



ENGLISH SCHOOLS' SWIMMING ASSOCIATION

Patron: HRH The Duke of Cambridge

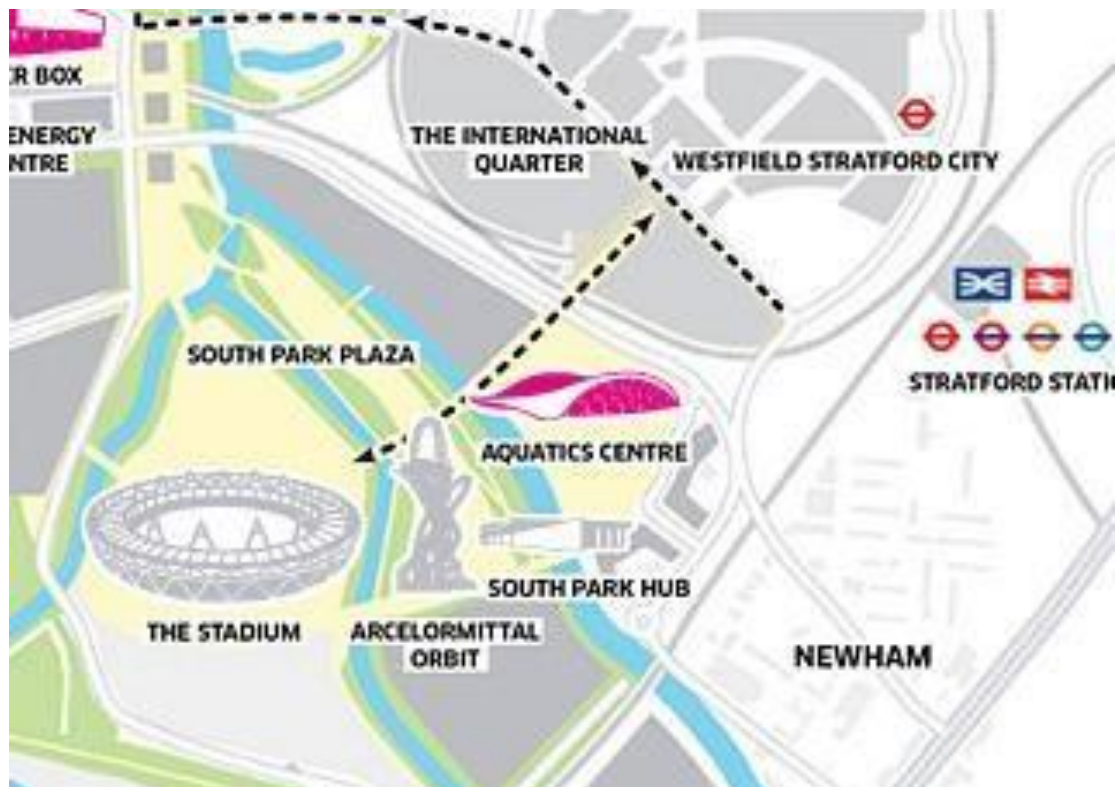
ESSA 62nd SECONDARY SCHOOLS' TEAM CHAMPIONSHIPS 2019

HANDBOOK for Competitors, Spectators, Officials/Helpers

16th November 2019

London Aquatic Centre

Olympic Park, London E20 2ZQ



Hotels

Holiday Inn Stratford City

10a Chestnut Plaza, Westfield Stratford City, Olympic Park, Newham, London, E20 1GL

Ibis London Stratford

1A Romford Road, E15 4LJ, Newham, London, E15 4LJ

Premier Inn Stratford

9 International Square, Westfield Stratford City, Newham, London E15 1AZ

Holiday Inn Express Stratford

196 High Street, London, E15 2NE, GB

Travel to London

Schools are strongly advised to travel to and from London by public transport where possible.

Stratford International Station (Southeastern Trains and the DLR) is situated directly opposite the Premier Inn Hotel.

Car Parking

Parking is available in the Westfield Centre.

<https://uk.westfield.com/stratfordcity/centre-info/getting-here>.

SATNAV DIRECTIONS: Use either E20 1EJ or E15 2EE for older devices to be directed to all Car Parks. Car Park B is the nearest, but Car Park C is bigger (Note: You can exit all Car Parks 24/7 however only Car Parks A & B are open 24/7 for entry and exit).

There is **NO** parking at the London Aquatics Centre.

Coach Parking

SCHOOL MINI-BUS – To secure a parking place. – Tel: 0208 536 2752

LARGE COACHES – to access Coach Parking facilities – Tel: 07816 140 537

London Aquatics Centre

If you are exiting out of Stratford Underground Station

– take escalator or lift up to “The Street”

– follow it along, past John Lewis and the Park is directly ahead of you across the road.

Please expect security to perform bags searches at the entrance. This applies to all (Competitors, Spectators and Officials/helpers).

Changing facilities rooms are situated on the pool level of the building around the pool from the entry point. There are lockable lockers within these changing facilities. The lockers operate on insertion of a returnable £1 coin. Please note that as in many public buildings absolute security of the lockers cannot be guaranteed.

Entrance to the competition for competitors and spectators is upstairs via a side entrance on the river side. **(The original event entrance is no longer in use).**

Food

We are not allowed to bring food into the centre. Swimmers and Coaches may bring food in their bags, but it is preferred that they not eat on poolside.

There is a café in the main foyer downstairs.

Spectators

There is ample spectator space in the balcony at the pool so tickets will not need to be booked in advance. Cost of entry for spectators is £10.00 (concessions £5.00).

Merchandise

Event Hoodies/T-Shirts. is available to pre order please check the web site for details.

<https://www.essa-schoolswimming.com/index.php/about/merchandise>

Towels and Swimming hats are also available for purchase at the event subject to availability (limited supply – 1st come, 1st served).

Payment can be made in cash or by card (credit or debit).

**DUE TO THE LARGE NUMBER OF SWIMMERS
NO LARGE BAGS ARE ALLOWED ON POOLSIDE.**

Event Timings

Warm-up (Pool Familiarisation): **09:00 – 12:30**

We have a water familiarisation session rather than a conventional warm up. This gives all teams the opportunity of a time to work with space in the pool. We will arrange the timetable for this when you have notified us of your anticipated arrival time at LAC; it is not possible to give everyone late times so these will be allocated to teams travelling from a distance on the Saturday.

Opening Ceremony: **12:55**

Competition Events Start: **13:00** – Events Estimated Finish: **17:00**

Program

The pool at the LAC is 50m long and all races will be 4x50m [4x1 lengths].

- | | |
|--|---------------------------------------|
| 1. Junior Girls 4x50m Freestyle Heats | 15. Junior Girls 4x50m Medley Heats |
| 2. Junior Boys 4x50m Medley Heats | 16. Junior Boys 4x50m Freestyle Heats |
| 3. Senior Girls 4x50m Freestyle Heats | 17. Senior Girls 4x50m Medley Heats |
| 4. Senior Boys 4x50m Medley Heats | 18. Senior Boys 4x50m Freestyle Heats |
| 5. Inter Girls 4x50m Freestyle Heats | 19. Inter Girls 4x50m Medley Heats |
| 6. Inter Boys 4x50m Medley Heats | 20. Inter Boys 4x50m Freestyle Heats |
| 7. Para Girls 4x50m Freestyle HDW | 21. Para Girls 4x50m Medley HDW |
| 8. Para Boys 4x50m Medley HDW | 22. Para Boys 4x50m Freestyle HDW |
| 9. Junior Girls 4x50m Freestyle Final | 23. Junior Girls 4x50m Medley Final |
| 10. Junior Boys 4x50m Medley Final | 24. Junior Boys 4x50m Freestyle Final |
| 11. Senior Girls 4x50m Freestyle Final | 25. Senior Girls 4x50m Medley Final |
| 12. Senior Boys 4x50m Medley Final | 26. Senior Boys 4x50m Freestyle Final |
| 13. Inter Girls 4x50m Freestyle Final | 27. Inter Girls 4x50m Medley Final |
| 14. Inter Boys 4x50m Medley Final | 28. Inter Boys 4x50m Freestyle Final |

Start lists and live results will be available from 11am on

Sat 16th at www.essa-schoolswimming.com/live