



# BUCS SWIMMING TEAM CHAMPIONSHIPS 2023

## SATURDAY 20<sup>th</sup> May 2023

### INFORMATION & SCHEDULE

#### SWIMMER RESTRICTION

Note that a swimmer may compete in a maximum of three individual events. There is no restriction on relays.

#### ORDER OF EVENTS:

- 1) 4 x 50m Medley Relay
- 2) 4 x 1 Length Individual Medley
- 3) 100m Freestyle
- 4) 100m Butterfly
- 5) 100m Backstroke
- 6) 100m Breaststroke

*\*\*\*COMFORT BREAK – 20 Mins for Officials\*\*\**

*(Both pools available for further warm up during this time)*

- 7) 200m Freestyle
- 8) 50m Butterfly
- 9) 50m Backstroke
- 10) 50m Breaststroke
- 11) 50m Freestyle
- 12) 4 x 50m Freestyle Relay

#### WARM UP & COOL DOWN

Warm-ups in the competition pool are allocated to teams as per the schedules published. The second pool is available for warm-up and swim-down throughout the competition.

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#### QUALIFICATION

- 07:30-08:45 Registration (BUCS Help Desk in Omega Suite)
- 07:50-08:15 Warm Up 1 in Competition Pool (Teams in Heat 1)
- 08:15-08:40 Warm-up 2 in Competition Pool (Teams in Heat 2)
- 08:40-09:05 Warm-up 3 in Competition Pool (Teams in Heat 3)
- 09:15 COMPETITION STARTS
- 12:15 ESTIMATED FINISH TIME
- 12:45 (Approx) FINAL QUALIFIERS PUBLISHED

#### RUNNING ORDER OF RACES – QUALIFIERS

Each event will have 6 races, 3 Women's and 3 Men's, held in the following order:

- 1 Women's Heat 1
- 2 Women's Heat 2
- 3 Women's Heat 3
- 4 Men's Heat 1
- 5 Men's Heat 2
- 6 Men's Heat 3

## WARM UP LANE ALLOCATION - QUALIFIERS

Teams should warm up in the warm up appropriate to their allocated heat and lane as follows:

Ht/Lne	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
Ht 1		Glasgow	Southampton 2	Southampton 1	Leeds	Edinburgh 3	Sheffield Hallam 3	Southampton 3	Edge Hill	
Ht 2		Swansea 2	Birmingham 2	Edinburgh 2	Birmingham 1	Leeds Beckett	Lancaster	Sheffield Hallam	Swansea 3	
Ht 3	Edinburgh 1	Sheffield Hallam 1	Loughborough 3	Loughborough 2	Stirling 1	Loughborough 1	Stirling 2	Oxford	Swansea 1	Stirling 3

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## FINALS

- 13:00-14:00 Registration (BUCS Help Desk in Omega Suite)
- 13:05-13:30 Shield Warm Up in Competition Pool
- 13:30-13:55 Trophy Warm Up in Competition Pool
- 13:55-14:20 Championship Warm-up in Competition Pool
- 14:30 COMPETITION STARTS
- 17:30 ESTIMATED FINISH TIME
- 17:45 RESULTS & PRESENTATIONS

## WARM UP LANE ALLOCATION – FINALS

Teams should warm up in the allocated warm up for their final in the lane that their team has qualified in.

The following will be published following the qualifying heats:

Ht/Lne	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
Shield										
Trophy										
Champ										

## RUNNING ORDER OF RACES – FINALS

Each event will have 6 races, 3 Women's and 3 Men's, held in the following order:

- 1 Women's Shield
- 2 Women's Trophy
- 3 Women's Championship
- 4 Men's Shield
- 5 Men's Trophy
- 6 Men's Championship