</a>    <a href="#">Adult Safeguarding Referral</a>                    Email: <a href="mailto:safeguarding@swimming.org">safeguarding@swimming.org</a></p>



## KEY DATES

<p><b>Additional entries close</b></p>	<p>23:59, Monday 15<sup>th</sup> April 2024</p>
<p><b>Spectator tickets released</b></p>	<p>18:00, Wednesday 17<sup>th</sup> April 2024</p>



## TRAVEL INSURANCE

Affiliated clubs and members thereof have the benefit of third party and personal accident insurance effected by Swim England. However, this does not include travel insurance for trips in the UK or abroad, in particular there is no cover for travel or accommodation costs for the cancellation of an event.

Some clubs and members may already have the benefit of their own group or personal travel insurance. For those that do not have travel insurance for this event and wish to get a Sport Travel Insurance quote please click [HERE](#) or contact Howdens directly on 0121 698 8052. Alternatively, you can seek cover from another insurance provider.

### **\*\*VOLUNTEER ROLES AVAILABLE\*\***

Please consider supporting this event by volunteering.  
 Expenses are available.

[Officials sign up](#) | [Volunteers sign up](#)



## COMPETITION INFORMATION

### Entries

<p><b>Swimming</b>  <a href="#">Confirmed Swimming Entries</a></p>
--

All entries should be checked to ensure they are correct. If there are any entry errors, please [contact us](#) as soon as possible.



### Event Schedule

A detailed list of all events and timings can be found on the [EM Swim Champs website](#).

Dates	Session	Warm Up	Session Start	Finish Due
Saturday 20 <sup>th</sup> April	Session 1 Heats	Open/Male Warm Up – 08:00-08:25 Female Warm Up – 08:25-08:50	09:00	11:15
	Session 2 Heats	Female Warm Up – 12:00 Open/Male Warm Up – 12:25	13:00	15:00
	Session 3 Finals	Mixed Warm Up – 15:30	16:00	
Sunday 21 <sup>st</sup> April	Session 4 Heats	Female Warm Up – 08:00-08:25 Open/Male Warm Up – 08:25-08:50	09:00	11:15
	Session 5 Heats	Open/Male Warm Up – 12:00 Female Warm Up – 12:25	13:00	15:00
	Session 6 Finals	Mixed Warm Up – 15:30	16:00	

*\*Please note: Event schedule is subject to last minute changes and the timings stated above are estimates*

### Protocol

Competitors are asked to not change on poolside.

Only personal training equipment can be utilised during warm-up and swim-down in the competition pool (pull buoys, kickboards). The use of bungee cords, fins and large hand paddles is prohibited in both pools at all times.

**The use of mobile phones is strictly prohibited in the changing village.** Any attendee found to be using their phone in the changing village will be asked to leave the event.

Photography is only permitted from the balcony, no photography from poolside.

No attendees may use the emergency exit door by the fun pool, all access via changing rooms.

Hot drinks are not allowed on poolside, whether or not in a closed container.

Footwear must be worn when leaving poolside.

Small camping chairs are permitted on poolside, but space may be limited so please be considerate of others.

### Start Lists & Results

Start lists and results will be [available to view online](#). A QR code to access the online start sheets and results will be posted on the event notice boards, and can also be viewed on the results website. Additional results will be posted in the entrance to the pool hall from the changing rooms.

### Marshalling Area – Heats and Finals

Competitors must report 'race ready' to the competition stewards in sufficient time; it is suggested no later than 15 minutes, prior to the start of their event.

**The marshalling area is beside the swim-down pool, on the opposite side to the spectator balcony.**

### Withdrawals from heats

Withdrawals must be submitted online by **6pm** on the **day prior** to the event.

<b>Withdrawals submission</b>	<a href="#">Submit a heat withdrawal here</a>
-------------------------------	---

### Finals

For 50m – 200m events, the fastest 8 swimmers in each age group will be allocated a final place with the competitors placed 9th and 10th in the heats considered first and second reserve.

400m finals will be swum as 16/Un and 17/Ov age bands with the fastest 8 in each being allocated a place in the final with the competitors placed 9th and 10th in the heats considered first and second reserve. Please note medals are also given on a HDW basis in the set age groups.

### Withdrawals from Finals

Withdrawals from Finals must be made no later than 20 minutes after the conclusion of the last individual event in the session in which they have qualified for the next round.

The withdrawal must be made at the medals table. Athletes cannot withdraw online.

Failure to notify or a late withdrawal from a final, including reserve finalists, or 800m/1500m freestyle shall be subject to a £20 fine, this will be sent via invoice following the completion of the Championships.

### Anti doping

Whether by accident or on purpose, doping is against the rules of the sport. Swim England and Aquatics GB promote a culture of doping-free sport.

For further information, please refer to Anti-Doping section:

<https://www.swimming.org/swimengland/anti-doping/>

All medications should be checked on [www.globaldro.com](http://www.globaldro.com)

### Medical

There will not be a doctor present at this meet. Pool staff will administer first aid where necessary. Please contact a member of event staff or venue if you require assistance.

The nearest hospital is:

Kettering General Hospital  
Rothwell Rd  
Kettering  
NN16 8UZ

It is 8.7 miles away, just over a 15-minute drive.



### ACCREDITATION

Accreditations must be worn at all times whilst in accredited areas of the venue. Access to the pool deck and changing rooms will not be granted without a valid event accreditation.

**A £10 charge will be applied to replace any lost or forgotten accreditations.**

Accreditation checks will be carried out at the event and entry into the event may be denied without an accreditation pass.

### Competitors

Accreditation is not required for competitors at this event. Staff at poolside access control will have a full list of swimmers competing available to them, and will be encouraged to challenge anyone who is not easily recognisable as an athlete. Please be patient with the volunteers on the door, who are ensuring the safety of all competitors by carrying out targeted checks.

### Coaches, Team Managers and Chaperones

<b>Poolside Accreditation Pass Charge</b>
---

<b>£8</b>
-----------

To apply for the accreditation pass, all coaches, team managers and chaperones must meet the [Poolside Accreditation Requirements](#).

To apply for the event accreditation:

- Swim England members: log into [Swim England Membership Options](#)

Once verified and purchased, all accreditation passes are sent in an email to be printed in advance of the event.



## GENERAL INFORMATION

### Changing Room Access

There will be an access control point at the changing room entrance. Accreditation must be shown by coaches and TMs to access the changing rooms.

### Security

Spectators, competitors and team staff are asked to be extra vigilant and take care not to leave their belongings unattended. Any concerns should be reported to event or venue staff.

### Spectators Tickets

Spectators can purchase tickets online **from 6pm Wednesday 17<sup>th</sup> April**.

**[PURCHASE TICKETS ONLINE HERE](#)**  
from 6pm Wednesday 17<sup>th</sup> April

	Pricings
Single heat session	£5
All day	£7.50
Finals	FREE (No ticket required)

### Event Merchandise

Event Merchandise will be available via our partners SportySwim. [Pre order merchandise here](#). A full swim shop will be available in the entrance area.

### Food and Drink

There will be provision to buy food and drink at the venue. Scran cafe offers a range of food and drink, including quick snacks and warm healthy meals. The café will be open throughout both days. Event catering is for event volunteers and officials only.

### Parking

There are two car parks near Corby East Midlands International Pool. One at the front of the venue, accessed from Westcott Way, and another at the rear, accessed from George Street.

There is a charge for parking on Saturdays. Please note that the front and rear car parks require separate tickets that are not interchangeable, despite North Northamptonshire Council operating both. Parking on Sunday is free of charge.

## Swim England East Midland Regional Championships 2024 – Confirmation Pack

### Period 5am to 6pm

### Charge per vehicle

Up to 2 hours

60p

Between 2 and 3 hours

£1

Between 3 and 4 hours

£2

Between 4 and 6 hours

£4

Any period over 6 hours

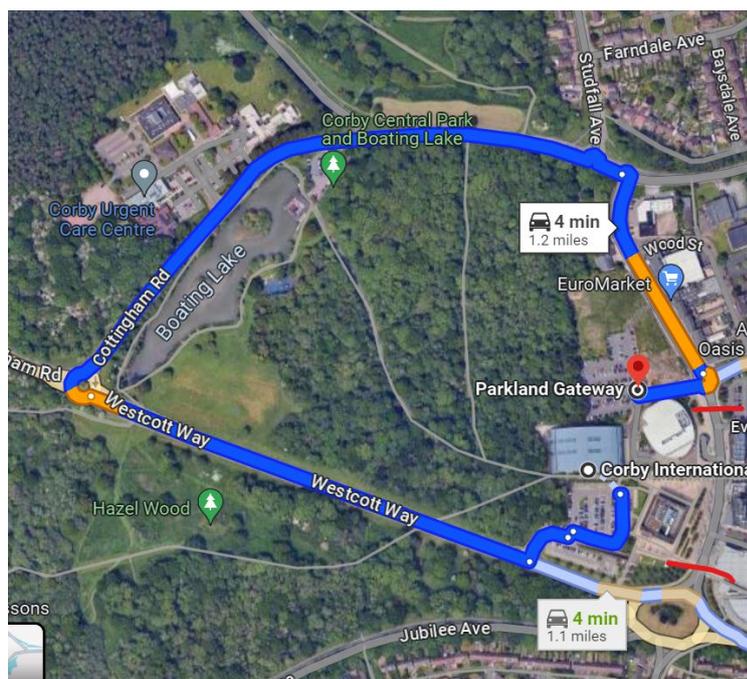
£10

Between the hours of 6pm and 12am - 20p

### \*\*\*IMPORTANT\*\*\*

The shortest route between the two car parks using George Street is a pedestrianised zone Monday-Saturday 8am-6pm. Traffic enforcement cameras are in operation and fines will be issued for contraventions.

To access the rear car park please use Cottingham Road:



## Live Streaming

The event will be live streamed on the [Swim England East Midlands YouTube channel](#). This stream is provided by a young volunteer, not a professional company.

## CONDITIONS

The Swim England East Midlands Championships 2024 Conditions can be found on the [EM Swim Champs website](#).