

# IAPS Swimming Finals

Saturday 7 June 2025

## Event information



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## Qualifying for the finals

It is the school's responsibility to notify competitors whether they have qualified for the finals.

IAPS assumes all competitors that have qualified for the finals are attending unless otherwise informed.

The qualifying numbers:

- **Individual races** - top 20 competitors in each age group/gender
- **Relays** - top 20 schools in each age group/gender
- **Small schools' relays** – top 10 schools
- **Para-race** – by invitation only

### Replacing individual competitors

If a competitor cannot take part in their individual race due to injury, illness or another reason, the place will be offered to the next fastest competitor (**not to another competitor at the school**). Please notify IAPS if your competitor cannot take part.

If a competitor moves to another IAPS school between the qualifier and the finals, they must represent the school they competed for at the qualifier.

If a competitor moves to a non-IAPS school between the qualifier and the finals, they will no longer be eligible to compete.

### Replacing relay competitors

Relay teams should be made up of the same competitors who swam at the qualifier.

Replacement competitors are only accepted if this is necessary due to illness or injury.

# Getting to the LAC

## Travelling to the LAC

Public transport is the best and easiest way to get to and from the LAC, either by train, underground, bus or cycle.

The nearest London Underground stations are located at Stratford (10-minute walk) and Hackney Wick (15-minute walk)

- Stratford International railway station is a five-minute walk away
- St Pancras International & King's Cross railway stations are just seven minutes away by train to Stratford International
- The M25 is a 25- minute drive away
- Car parking is available in nearby Westfield, which provides the best full day rate
- There are more than 140 cycle racks outside the LAC, including a Santander Cycles docking station located outside the centre

## On arrival at Stratford

- Follow signs for the Olympic Park
- As you walk towards West Ham United's London Stadium, with Westfield shopping centre behind you, the LAC is on the left-hand side
- You will see the big glass-fronted entrance
- Coaches and competitors should use the left-hand side doors to enter the building
- Spectators should use the right-hand side doors to enter the building
- Volunteers will be waiting to signpost you to the correct door

Coaches and competitors to enter the LAC to the left-hand side of the pool.



Spectators to enter the LAC to the right-hand side of the pool.

# 2025 schedule

Each year we rotate the schedule. This year the sessions are as follows:

## Morning session - girls'

### Session one warm-up - relays

Warm-up: 0800 – 0850

SS – 0800 - 0808 then 2 minutes sprint lanes  
U10 – 0810 - 0818 then 2 minutes sprint lanes  
U11 – 0820 - 0828 then 2 minutes sprint lanes  
U12 – 0830 - 0838 then 2 minutes sprint lanes  
U13 – 0840 - 0848 then 2 minutes sprint lanes

### Session one - relays (heat declared winner)

Start of relays: 0900

Estimated finish: 0950

Presentations on poolside throughout the session

### Session two warm-up - individuals

Warm-up: 1000 - 1030

U10 – 1000 - 1005 then 2 minutes sprint lanes  
U11 – 1007 - 1012 then 2 minutes sprint lanes  
U12 – 1014 - 1019 then 2 minutes sprint lanes  
U13 – 1021 - 1026 then 2 minutes sprint lanes

### Session two - individuals (prelims then straight into finals)

Start of individual prelims: 1050

Estimated finish of individual prelims: 1140

### Para race warm-up

1140-1150

Start of finals: 1150

Estimated finish of finals: 1230

Presentations on poolside throughout the session

**POOLSIDE TO BE COMPLETELY CLEARED BY 1300**

**The above scheduled timings are subject to change.**

**There will not be another warm-up before the final races.**

## Afternoon session - boys'

### Session one warm-up - relays

Warm-up: 1330 – 1420

SS –1330 - 1338 then 2 minutes sprint lanes  
U10 –1340 - 1348 then 2 minutes sprint lanes  
U11 –1350 - 1358 then 2 minutes sprint lanes  
U12 –1400 - 1408 then 2 minutes sprint lanes  
U13 –1410 - 1418 then 2 minutes sprint lanes

### Session one – relays (heat declared winner)

Start of relays: 1430

Estimated finish: 1520

Presentations on poolside throughout the session

### Session two warm-up - individuals

Warm-up: 1530 – 1558

U10 –1530-1535 then 2 minutes sprint lanes,  
U11 –1537-1542 then 2 minutes sprint lanes  
U12 –1544-1549 then 2 minutes sprint lanes  
U13 –1551-1556 then 2 minutes sprint lanes

### Session two - individuals (prelims then straight into finals)

Start of individual prelims: 1610

Estimated finish of individual prelims: 1655

Start of finals: 1710

Estimated finish of finals: 1800

Presentations on poolside throughout the session

**POOLSIDE TO BE COMPLETELY CLEARED BY 1830**

**The above scheduled timings are subject to change.**

**There will not be another warm-up before the final races.**

## General information

Swimmers taking part in the individual races only (not relays) do not need to be at the venue until their warmup time. They can access the venue at any time and come and go as they like but it is not a requirement for them to be there for the very start when it is the relays.

### Organising team/volunteers

The IAPS Sport team comprises of three members of staff. Everyone else you will see on the day are volunteers, giving up their time to help make sure the event goes as smoothly as possible.

Please respect the volunteers and be mindful they may not know all the answers straight away. They will help you as quickly as they can.

All volunteers will be wearing a bright green top.

### Access into the venue

- Spectators will need to show their tickets to be allowed access.
- Coaches/competitors will come in another door and register with a volunteer.
- Everyone entering the LAC will be subject to a bag search.
- **No food or drink** can be taken inside, except by competitors.
- Entry into the venue is access-friendly, with lifts available to move between the spectator concourse (entry level) and competition pool.

### Toilets and changing rooms

- There are toilets located in the changing rooms for all competitors and coaches.
- There are toilets located on the spectator concourse and on the ground floor of the venue.
- Disabled toilets are accessible on the spectator concourse and in the changing rooms.

### Refreshments

- Only competitors are permitted to bring food and drink into the venue.
- All other food and drink must be purchased from the LAC Café/ refreshment booths.

### First aid

- First aiders will be located on the spectator concourse and the poolside.

### Presentations

- The top three competitors in each final will attend a presentation immediately after their race.
- Competitors should wear a T-shirt for presentations.
- Spectators **cannot** get onto the poolside to take photos. Please ask a member of school staff to take the photo.
- There will be an opportunity for photographs to be taken on the spectator concourse.

## General information (continued)

### Merchandise

- Merchandise is available to purchase on the day from Team Elite.
- Preordering is encouraged and can be purchased online [here](#).

### Results on the day

- All heat sheets, results and final races will be available on the Meet Mobile app
- There will be no printed results available on the day
- All results will remain available on the Meet Mobile app after the event
- The Meet Mobile app is available to purchase on app stored (Apple devices) or via Google Play (Android devices).
- There is a small cost for downloading and using the Meet Mobile app.

### Officials and volunteers

- Officials will be wearing white clothing.
- Please respect the officials, they are giving up their time for free to ensure the finals are organised smoothly.



# Coach information

## Meeting your competitors

- Coaches must arrange to meet their competitors outside the LAC before entering the venue together.
- Spectators and competitors will be separated on entry to the venue, so it is **important** that coaches meet their competitors outside the venue beforehand.

## Coach passes and registration

- Coaches **do not** need to buy spectator tickets for the session their competitors have qualified for.
- Coaches will be given a coach pass at the registration desk on arrival.
- Coaches will be allocated coach passes as follows:
  - 2 coach passes available for up to 11 competitors
  - 3 coach passes available for more than 11 competitors
- You will only be given the exact allocation of coach passes required.
- If additional coaches/school staff wish to attend, they will have to purchase a spectator ticket and sit in the spectator seating area. They will **not** be allowed on the poolside.
- Coaches **MUST** be in school kit and/or have their school ID card to collect the passes.
- **Anyone in plain clothing or without a school ID card will not be permitted a coach pass or permitted on the poolside.**
- There will be no school packs to collect. All information will be available via the digital programme available on our website ahead of the event.

## Warm-ups and races

- It is the competitor's responsibility to attend their scheduled warm-up, report to the marshalling area and be ready on the starting block.
- There will **not** be any announcements calling for competitors to attend races.
- Please use Meet Mobile app to track which event is taking place and encourage the competitors to go down to the changing room in plenty of time.
- Heats and finals will run without a competitor if they are not in attendance on time.
- For individual races, the finals' list will be published on the Meet Mobile app. Please check this regularly to confirm whether a competitor has qualified for the final.

## Coach information (continued)

### Accessing the poolside and changing rooms

- Only coaches (in school kit/with school ID) and competitors will be allowed into the changing rooms and on the poolside. Please note there will be security on the changing room doors, preventing other people entering.
- Coaches are allowed on the poolside for warm-ups.
- Coaches are not allowed on the poolside for races.
- Competitors should use the lockers in the changing rooms to store their belongings. Only string bags with a towel, water bottle and a T-shirt will be permitted onto the poolside.

### Discrepancies/appeals

- Any discrepancies should be taken up immediately after a race has finished with the chief official.
- Please go to the announcer on the poolside who will contact the chief official to speak with you.
- No photo or video evidence is allowed.
- The chief official's decision is final.

### Presentations

- Presentations will be held on the poolside immediately after each race.
- Coaches will be allowed onto the poolside to attend the presentation.
- There will be an opportunity for photographs to be taken on the spectator concourse.

# Competitor information

## Meeting your coach

- You should arrange to meet your school coach outside the LAC before entering.
- You will be separated from spectators upon entry into the venue, so you must meet your coach outside first.

## Seating area

- Competitors are allowed to move between the competitor and spectator seating.
- Spectators cannot access the competitor side of the seating.

## Warm-ups

- Each age group will have eight minutes to warm up, including a two-minute sprint before the relay and individual prelim sessions. Please see the schedule for the exact timings.
- If you qualify, **there will not be another warm-up before the final.**
- Competitors should warm up in the allotted time.

## Heats

- It is your responsibility to be in the calling room/marshalling area on time.
- You cannot walk to the call room barefoot.
- Officials will check competitors in for your race.
- Coaches are not allowed to follow competitors beyond the changing room.
- Competitors will be called **ONCE.**
- No show-no swim.

## Clearing the competitor/coaches' concourse

- It is imperative that the poolside is kept clean and tidy.
- Please collect all your belongings after your race.

# Spectator information

## Spectator tickets

- Spectator tickets must be purchased before the event via the website [here](#).
- Spectators are limited to purchasing four tickets per session.
- Tickets are sold on a first come, first served basis. Once they have sold out, there will be no more tickets.

## Ticket prices

- Adults - £12 per ticket, per session, plus admin fees.
- Children aged 16 and under – free
- Competitors and coaches are free and do not need to purchase tickets.

## Entering the LAC

- Doors will open to spectators at approximately 07.30 for the morning session and 13.00 for the afternoon session.
- Tickets must either be printed out and brought to the event **OR** available on your phone ready to scan the QR code.
- Tickets will be exchanged for a wristband on arrival at the venue. The wristband will allow you entry for the purchased session(s) only. Once your session has ended, you will be asked to leave the venue. If you have booked both a morning and afternoon ticket, you will be allowed to stay in the venue all day.

## Seating and access to competitors

- Spectators are only permitted to sit on one side of the concourse.
- Seating is unreserved so please take all belongings with you as you leave your seat.
- Spectators cannot access the competitor side of the seating.
- Competitors are allowed to move between the competitor and spectator seating.
- Spectators are not allowed onto the poolside and should arrange to meet their school/child in a designated location after the races.

Spectating must take place from the seating area. Standing to view races from the upper concourse is prohibited by the LAC.

**Website** <https://iaps.uk/sport.html>

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