



National Swimming Finals
Saturday 3-4 December 2022 (TBC)
London Aquatics Centre
Queen Elizabeth Olympic Park
11.00am-6:30m (arrive from 11.00am)

Schools and Spectators Information Pack

Transport to the Pool

- We strongly recommend you use public transport to get to the venue
- Coach/Bus drop off point use the postcode: E20 2ZQ
- There is **no parking on site**. The nearest car park is at Westfield
- The nearest tube station is Stratford/Stratford International
- Please use the following website links to plan your journey:
http://londonaquaticscentre.org/how_to_get_here
<http://queenelizabetholympicpark.co.uk/the-park/plan-your-visit/getting-here>

Competitors Information

- Registration will begin at 11.00 - 11.30am (first session) and 2.20-2.50pm (second session). You **must** register during these times with your Team Manager in the East Event Entrance, **not** the public entrance on the lower level by the café
- Once registered please follow all instructions from your area Team Manager
- Changing facilities and lockers are available (£1 refundable) for all competitors
- No belongings onto poolside, except for a towel, drink, snack and sweatshirt for presentations
- No outdoor footwear is to be worn on poolside
- Competitors should only sit on poolside for the session in which they are competing in
- ISA swimming hats will be provided for all competitors

Well done in getting to the final, you can be very proud of yourself! Good luck, try your best and enjoy!

Presentations

- Presentations will take place throughout the competition. Presenters will include Team GB athletes and ISA Members including the Chair of ISA.
- When all swimmers have finished, exit the pool IMMEDIATELY.
- Do not leave to join your area team!
- Stay with the group and follow instructions given
- The top three finishers should immediately get their top/sweatshirt on and make their way to the Presentation rostrum and wait to be presented
- Individuals will NOT be presented without an appropriate school top/sweatshirt on

Spectator Information

- ONLY accredited team managers, competitors and officials will be allowed poolside
- Spectators can only enter the venue through the East Event Entrance to the Olympic Pool from **11.30am**. This is **not** the public entrance on the lower level by the café



- Full programmes will be available on the day for FREE
- Parents and Swimmers will be separated in this area – swimmers will be led to the changing rooms from 11.00am and parents will be directed to the spectator area
- On-site catering is available throughout the facility
- The venue does not allow food and drink to be brought in by spectators.
- There is NO entry fee or restriction on spectators per competitor, please encourage family members and friends to attend this event
- Spectators MUST collect a wristband in the upper concourse entry zone for entry into the event to gain access to the viewing areas
- Spectators can buy food from the Café by reception and from the concession stands on the spectator concourses
- Spectators are requested to be silent for all announcements and at the start of each race
- You should be prepared for a random bag search conducted by security on entering the venue
- Toilets are located on the spectator concourses or downstairs in the venue
- Spectators should arrange where to meet their children after the Gala – preferably somewhere on the spectator concourse and NOT outside the changing rooms
- Please support and encourage all children on their day
- **Changing rooms are an accredited area for swimmers and staff only. So that we can operate a smooth registration process, swimmers will be required to register independently and will be supervised by their Team Managers upon their arrival to the centre.**

Covid Precautions

Attached are our guidelines for Covid precautions for this meeting. Please read this through before travelling. In particular:

- Please do not attend if you have any suspicion that you might have Covid-19
- Please take a lateral flow test before you set off.

Realistically, it will not be possible to practise social distancing in this venue for a face-to-face meeting, so the other precautions – such as mask wearing - are important to protect school staff, ISA Trustees and employees.

Stewards/Security

- Stewards and security are present on the day. Please ask them for any help regarding a venue enquiry.

Photography

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.

Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.



Merchandise

- Team Elite is a company that sells bespoke garments, they will be printing on site close to the entrance, payment can be made by cash or card, orders can be made before and after the event [here](#).

Good luck messages

- The electronic timing boards can display messages throughout the event
- Please send any good luck messages from your Area/School/Individual families via the following [link](#) by the Monday before the event for them to appear on the big screens throughout the event
- Tweets via the ISA platforms will also be promoted, tag @ISASportUK and use the hashtag #isaswimming.

Insurance

- ISA does not carry insurance to cover anybody representing your school at this National event
- It is your school's responsibility to ensure that the correct insurance is in place to cover pupils, staff, volunteers and anybody else representing your school at this event.

Swimming Lanes

Each Year group has a Lane to warm up in before their session begins:

Lane 1	Year 4/Dis	Lane 2	Year 5	Lane 3	Year 6	Lane 4	Year 7
Lane 5	Year 8	Lane 6	Year 9	Lane 7	Year 10	Lane 8/9/10	Year 11+

Each Area has a lane in which to compete:

Lane 2	South West	Lane 3	Midlands	Lane 4	North	Lane 5	London West
Lane 6	East Anglia	Lane 7	London South	Lane 8	London North		

Event Schedule

First Session

11.00am	Venue doors open for swimmers only and registration begins.
11.30am	Venue doors open for spectators. Please collect a blue wristband when you enter the centre.
11.45am	First session Warm Up
12.15pm	All swimmers out of the pool
12.30pm	First session begins
The first session includes: All IM's, Breaststroke, Backstroke and Medley Relay races.	
3pm	First session ends
3.00 -3.30pm	Judges break



Second Session

2.20-2.50pm Venue doors open and registration begins.

3.05pm Second session **Warm up**

3.20pm All swimmers out of the pool

3.30pm **Second session** begins

The **second session** includes: Disability, All Freestyle, Butterfly and Free Style Relay races.

6.30pm **Second session** closes and end of event