



# SPECTATOR INFORMATION BRITISH GAS SWIMMING CHAMPIONSHIPS 2013

**26 – 30 JUNE**  
**PONDS FORGE INTERNATIONAL**  
**SPORTS CENTRE**  
**SHEFFIELD**

WEDNESDAY 26TH JUNE	THURSDAY 27TH JUNE	FRIDAY 28TH JUNE	SATURDAY 29TH JUNE	SUNDAY 30TH JUNE
Doors Open: 08:15	Doors Open: 08:15	Doors Open: 08:15	Doors Open: 08:15	Doors Open: 09:00
Session 1: 09:15 - 11:45	Session 3: 09:15 - 11:00	Session 5: 09:15 - 11:10	Session 7: 09:15 - 11:35	Session 9: 10:00 - 10:35
M MC 100m Freestyle H W MC 100m Freestyle H  Earliest start: 10am*	M MC 400m Freestyle H W MC 400m Freestyle H  Earliest start: 10am*	W MC 50m Butterfly H M MC 50m Butterfly H  Earliest start: 10am*	M MC 50m Freestyle H W MC 50m Freestyle H  Earliest start: 10am*	W 400m Freestyle H M 400m IM H W 50m Backstroke H W 50m Butterfly H
M 400m Freestyle H W 200m Butterfly H M 50m Breaststroke H W 50m Freestyle H M 50m Freestyle H W 100m Breaststroke H M 200m Butterfly H W 200m Backstroke H M 100m Backstroke H W 800m Freestyle H M MC 50m Backstroke H W MC 50m Backstroke H M MC 100m Backstroke H W MC 100m Backstroke H	M 200m Freestyle H W 400 IM H M 200m Breaststroke H W 200m Freestyle H M 800m Freestyle (Early Heats) W MC 200m Freestyle H M MC 200m Freestyle H W MC 100m Butterfly H M MC 100m Butterfly H	W 100m Butterfly H M 200m IM H W 200m IM H M 50m Backstroke H W 50m Breaststroke H M 50m Butterfly H W 100m Backstroke H W 1500m Freestyle (Early Heats) M MC 200m IM H W MC 200m IM H M MC 150m IM H W MC 150m IM H	M 100m Freestyle H W 200m Breaststroke H M 100m Breaststroke H M 100m Butterfly H W 100m Freestyle H M 200m Backstroke H M 1500m Freestyle H W MC 100m Breaststroke H M MC 100m Breaststroke H W MC 50m Breaststroke H M MC 50m Breaststroke H	
Doors Open: 16:40	Doors Open: 16:40	Doors Open: 16:40	Doors Open: 16:40	Doors Open: 17:00
Session 2: 17:40 - 20:10	Session 4: 17:40 - 20:30	Session 6: 17:40 - 20:45	Session 8: 17:40 - 20:00	Session 10: 18:00 - 20:00
M MC 100m Freestyle F W MC 100m Freestyle F M 50m Freestyle SF W 50m Freestyle SF M 50m Breaststroke SF M 400m Freestyle F W 200m Butterfly SF M 200m Butterfly SF W 100m Breaststroke SF M 100m Backstroke SF W 200m Backstroke SF M 50m Breaststroke F W 50m Freestyle F M 50m Freestyle F W MC 50m Backstroke F M MC 50m Backstroke F W MC 100m Backstroke F M MC 100m Backstroke F	W MC 400m Freestyle F M MC 400m Freestyle F W 800m Freestyle F M 800m Freestyle (Fastest Heat) W 200m Butterfly F M 100m Backstroke F W 200m Backstroke F W 100m Breaststroke F M 200m Butterfly F W 400m IM F M 200m Breaststroke SF W 200m Freestyle SF M 200m Freestyle SF W MC 200m Freestyle F M MC 200m Freestyle F W MC 100m Butterfly F M MC 100m Butterfly F	M MC 50m Butterfly F W MC 50m Butterfly F M 50m Butterfly SF W 50m Breaststroke SF M 50m Backstroke SF W 200m Freestyle F M 200m Breaststroke F M 200m Freestyle F W 1500m Freestyle (Fastest Heat) W 100m Butterfly SF M 200m IM SF W 200m IM SF W 100m Backstroke SF M 50m Butterfly F W 50m Breaststroke F M 50m Backstroke F W MC 200m IM F M MC 200m IM F W MC 150m IM F M MC 150m IM F	W MC 50m Freestyle F M MC 50m Freestyle F W 100m Butterfly F M 200m IM F W 100m Backstroke F W 200m IM F M 100m Freestyle SF W 200m Breaststroke SF M 100m Breaststroke SF M 100m Butterfly SF W 100m Freestyle SF M 200m Backstroke SF W MC 100m Breaststroke F M MC 100m Breaststroke F W MC 50m Breaststroke F M MC 50m Breaststroke F	W 50m Backstroke SF W 50m Butterfly SF M 1500m Freestyle F W 400m Freestyle F M 100m Freestyle F W 200m Breaststroke F M 200m Backstroke F W 100m Freestyle F M 400 IM F W 50m Backstroke F M 100m Breaststroke F W 50m Butterfly F M 100m Butterfly

\* Able bodied racing will not start before 10am each day of heats. There will be a break in competition racing between the first MC heats and the first AB heats Wednesday 26th - Saturday 29th June.



# ACTIVITIES

The cafe and foyer area of Ponds Forge will come alive during the British Gas Swimming Championships providing stalls relating to all things swimming, free face painting for finals and event information will be available from this area.

## BRITISH GAS SWIM BRITAIN

Come along to our very own SwimBritain cafe and sign up to our swimming team relay challenge. Our aim is to make the nation fitter and healthier by getting 500,000 people regularly swimming by 2015.

All you need is a team of four to each swim 1,000m and we'll give you a training programme and coaching sessions to make sure you're raring to go. With ten event venues, one open water course and a host of celebrity swimmers, it's set to be the biggest and most supported swimming event of 2013. You won't want to miss it. For more info visit [swimbritain.co.uk](http://swimbritain.co.uk)

We're also giving away prizes every hour throughout the British Gas Swimming Championships for the best SwimBritain photos taken during the event. You could win a Kodak Playsport underwater video camera or SwimBritain kit signed by either Rebecca Adlington, Ellie Simmonds or Keri-anne Payne. Simply share your photo on Instagram or Twitter using #SwimBritain for your chance to win. It can be of you posing with one of our life size athletes in the SwimBritain Cafe, writing a good luck message on our British Gas message boards, or perhaps waving your clapper fan in the air. (For full terms and conditions visit [facebook.com/BGSwimming](http://facebook.com/BGSwimming))

British Gas is passionate about inspiring children to swim and have taught more than 29,000 children through our British Gas Pools 4 Schools™ programme. Three schools involved in the initiative have been given the opportunity to have a master class with former international swimmers Mel Marshall, Adam Whitehead and John Dougall on Thursday 27th June. 90 children from Broadway School (Birmingham), Barrs Hill (Coventry) and Highlands Primary School (Hull) will be taking part in the classes and will even have the chance to race against an Olympian!!! For more information on British Gas' support of British Swimming visit [www.britishgas.co.uk/swimming](http://www.britishgas.co.uk/swimming) the video board!

## SPEEDO

Speedo will be providing a shop full of British Gas Swimming Championships merchandise as well as a new range of swimwear and equipment.

## LUMIE

Lumie will be showcasing all their products and will have an expert on hand to answer your questions, you will also have the chance to win a revolutionary light product during some competitions!

There will be prizes and giveaways throughout the event so come dressed to impress and support the swimmers!



Tweet us via **#BGSC13** and your good luck message may appear on the big screen!



There are toilets and first-aid facilities inside the venue. You can pay by Visa (debit or credit card) or Cash at the venue. There is also a cash machine on site but this is chargeable

## CAFÉ OPENING TIMES

Monday – Friday: 08.00 – 20.00

Saturday and Sunday: 09.00 – 20.00

Foodetc. has an excellent menu and special offers which provide a varied choice for everyone - from quick snacks, to healthy meals, to tasty food for kids.

Please remain hydrated throughout competition as conditions in the pool hall will be hot and humid.

## BRITISH SWIMMING FRONT DESK OPENING TIMES

Morning Heats: 07.30-12.00

Afternoon Finals: 15.45- 20.30

If you have purchased an event programme online you can exchange your voucher for a programme at the British Swimming front desk.

If you have any questions around the competition please visit this desk.

## TICKETS

Make sure you bring your printed tickets with you. If you have opted to use Ticketfast you will need to print these tickets at home and bring them with you to the event. No reprints are available at the venue.

Tickets will be on sale from the front desk. There will be no full event passes available at the venue.

## PARKING

Ponds Forge ISC has limited car parking on site, and will become full from early morning. Alternative car parking is available at 'Q-Park' next to the Travelodge on Broad Street (please stamp your car park ticket at Ponds Forge reception to obtain discount).



Principal Partner



Breakfast Partner



Funding Partner



Official Partners



Official Suppliers



Endorsed Product



Host City & Venue



# SERVICES