



Swim England South West

Winter Championships Long Course
Under ASA Laws & Regulations
President: Paul ROBBINS
At Millfield Friday 3rd, Saturday 4th & Sunday 5th November 2017

Warm-up, withdrawals and event timings.

Saturday

0845 – 0912 Men's warm-up
0912 – 0940 Women's warm-up
0945 Session starts
Last chance to withdraw from finals for Men is 10 minutes after the start of the 400m Freestyle and 10 minutes after 400m finishes for Ladies
1200 Session finishes
1230 – 1330 Finals and presentations:
Present 400m Free, Swim 2, present 2, swim 3, present 3 and swim 2, present 2 to Seniors and Juniors
1330 - 1355 Break and swim down
1400 – 1427 Men's warm-up
1427 – 1455 Women's warm-up
1500 Session starts
Last chance to withdraw from finals for Women is 10 minutes after the start of the 400m Ind. Medley and 10 minutes after the 400m finishes for Men.
1645 Session finishes
1715 – 1815 Finals and presentations:
Present 400m IM, swim 2, present 2, swim 2 present 2 and swim 2 present 2.

Sunday

0845 – 0912 Women's warm-up
0912 – 0940 Men's warm-up
0945 Session starts
Last chance to withdraw from finals for Women is 10 minutes after the start of the 400m Freestyle and 10 minutes after the 400m finishes for Men.
1200 Session finishes
1230 - 1330 Finals and presentations as Saturday
1330 – 1355 Break and swim down
1400 – 1427 Women's warm-up
1427 – 1455 Men's warm-up
1500 Session starts
Last chance to withdraw from finals for Men is 10 minutes after the start of the 400m Ind. Medley and 10 minutes after 400m finishes for Ladies
1645 Session finishes
1715– 1815 Finals and presentations as Saturday

Finals These will be swam in the order Open, Junior and B. The Open final is for all age groups and juniors must swim in this final if they qualify and awards are only made to swimmers who compete in the Open or Junior final. There are no presentation for the B final. No more than 4 reserves will be required.

Warm-up

Each session will be 15 minutes continuous swimming followed by 12 minutes of sprints, lanes 1 & 2 Back stroke, lanes 6, 7 & 8 Dive starts.

Presentations

These will be made as shown in the time table above, please ensure your swimmers are in the Presentation marshalling area when requested, suitably dressed, and that junior's [15 years & under] who may not be in the finals are also present. Para swimmers must improve on their entry time to receive a medal when there is only one swimmer, when more the minus 1 rule will apply.

Withdrawals

Please ensure all swimmers are aware of the correct procedure and the consequences of not swimming in any of the 3 finals.

REGIONAL COMPETITION DATES & VENUES 2018

ESSA Primary School Relays	30 April	Millfield Years 5/6. Final Sheffield 16/6/18
Summer Championship 15yrs & over	5, 6 & 7 May	Plymouth
Summer Championship 11/12 - 14	12/13 May	Hengrove
Summer Championship 11/12 - 14	19/20 May	Millfield
Sprints [25m pool]	8 July	Gloucester
Relays [25m pool]	16 September	Millfield
ESSA Senior Relays	26 September	Millfield
Winter Championships	2/3/4 November	Millfield

Event details are on the website www.swimwest.org and Sportsystems entry files will be circulated to clubs or requested from rmargetts@wcasa.co.uk

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2018 FSH Dates

- > May 26th - June 2nd
- > July 9th - July 19th
- > July 19th - July 26th
- > July 26th - Aug. 2nd
- > Aug. 3rd - Aug. 10th
- > Aug. 10th - Aug. 20th
- > Aug. 20th - Aug. 30th

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