



LEN EUROPEAN AQUATICS
CHAMPIONSHIPS
SWIMMING DIVING SYNCHRO MASTERS

EUROPEAN AQUATICS CHAMPIONSHIPS

9-22 MAY 2016

LONDON AQUATICS CENTRE
QUEEN ELIZABETH OLYMPIC PARK

www.euroaquatics2016.london



TEAM GUIDE

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The information contained within this guide was accurate at the point of issue. Changes to schedules, procedures, facilities and services, along with any other essential updates, will be communicated to officials by competition management if required.

Welcome



Let's keep on breaking records!

It is the greatest pleasure for the members of the LEN Family to visit Great Britain once more. The European Aquatics Championships return to London, this famous capital after 76 years, and to this great country after 23 years – but almost all of us still have vivid memories from the Olympic Games held here four years ago.

Staging our prized continental showcase championship in the magnificent London Olympic Aquatic Centre in the Queen Elizabeth II Olympic Park is a milestone for several reasons. First of all, the European Aquatics Championships have reached a new dimension recently: surpassing the billion-barrier in the cumulative TV audience for the first time in 2010 shows how big our event has grown in all ways. And by visiting such vibrant cities as

Berlin in 2014 and now London, this event gains even more exposure and contributes more to promoting swimming, fair competition and a healthy lifestyle for all generations.

In addition, London 2016 will also serve as a firm base to add another great chapter to the success story on LEN's record-breaking season. There is a strong chance that we will see new marks in participation with 48 nations registered in the preliminary entries and the number of athletes showing their talent may well go above 1,000, just in three disciplines. We've seen something similar in January, at the Water Polo Europeans in Belgrade where 28 teams took part for the first time and the attendance went beyond expectations, including an all-time high turnout on the last day when 18,473 spectators filled the stands for the men's final.

Let me add, that LEN is also committed to sharing its success with our member Federations, to further boost this success story: alone this year 1.1 million euros have been offered for the athletes and for the national federations in prize money and in travel and accommodation assistance – something which has never happened before. We are able to do this as we have built something in recent years in which we can all be really proud of, thanks to our member federations, our wonderful athletes and coaches, all LEN Officials, the great LEN Partners and last but not least to the fantastic hosts of our events.

On this occasion let me thank once more for making these European Aquatics Championships happen, to the members of the Local Organising Committee, to British Swimming, to BBC Sport, the Host Broadcaster, to also the support from London City the London Legacy Development Corporation and UK Sport who have all contributed to bring this event to London, and finally to all volunteers, for their outstanding efforts, dedication and love towards our marvellous sport.

Thank you all – and now let's see what London has for us this May!

Paolo Barelli
LEN President



On behalf of British Swimming, the Local Organising Committee, the Mayor of London, Queen Elizabeth Olympic Park and UK Sport, I have great pleasure in welcoming everyone to the iconic London Aquatics Centre for the LEN European Aquatics Championships 2016.

Ever since winning the bid three years ago to host these Championships at this iconic venue in a truly special part of London, every single one of us has been excited about putting on an event for all to remember.

For the over 1,000 elite athletes competing from all corners of Europe, we wish them every success in what is the last major aquatics competition before the Rio 2016 Olympic Games.

We are proud to be part of UK Sport's #EveryRoadtoRio campaign and hope those competing athletes qualified for the Games – or hoping to qualify – use the Championships to prepare for the showpiece sporting event this summer.

For the over 10,000 masters athletes, again competing from all corners of Europe, we wish them every success as they bid to reach their personal aims and targets.

For the almost 30,000 spectators who will walk through the venue over the next two weeks, we hope the event lives long in their memory and they leave having enjoyed a wonderful event.

And for all the volunteers and staff who will be working hard to make the event a great success, we would like to thank you for making the Championships possible.

It is incredibly exciting to be back in the iconic London Aquatics Centre just four years after the success of the 2012 Olympic and Paralympics.

The UK last held the Championships over two decades ago in 1993 while they have not been seen in London for nearly eight decades when Wembley Arena acted as host in 1938.

Needless to say, excitement for the Championships has now reached fever pitch and we would also like to take this opportunity to thank the international federation for Europe – LEN – for their support in making the Championships a possibility.

On behalf of British Swimming, the Local Organising Committee, the Mayor of London, Queen Elizabeth Olympic Park and UK Sport again – enjoy the show!

Maurice Watkins CBE
British Swimming Chairman

General Information

Key Dates			
Date	Time	Meeting	Location
Friday 6 May	07:00	DV & SY Athlete Training Opens	
Saturday 7 May	14:30 – 16:00	Synchronised Swimming Technical Meeting	Media Conference Room
	19:00 – 20:00	Diving Technical Meeting	Media Conference Room
	20:00 – 21:00	Diving Technical Officials Meeting	Media Conference Room
Sunday 8 May	15:00 – 18:00	Diving Judges Clinic	Media Conference Room
	15:00 – 18:00	Synchronised Swimming Technical Officials Meeting & Judges Clinic	Technical Officials Meeting Room
	18:00	DV & SY Rehearsal	
Monday 9 May	09:00	DV & SY Competition Starts	
	16:00	Opening Ceremony	
Thursday 12 May	07:00	SW Athlete Training Opens	
Saturday 14 May	12:00 – 13:00	Swimming Team Leader Meeting	Media Conference Room
Sunday 15 May	14:00	Swimming Technical Officials Meeting	Media Conference Room
	19:00	Swimming Rehearsal	
Monday 16 May	10:00	SW Competition Starts	
Wednesday 18 May	20:30	TSC Coaches Forum	Media Conference Room
Sunday 22 May	18:00	Closing Ceremony	

Key Contacts

London 2016 Organising Committee	
Position	Name
CEO	Tom Chambers
Operations Manager	Kieran Walsh
Sport Competition Manager	Natalie Cunningham
Assistant Competition Manager	Kate Wallace
Swimming & Masters Manager	Neil Booth
Swimming & Masters Manager	Barry Saunders
Diving Manager	Jo Calvino
Synchronised Swimming Manager	Kate Coupar
Media Manager	Ryan Bangs
Accreditation & Ticketing Manager	Darren Jootun
Workforce Manager	Sarah Christian

Accreditation

All athletes, coaches and team staff will be provided with accreditation. Accreditation can be collected by a designated member of team staff for the full team from the accreditation help office upon arrival at the Queen Elizabeth Olympic Park (please refer to the map on page 7). To collect the accreditation you will be required to show the passports of each member of the team for which you are collecting accreditation. From the point of collection, accreditation must be worn and visible at all times.

Transport

Transport to and from the official ports of entry (Stansted Airport, London City Airport and St Pancras Station) will be provided by CSE (Accommodation and Transport provider) following them receiving your flight information (auqtics2016@cseplc.com). Transport from other ports of entry can also be arranged through CSE but this is at the Federations expense.

Transport will be provided between the Excel and Tower Bridge accommodation clusters and the London Aquatics Centre. Transport is not provided for teams accommodated within the Stratford cluster. Detailed transport schedules will be available at each hotel information desk and the sport information desk at the London Aquatics Centre.

Useful Information

Money

The local currency in Great Britain is pound sterling (£). ATM machines can be found outside most banks, supermarkets and transport stations. There may be a charge for withdrawals. Most shops and restaurants accept debit and credit cards.

In Great Britain tipping is not normally obligatory but is often expected. The usual tip is around 10% - 15% of the total price.

Language

The national language of Great Britain is English.

Electricity

Standard power sockets operate 240 volts.



You will require a 3 pin converter in order to use your electrical appliances if purchased outside of Great Britain.

Telephone

The country code for Great Britain is: +44

Emergency Assistance

If at any point you require the police, fire or ambulance services, please dial 999. When making a call, remember the following points;

- Know your location
- Tell the operator which service you require
- Be prepared to answer basic questions

Social Media

Guidelines

London 2016 encourages and fully supports athletes, as well as other accredited persons, to take part in social media activities throughout the duration of the Championships. London 2016 want as many athletes and team staff as possible to share their experiences and successes at the Championships. It is worth noting the below though:

All activities should be in a first-person, diary-type format and not in the role of a journalist for example reporting competitions. Posts may not include any information, which is confidential or private in relation to any other person or organisation. Social media postings and blogs should at all times support the spirit of the Championships and shall not be discriminatory, offensive, hateful, defamatory or otherwise illegal and shall not contain vulgar or obscene words or images.

In addition, they should not:

- *Intrude upon the privacy of participants or other accredited persons and entities*
- *Interfere with the competitions or the ceremonies of the Championships*
- *Violate security measures*

Photographs

Participants and other accredited individuals may take photographs within the competition venue and post them on social media platforms or websites for personal use. They are not allowed to commercialise, sell or otherwise distribute these photographs. It is prohibited to take pictures of security of set-up relevant areas.

Links

London 2016 encourages participants and all other accredited individuals to link their blogs, websites or social media profiles to the official sites of the European Aquatics Championships.

Website: www.euroaquatics2016.london

Twitter: [@Aquatics2016](https://twitter.com/Aquatics2016)

Facebook: [@Aquatics2016](https://www.facebook.com/Aquatics2016)

Instagram: [@Aquatics2016](https://www.instagram.com/Aquatics2016)

Hashtag: #London2016

Liability

If anyone chooses to go public with any comment, opinion or any other material in any way, they are solely responsible for the consequences of their action.

Tourist Information

For all information on tourist activities and top things to do in London please visit <http://www.visitlondon.com>



Venue Information

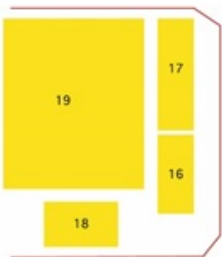
All training and competition will take place at the London Aquatics Centre located within the Queen Elizabeth Olympic Park.

Venue address: London Aquatics Centre
 Queen Elizabeth Olympic Park
 London
 E20 2ZQ



Venue Map

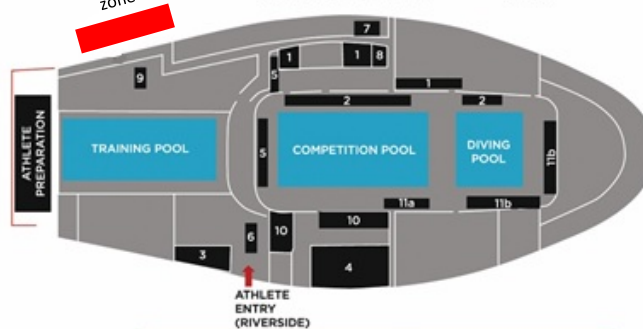
STRATFORD WATERFRONT



Athlete Load zone

AQUATICS CENTRE

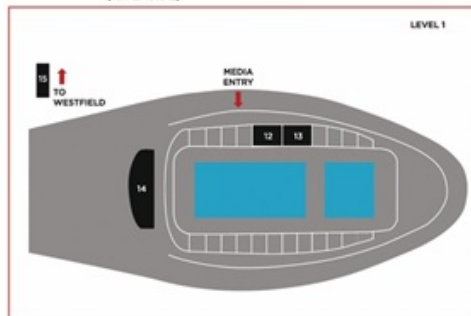
LEVEL 0



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- 2 ATHLETE SEATING
- 3 ATHLETE LOUNGE
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LEVEL 1



Venue access

Teams staying in the Stratford accommodation cluster (Holiday Inn, Premier Inn, Holiday Inn Express, Ibis, Westbridge, Epsilon and Travelodge) will arrive to the venue on foot and will access the venue on the ground floor via the riverside entrance.

Teams staying in the Excel and Tower Bridge clusters will arrive to the venue by vehicle. The drop off and pick up point is located adjacent to the athlete entrance on the ground floor of the venue.

Facilities & Services

Athlete Lounge

A lounge for athletes and their support staff is located adjacent to the Sport Information Desk at the London Aquatics Centre. A refreshment station will be located in this area. The lounge will open during all training and competition sessions.

Sport Information

A Sport Information Desk is located by the riverside entrance to the Aquatics Centre. The desk will provide a variety of services to teams, as follows;

- Dissemination of competition and training information
- Publication and distribution of start lists, draw lists and results
- Lost and found
- Weather information
- Transport schedules
- General information

The desk will be open throughout all training and competition sessions from the Friday 6 May, 2016.

Changing rooms

Athlete changing villages are located adjacent to both the competition and training pools. These areas include showers, toilets and changing cubicles. The lockers require a £1 coin.

Athlete Prep

A 400m² athlete preparation space is located at the far end of the training pool. A limited supply of tables, chairs and massage tables will be provided for teams to use. Teams may set up their own massage tables in this space. Free, open wireless internet is available in this space. As this area is used by all Federations, teams are asked to respect each other's needs.

Medical Services

Medical services will be available from the medical team during all training and competition sessions. There will be doctors, paramedics and a fully equipped ambulance available at all times. If additional treatment or diagnostics are required, the athlete will be transferred to Homerton University Hospital which is a 15 minute journey from the London Aquatics Centre.

Doping Control

London 2016 will deliver an Anti- Doping Programme that will comply with LEN and WADA processes and procedures. All testing procedures will be carried out by UK Anti-Doping. Please note only urine tests will be conducted. The Doping Control station will be located adjacent to the Athlete Changing Rooms. Athletes will be tagged at the Accreditation table prior to entering the Mixed Zone if they have been selected for testing.

Venue Catering

There are no catering facilities within the London Aquatics Centre. No athlete meals will be available at the venue. Refreshments will be provided in the athlete lounge throughout all training and competition sessions. During competition sessions, pay for concessions will be open within the venue stocking drinks and cold snacks. Westfield shopping centre is a 5 minute walk from the venue where numerous restaurants, cafés and food outlets are located. A list and map of these will be available at the Sport Information Desk.

Mixed Zone

The Mixed Zone allows broadcast and print media to interview athletes in a designated area as they leave the FOP.

Athletes leaving the FOP must pass through the Mixed Zone but are not obliged to participate in interviews if they do not wish to do so. No team officials will be permitted through the Mixed Zone apart from the Federations Press Attachés. In exceptional circumstances if requested by the media and agreed by the Mixed Zone Manager and Federation Press Attachés, a team official may be asked to go through the Mixed Zone.

All athletes must leave FOP through the Mixed Zone after competition prior to the victory ceremonies. Medallists will return to the Mixed Zone post the victory ceremonies.

Victory Ceremonies

All victory ceremonies at London 2016 will take place on the Field of Play. Athlete chaperones will be on hand to advise and guide all athletes before, during and after the victory ceremony.

A medal and gift will be awarded to the athlete / team finishing in 1st, 2nd and 3rd positions. For relay events, only athletes who competed in the final will be awarded a medal during the victory ceremony. Medals for those athletes who took part in the heat and not the final will be available. A team representative must report to the Victory Ceremony staging area to complete a collection form. Upon signature, the additional medals and gifts will be provided to the team. It is the responsibility of the Federation to ensure the appropriate athletes receive the medals.

In line with LEN General Event Rule E19.2, all athletes taking part in the victory ceremony are asked to meet the following dress requirements;

- Complete Federation tracksuit
- Shoes
- No national flags
- No goggles or items of sport equipment
- Bib provided must be worn and visible
- No mobile phones for selfies

Any athlete not present or adhering to the standards detailed above will be subject to a fine.

Athletes will be briefed about ceremony procedures in the staging area and bibs will be supplied and put on in the appropriate way. Following the presentation of medals, the national anthem of the gold medallist(s) will be played and the flags of the medallist's nation will be raised.

Diplomas are awarded to all swimming and diving finalists, as well as the top 8 of synchronised swimming competitions. However, these diplomas will not be presented during the ceremonies but will be distributed via the team pigeonholes.

There will be post-presentation photos on the FOP as part of the lap of honour. Athletes are requested to follow the pathway of the athlete chaperones during this time.

Results Distribution

Results will be displayed on the noticeboard at Sports Information and available from www.euroaquatics2016.com Please note no results will be printed off and available.

Venue Essentials

Smoking policy

Smoking in public buildings and on public transportation is prohibited in Great Britain. There will be a designated smoking area outside of the London Aquatics Centre and will be clearly marked. Any persons found in breach of this law may be subject to eviction from the venue and potential prosecution.

Tap water

Tap water in Great Britain is safe to drink unless otherwise signposted.

Internet access

Wireless internet is available throughout the London Aquatics Centre.

Lost & Found

All reports of lost items at the London Aquatics Centre should be directed to the Sport Information Desk. This is also the location to which all found items should be delivered.

Synchronised Swimming: Competition Information

The synchronised swimming competition at the LEN European Aquatics Championships will be held from 9-13 May at the London Aquatics Centre.

The London Aquatics Centre host a 10-lane, 50m, 3m deep competition pool and an 8-lane, 50m, 2m training pool. Both pools will be used for training. The competition field of play will consist of a 30m x 25m area within the competition pool, an entry platform (25m wide x 3.6m deep x 0.7m high) and two judges panels on raised platforms (12m wide x 2m deep x 0.6 high), one either side of the pool. The field of play will be presented in accordance with FINA Rules and Regulations.

LEN Technical Synchronised Swimming Committee		
Position	Name	Federation
Chairman	Ulla Lucenius	FIN
Vice Chairman	Jennifer Gray	GBR
Secretary	Hortensia Graupera	ESP
Member	Simonetta Antonaroli	ITA
Member	Marie-Claude Besancon	FRA
Member	Andida Bouma	NED
Member	Christine Brenner-Frömel	LAT
Member	Olga Brusnikina	RUS
Member	Ana Filipa Frazao	POR
Member	Marie Yildiz Kavaklioglu	TUR
Member	Ivona Kralikova	CZE
Member	Svietlana Saidova	UKR
Member	Aliona Svetlichnaya	BLR
Member	Maria Thivaïou	GRE
LEN Bureau Liaison	Noam Zwi	ISR

Medal Events

Medal Events	
Solo Free Routine	Solo Technical Routine
Duet Free Routine	Duet Technical Routine
Mixed Duet Free Routine	Mixed Duet Technical Routine
Team Free Routine	Team Technical Routine
Free Combination	

Competition Format

Event	Times	Preliminary	Qualification	Draw
Solo Free Routine	Solo Free routine preliminary and final: Time: 2:30 (plus or minus 0:15)	The solo, duet, team event consists of a preliminary and final. The draw for the preliminary routines will be conducted at the technical meeting.	The 12 solos, duets and teams with the highest scores in the preliminary phase will progress to the final. If two or more free routines are tied for the 12th qualifying place at the end of the preliminary phase, the routine with the higher execution score will progress. If the tie remains, all tied teams will progress to the final.	The 12 qualified solos, duets and teams will be drawn for the free routine final in two groups of six. Those who placed 1–6 will draw for start numbers 7–12; those who placed 7–12 will draw for start numbers 1–6.
Duet Free Routine	Duet Free Routine preliminary and final: Time: 3:00 (plus or minus 0:15).			
Team Free Routine	Team Free routine preliminary and final: Time: 4:00 (plus or minus 0:15).			
Solo Technical Routine	Solo Technical routine final: Time: 2:00 (plus or minus 0:15).	Final Only	Final Only	The draw for order of appearance will take place at the technical meeting.
Duet Technical Routine	Duet Technical routine final: Time: 2:20 (plus or minus 0:15).			
Team Technical Routine	Team Technical routine final: Time: 2:50 (plus or minus 0:15).			
Free Combination	Free combination final: Time: 4:30 (plus or minus 0:15).			
Mixed Duet Free Routine	Mixed Duet Free routine final: Time: 3:00 (plus or minus 0:15).			
Mixed Duet Technical Routine	Mixed Duet Technical routine final: Time: 2:20 (plus or minus 0:15).			

Pre Swimmers

Pre swimmers will be used for both preliminaries and finals and will swim as start number 0. For preliminary routines, pre swimmers have been provided by the host nation. For finals, the selection of these swimmers will be based on them placing number 13 after the preliminary phase or provided by the host nation if less than 13 entries.

Competition Rules

The synchronised swimming competition will be held in accordance with the editions of the following documents that are in force at the time of the Championships;

- LEN General Rules
- LEN European Championships in Swimming, Diving, Synchronised Swimming and Open Water
- FINA Rules and Regulations (2015-2017)

Competition Draw

The draws for order of appearance will take place at the Technical Meeting on 7th May 2016.

Changes to entries after the draw

Changes to the names of the competitors after the draws will only be permitted in accordance with FINA Rules and Regulations SS 13.5.1. Forms for reserves, titled List of Participants will be available from the Sport Information Desk at the London Aquatics Centre. These forms should be returned at least two hours before the published start time of routine number one.

Withdrawal

In accordance with LEN rule J-SY 3.6, withdrawals from any final shall be announced no later than one hour after the end of the Preliminaries concerned. If a withdrawal is submitted after this point, the Federation will be fined in line with LEN Rule E 17.6.

Protests and appeals

For the regulations governing protests please refer to the LEN General Event rule E22.2. Protest forms may be collected from the Sport Information Desk. The team representative wishing to submit the protest will be escorted by a volunteer to submit the protest form to the LEN office who will work with the relevant technical official to process the protest.

Appointment of judges

Three panels of five judges will be used to judge each routine event. The composition of the panels will be determined by the LEN Technical Synchronised Swimming Committee.

Competition Schedule

Date	Session	Start Time	End Time		Event
Monday 9th May	1	09:00	10:38	P	Solo Free Preliminary
	2	16:00	16:30	C	<i>Opening Ceremony</i>
		16:30	17:47	F	Team Technical Final
		17:57	18:07	C	<i>Team Technical Victory Ceremony</i>
Tuesday 10th May	4	09:00	10:49	P	Duet Free Preliminary
	5	16:30	17:32	F	Solo Free Final
		17:42	17:52	C	<i>Solo Free Victory Ceremony</i>
Wednesday 11th May	7	09:00	10:20	P	Team Free Preliminary
	8	16:30	17:39	F	Duet Free Final
		17:41	18:09	F	Mixed Duet Free Final
		18:14	18:24	C	<i>Duet Free Final Victory Ceremony</i>
		18:24	18:34	C	<i>Mixed Duet Victory Ceremony</i>
Thursday 12th May	10	08:30	09:53	F	Solo Technical Final
		10:03	10:13	C	<i>Solo Technical Victory Ceremony</i>
	11	16:00	17:34	F	Free Combination Final
		17:44	17:54	C	<i>Free Combination Victory Ceremony</i>
Friday 13th May	13	08:30	10:05	F	Duet Technical Final
		10:07	10:36	F	Mixed Duet Technical Final
		10:46	10:56	C	<i>Duet Technical Victory Ceremony</i>
		10:56	11:06	C	<i>Mixed Duet Technical Victory Ceremony</i>
	14	16:00	17:31	F	Team Free Final
		17:41	17:51	C	<i>Team Free Victory Ceremony</i>

Pre-Competition Procedures

Venue Familiarisation

During a Federations initial visit to the London Aquatics Centre, London2016 representatives will be on hand to provide a short venue tour covering all areas of athlete flows and will be able to answer questions about the venue.

Technical Meeting

Date: 8 May, 2016

Time: 15:00

Location: Technical Officials Meeting Room, London Aquatics Centre

It is mandatory for a representative from each Federation to attend the Technical Meeting, which will be led by the LEN Technical Synchronised Swimming Committee. All representatives will be required to notify their attendance during a roll call. The meeting will cover the following key topics;

- Welcome and Roll Call
- Introduction from LEN
- Draw for order of appearance
- Changes to entries after the draw
- Athlete flows

Draw for order of appearance

The draw for order of appearance for all preliminary and direct final events will be conducted at the Technical Meeting under the supervision of the LEN Technical Synchronised Swimming Committee, the Referee and the Chief Recorder. The draws will be manual and conducted in line with FINA Rules and Regulations SS 13.6 (Routine sessions).

Competition Procedures

Team Leaders' Meetings

On the competition days a daily team leaders meeting will take place at 7am in the Technical Officials Meeting Room at the London Aquatics Centre.

Warm Up

Minutes before Competition	Activity	Details
120 Minutes	Warm Up	
30 Minutes	Clearing of the FOP begins	London 2016 team members will start to clear the FOP in preparation for the start of the session. All athletes and support staff must clear FOP.
	Non-competing athletes and support staff take positions in team seating areas	A team seating area is provided on the FOP. Teams are requested to limit movement on and off the FOP during competition as much as possible.
25 Minutes	Report to Final Call Room for athletes parade (finals only)	All competing routines must be represented in the athletes' parade before the competition. Competitors will be organised into their start order in the Final Call Room and then directed onto the FOP.

20 Minutes	Pre swimmer to report to Final Call Room	
	Coaches and Alternates	Two coaches can accompany athletes to the Final Call room. No alternates permitted for solos and duets. Two alternates for all team and free combination events.
15 Minutes	Athletes report to the First Call Room	First three competing routines plus pre-swimmer must report to the Final Call Room wearing full kit and will submit their Accreditation Pass on arrival. Their kit will be checked against the clothing and equipment guidelines. All other routines must report a minimum of four routines prior to their start number. All clothing and belongings should be placed in the kit box with their respective order of swim number. There will be one box for solos and duets, two boxes for team and three for free combinations.
	Coaches and Alternates	Two coaches can accompany athletes to Final Call room. No alternates permitted for solos and duets. Two alternates for all team and free combination events.
9 Minutes	Pre Swimmer	Performance

Accredited/Team Seating

Athlete seating located on the FOP and can be accessed up to 20 minutes before the session starts.

During Competition

Athletes will be allocated dedicated areas to relax, stretch and warm up between events and during competition.

The following spaces are available;

- Athlete Prep
- Final Call Room

There will be a video screen in the Athlete Prep and Call Room to allow the athletes to follow the competition.

Post-Competition Procedures

Leaving the Field of Play

All athletes and coaches will be directed by a FOP member and must exit the FOP via the Mixed Zone

Accreditation Collection

All athletes must collect their Accreditation Pass from the Accreditation table which is near the entrance to the Mixed Zone. Athletes and coaches are requested to leave the FOP immediately following the collection of accreditation. Athletes required for a victory ceremony will be escorted by a medal chaperone to the victory ceremony staging area in time for the victory ceremony to take place.

Training Information

Training will take place at the London Aquatics Centre and be available from the 6th May, see below. A detailed training schedule will be provided on arrival. Training will take place in both the competition and training pools. All music training will take place in the competition pool only.

On training days each Federation will have access to a music session each day, based on team size, access to lap swimming, and access to pool space for non-music training. On competition days warm up time will be available for competing athletes only, music time will be allocated based on start list order and access to lap swimming is also available.

On all competition days, an area in the training pool will be available during the competition session and for one hour following the completion of the final routine.

Date	Activity	Competition Pool	Training Pool
6 th & 7 th May	Training	08:00 – 13:00	
		14:00 – 20:00	
8 th May	Training	08:00 – 13:30	
		14:00 – 18:00	
9 th May	Warm-up	07:00 – 08:30	06:30 – 12:00
		14:00 – 15:45	13:30 – 1hr post competition
10 th May	Warm-up	07:00 – 08:30	06:30 – 12:00
		14:30 – 16:00	14:00 – 1hr post competition
11 th May	Warm-up	07:00 – 08:30	06:30 – 12:00
		14:30 – 16:00	14:00 – 1hr post competition
12 th May	Warm-up	06:30 – 08:00	06:00 – 09:00
			09:30 – 1hr post competition (2 lanes only)
		14:00 – 15:30	13:30 – 16:00
			16:30 - 1hr post competition (2 lanes only)
13 th May	Warm-up	06:30 – 08:00	06:00 – 09:00
			09:30 – 1hr post competition (2 lanes only)
		14:00 – 15:30	13:30 – 16:00
			16:30 - 1hr post competition (2 lanes only)

Media Access

All synchronised swimming training is closed to the media on pre-competition training days.

Diving: Competition Information

The diving competition at the LEN European Aquatics Championships will be held from 9-15 May at the London Aquatics Centre.

The London Aquatics Centre hosts a 25m x 20m x 5m deep diving pool which includes three 3m springboards, four 1m springboards and five platforms of 0.8m, 3m, 5m 7.5m and 10m in height. The field of play also includes showers and a hot tub. The field of play will be presented in accordance with FINA Rules and Regulations.

The venue also boasts a fully equipped dryland training area that contains dryboards, trampolines with spotting equipment, foam pit, tumble track and various video replay systems.

Medal Events

Medal Events			
Men	Women	Mixed	Team
1m Springboard	1m Springboard	3m Synchronised	3m / 10m
3m Springboard	3m Springboard	10m Synchronised	
10m Platform	10m Platform		
3m Synchronised	3m Synchronised		
10m Synchronised	10m Synchronised		

Competition Format

Event	Number of Dives	Phases	Progression	Format
Men's 1m & 3m Springboard	6	Preliminary & Final	Top 12 ranked divers from the preliminary phase will progress to	Six (6) dives without limit of degree of difficulty, of which one dive shall be selected from each group, plus an additional dive from any group
Women's 1m & 3m Springboard	5			Five (5) dives from different groups without limit of degree of difficulty

Men's 10m Platform	6		the final	Six (6) dives from different groups without limit of degree of difficulty
Women's 10m Platform	5			Five (5) dives from different groups without limit of degree of difficulty
Men's Synchronised (3m & 10m)	6	Final Only		Six (6) rounds of dives from five (5) different groups; two (2) rounds with a difficulty of 2.0 for each dive; four (4) without limit of degree of difficulty
Women's Synchronised (3m & 10m)	5		Five (5) rounds of dives with dives from five (5) different groups; two (2) rounds with a difficulty of 2.0 for each dive; three (3) without limit of degree of difficulty	
Mixed Synchronised	5		Five (5) rounds of dives with dives from five (5) groups. Two (2) dives with a 2.0 degree of difficulty; three (3) without limit. A combination of groups shall be allowed however a dive number may not be repeated and each group may be used not more than twice.	
Team Event	6		Six (6) different dives from six (6) different groups; Two (2) dives with a 2.0 degree of difficulty; four (4) without limit. Three (3) dives performed by the male competitor and three (3) performed by the female competitor. Three (3) dives shall be executed from the 3mspringboard and the other three (3) dives from the 10m platform. Each diver must perform at least one (1) dive from the 3m springboard one (1) dive from the 10m platform	

Individual & Team Events

A panel of seven (7) judges will be used. The two (2) highest and two (2) lowest awards are cancelled. The remaining scores will be added together and then multiplied by the degree of difficulty to give the total score for each dive.

Synchronised Events

A panel of nine (9) judges will be used for all synchronized events; two (2) judges will assess the execution of one diver; two (2) judges will assess the execution of the other diver; and the remaining five (5) judges will assess synchronisation. The secretariat shall cancel the highest and lowest judges awards given for execution and the highest and lowest judges awards given for synchronisation. When two(2) or more awards are equal, either of the equal awards may be cancelled.

Competition Rules

The diving competition will be held in accordance with the editions of the following documents that are in force at the time of the Championships;

- LEN General Rules
- LEN European Championships in Swimming, Diving, Synchronised Swimming and Open Water
- FINA Rules and Regulations (2015-2017)

Appointment of judges

All judges will be appointed by the LEN Technical Diving Committee

Statement of Dives

In accordance with FINA Rules and Regulations, each diver or diver's representative must submit a complete list of dives 24 hours prior to the competition. The list of dives must be submitted to Microplus representative at the dedicated table on the field of play.

The referee may accept submissions after the 24 hour deadline, up to three hours before the start of the event, provided it is accompanied by the appropriate fee. This fee is to be paid to the LEN Office only.

Competitors qualified for finals have 30 minutes following the preliminary phase to change their list of dives. Divers wishing to make a change must inform the Referee of the event who will sign the change of dive form and then this form must be submitted to the Sport Information desk.

Substitution

Any diver entered for competition may be substituted by another diver at the Technical Meeting. In extenuating circumstances a diver may be replaced by another diver from the same Federation up to three hours before the start of the preliminary competition. The Referee of the respective event must be informed and then the substitution form must be submitted to the Sport Information desk.

Withdrawal

If a diver withdraws during competition a 'withdrawal form' must be submitted to the Referee of the respective event. If a diver withdraws at any other time the Referee shall be informed and a 'withdrawal form' must be submitted to the Sport Information desk.

Protests

An oral complaint may be made by the competitor or a responsible team official immediately after the execution of the dive, a round of dives, or a section of the contest. If the complaint is not accepted, a formal protest may be made.

Protest forms may be collected from the Sport Information desk and must be returned to the same location within 30 minutes of the conclusion of the respective event. A LOC representative will then take the team leader to a member of LEN staff in order to make the payment and process the protest.

Competition Schedule

Date	Session	Start Time	End Time		Event
Monday 9th May	2	16:00	16:30	C	<i>Opening Ceremony</i>
	3	19:30	20:29	F	Team Event 3m/10m Final
		20:39	20:47	C	<i>Team Event Victory Ceremony</i>
Tuesday 10th May	4	12:00	14:07	P	Mens 1m Springboard Preliminary
	6	19:30	20:53	F	Mens 1m Springboard Final
		21:13	21:43	F	Womens 10m Synchro Final
		21:48	21:56	C	<i>Mens 1m Springboard Victory Ceremony</i>
		21:56	22:04	C	<i>Womens 10m Synchro Victory Ceremony</i>
Wednesday 11th May	7	12:00	13:40	P	Womens 1m Springboard Preliminary
	9	20:00	21:10	F	Womens 1m Springboard Final
		21:30	22:10	F	Mixed 3m Synchro Final
		22:15	22:23	C	<i>Womens 1m Springboard Victory Ceremony</i>
		22:23	22:31	C	<i>Mixed 3m Synchro Victory Ceremony</i>
Thursday 12th May	10	11:30	13:43	P	Mens 3m Springboard Preliminary
	12	19:30	20:53	F	Mens 3m Springboard Final
		21:13	22:06	F	Mens 10m Synchro Final

		22:11	22:19	C	<i>Mens 3m Springboard Victory Ceremony</i>
		22:19	22:27	C	<i>Mens 10m Synchro Victory Ceremony</i>
Friday 13th May	13	12:30	13:25	P	Womens 10m Preliminary
	15	19:30	20:40	F	Womens 10m Platform Final
		21:00	22:05	F	Mens 3m Synchro Final
		22:10	22:18	C	<i>Womens 10m Platform Victory Ceremony</i>
		22:18	22:26	C	<i>Mens 3m Synchro Victory Ceremony</i>
Saturday 14th May	16	10:00	11:44	P	Womens 3m Springboard Preliminary
	17	15:30	16:40	F	Womens 3m Springboard Final
		17:00	17:40	F	Mixed 10m Synchro Final
		17:45	17:53	C	<i>Womens 3m Springboard Victory Ceremony</i>
		17:53	18:01	C	<i>Mixed 10m Synchro Victory Ceremony</i>
Sunday 15th May	18	10:00	11:28	P	Mens 10m Preliminary
	19	15:30	16:53	F	Mens 10m Final
		17:13	18:08	F	Womens 3m Synchro Final
		18:13	18:21	C	<i>Mens 10m Victory Ceremony</i>
		18:21	18:29	C	<i>Womens 3m Synchro Victory Ceremony</i>

Pre-Competition Procedures

Venue Familiarisation

During a Federations initial visit to the London Aquatics Centre, London2016 representatives will be on hand to provide a short venue tour covering all areas of athlete flows and will be able to answer questions about the venue.

Competition Draw

The draw for all diving events will take place at the Technical Meeting on 7th May 2016.

Technical Meeting (followed by the Technical Officials Meeting)

Date: 7 May, 2016

Time: 19:00

Location: Press Conference Room, London Aquatics Centre

It is mandatory for a representative from each Federation to attend the Technical Meeting, which will be led by the LEN Technical Diving Committee. All representatives will be required to notify their attendance during a roll call. The agenda of the meeting will be issued to the Federations prior to the meeting.

Judges Clinic

Title: "Judgement and outcome of the FINA World Cup"

Date: 8 May, 2016

Time: 15:00 – 18:00

Lecturer: F. v.d. Konijnenburg, K.Dibiasi, M.Lindberg, G.Fyrigou Consolo

Location: Press Conference Room, London Aquatics Centre

Competition Procedures

Warm Up

Minutes before Competition	Activity	Details
60 Minutes	Warm Up	Only divers competing in the subsequent session may train on the competition boards. For 3m events, warm up will take place on the 1m and 3m boards. For 10m events, warm up will take

		place on all platforms
30 Minutes	Clearing of the FOP begins	London 2016 team members will start to clear the FOP and all boards in preparation for the start of the session.
	Non-competing divers and support staff take positions in team seating areas	A team seating area is provided on the FOP. Teams are requested to limit movement on and off the FOP during competition as much as possible.
20 Minutes	Divers report to the Final Call Room	Divers must report to the Final Call Room wearing full kit and will submit their Accreditation Pass on arrival. Divers will have their kit checked against the clothing and equipment guidelines. Each diver will be provided with a chair that is allocated depending on the divers start number. All clothing and belongings should be placed in the divers' kit box under their respective chair.
	Coaches take positions in the Coaches seating area	Two coaches per Federation will be allocated seating during each session in the coaches seating area on the FOP. This area will be monitored by stewards and coaches must respect the stewards enforcing this procedure. Coaches are requested to limit movement on and off the FOP during competition as much as possible.
15 Minutes	Clearing of FOP	All divers must leave FOP. There will be no further access to non-competing divers or team staff to the FOP seating area. Judges take their seats.
10 Minutes	Athletes Parade	All competing divers must participate in the athletes' parade before the competition. Competitors will be organised into their start order in the Final Call Room and then directed onto the FOP

Accredited/Team Seating

Athlete seating is located on the FOP and can be accessed up to 15 minutes before the session starts.

During Competition

Divers will be allocated dedicated areas to relax, stretch and warm up between rounds of dives during competition.

The following spaces are available;

- Final Call Room
- Diving Dryland

There will be a video screen in the Final Call Room and Diving Dryland to allow the divers to follow the competition between rounds of dives during the session.

Post-Competition Procedures

Leaving the Field of Play

All divers must exit the FOP via the Mixed Zone

Accreditation Collection

All divers must collect their Accreditation Pass from the Accreditation table which is near the entrance to the Mixed Zone and must leave the FOP as soon as possible after every phase of competition has finished. After collecting their Accreditation Pass, divers will be directed through the Mixed Zone before leaving the FOP. Athletes and Coach debriefs are conducted after the athlete has passed through the Mixed Zone.

Preliminary Phase

After completing their last dive, divers should prepare to leave FOP by waiting in the Final Call Room and collecting all personal belongings from their kit boxes. When the competition has finished, divers must immediately collect their Accreditation Pass from the Accreditation table on the FOP. Divers will leave the FOP via the Mixed Zone.

Final Phase

For Finals, divers finishing in the top three will be escorted by medal chaperones to collect their Accreditation Pass. All divers will be required to attend the victory ceremony 10 minutes following the completion of the competition. Medal Chaperones will escort divers to the victory ceremony team to ensure the victory ceremony commences on time.

All divers who have not won a medal will leave the FOP following the procedures detailed as per the preliminary phase.

Training Information

Training will take place at the London Aquatics Centre and be available from the 6th May. All training sessions will be open. All training equipment will be approved by LEN.

Date	Activity	Diving Pool	Diving Dryland
6 th May	Training	08:00 – 20:00	07:30 – 20:00
7 th May	Training	08:00 – 20:00	07:30 – 20:00
8 th May	Training	08:00 – 18:00	07:30 – 18:00
9 th May	Training	07:00 – 08:45	06:30 – end of competition
	Training	11:00 – 15:30	
	Warm-up	18:15 – 19:15	
10 th May	Training	07:00 – 08:45	06:30 – end of competition
	Warm-up	11:00 – 12:00	
	Training	End of competition session – 16:00	
	Warm-up	18:15 – 19:15	
11 th May	Training	07:00 – 08:45	06:30 – end of competition
	Warm-up	11:00 – 12:00	
	Training	End of competition session – 16:00	
	Warm-up	19:00 – 20:00	
12 th May	Training	07:00 – 08:15	06:30 – end of competition
	Warm-up	10:30 – 11:30	
	Training	End of competition session – 15:30	
	Warm-up	18:15 – 19:30	
13 th May	Training	07:00 – 08:15	06:30 – end of competition
	Warm-up	10:15 – 11:15	
	Training	End of competition session – 15:30	
	Warm-up	18:15 – 19:30	
14 th May	Warm-up	08:00 – 10:00	07:30 – 19:30
	Warm-up	End of competition session – 15:15	
	Training	End of competition session – 19:30	
15 th May	Warm-up	08:00 – 10:00	07:30 – end of competition
	Warm-up	End of competition session – 15:15	

Swimming: Competition Information

The swimming competition at the LEN European Aquatics Championships will be held from 16-22 May at the London Aquatics Centre.

The London Aquatics Centre hosts a 10-lane, 50m, 3m deep competition pool and an 8-lane, 50m, 2m training pool. The competition area, water temperature and all equipment will be presented in accordance with FINA Rules and Regulations. Please note: backstroke starting ledges will be in use at this competition.

Medal Events

Medal Events		
Men	Women	Mixed
50m Freestyle	50m Freestyle	4x100m Medley Relay
100m Freestyle	100m Freestyle	4x100m Freestyle Relay
200m Freestyle	200m Freestyle	
400m Freestyle	400m Freestyle	
800m Freestyle	800m Freestyle	
1500m Freestyle	1500m Freestyle	
50m Backstroke	50m Backstroke	
100m Backstroke	100m Backstroke	
200m Backstroke	200m Backstroke	
50m Butterfly	50m Butterfly	
100m Butterfly	100m Butterfly	
200m Butterfly	200m Butterfly	
50m Breaststroke	50m Breaststroke	
100m Breaststroke	100m Breaststroke	
200m Breaststroke	200m Breaststroke	
200m Individual Medley	200m Individual Medley	
400m Individual Medley	400m Individual Medley	
4x100m Freestyle Relay	4x100m Freestyle Relay	

4x200m Freestyle Relay	4x200m Freestyle Relay	
4x100m Medley Relay	4x100m Medley Relay	

Competition Format

All heats will be competed in ten lanes, and all semi-finals and finals will be competed in eight lanes. Heats will be conducted during each morning session, semi-finals and finals conducted during each evening session. Irrespective of times achieved in the heats, only the two fastest swimmers from the respective Federation may:

- Proceed to the semi-finals and/or finals
- Take part in a swim-off
- Be nominated as a reserve

In the 50 m, 100 m and 200 m events there shall be heats, semi-finals and finals. In all other events there shall be heats and finals.

Where semi-finals are held, the qualifiers for the final shall be 1st and 2nd in each semi-final together with the fastest times from the remaining swimmers in the semi-finals. In events without semi-finals, qualification for the final shall be based on times established in the heats in accordance with FINA Rules.

If there is a tie for the last qualifying position, a swim-off will determine which swimmer(s) will qualify for the next phase, except 800m and 1500m events when additional lanes will be utilised in accordance with FINA SW 3.1.1.7.

Competition Draw

All start lists are seeded according to FINA rules, based on the swimmers in the final entry list. The fastest 30 swimmers in each event will be distributed in the last three heats according to FINA rules, except in the 400m, 800m and 1500m events where the fastest 20 swimmers in each event will be distributed in the last two heats, with the remaining swimmers then placed in successive heats according to their qualification times. Start lists will be produced following the Team Leader Meeting held on 14 May, 2016, two days prior to the start of competition.

Competition Rules

The swimming competition will be held in accordance with the editions of the following documents that are in force at the time of the Championships;

- LEN General Rules
- LEN European Championships in Swimming, Diving, Synchronised Swimming and Open Water
- FINA Rules and Regulations (2015-2017)

Substitution

Teams will be provided with copies of the entry list by event upon arrival at the Aquatics Centre from 12 May 2016. Team leaders must check all entry data, including entry times and the spelling of athletes' names, and submit a 'Substitution and correction form' with any amendments by the end of the Team Leaders' Meeting on 14 May 2016. Copies of the 'Substitution and correction form' will be available at the Sport Information Desk and at the Team Leaders' Meeting.

Withdrawal

Withdrawal forms may be collected from the Sport Information Desk or the Technical Swimming Commission table on the Field of Play. Any withdrawals for all heats should be made by the end of the Team Leaders' Meeting. To withdraw from a semi-final or final, a Federation representative must report with their 'Withdrawal form' to the Sport Information Desk within 30 minutes of the conclusion of the race in which the qualification took place. The Federation representative will then be escorted to a Technical Swimming Commission member.

Protests

For the regulations governing protests, please refer to LEN General Event Rules E22 – Complaints, Protests and Appeals. 'Protest forms' may be collected from the LEN Technical Swimming Commission table on the field of play or the Sport Information Desk. The Federation representative submitting the protest must report to the Sport Information Desk with the completed 'Protest Form' and protest fee within 30 minutes of the conclusion of the race. The Federation representative will then be escorted to the LEN Technical Swimming Commission table. If required a Jury of Appeal will be formed according to LEN Rules E 23

Relay Declaration

'Relay entry cards' will be available at the Sport Information Desk and at the LEN Technical Swimming Commission table on the competition pool deck, in front of the timing suite. 'Relay forms' will be available from 90 minutes before the start of each session until the end of warm-up. The names of swimmers competing in both heats and finals of relay events must be submitted to the LEN Technical Swimming Commission Table at least one hour before the start of the session in which the relay takes place according to E 3.4

'Relay entry cards' must list the swimmers' names in the order in which they are to participate. The composition of a relay team may be changed between heats and finals in accordance with the LEN Rules and Regulations: E 3.4.3

Competition Schedule

Monday 16 May - Day 8, London Aquatics Centre			
Start: 10:00	SW20	H	Men's 400m Freestyle - heats
		H	Women's 50m Butterfly - heats
		H	Men's 100m Backstroke - heats
		H	Women's 400m Individual Medley
		H	Men's 100m Breaststroke
		H	Women's 200m Backstroke
		H	Men's 50m Butterfly
		H	Women's 4x100m Freestyle Relay
		H	Men's 4x100m Freestyle Relay
Start: 18:00	SW21	F	Men's 400m Freestyle
		SF	Women's 50 Butterfly
		SF	Men's 100m Backstroke
		C	Men's 400m Freestyle - victory ceremony
		F	Women's 400m Individual Medley
		SF	Men's 100m Breaststroke
		SF	Women's 200m Backstroke
		SF	Men's 50m Butterfly
		C	Women's 400m Individual Medley - victory ceremony
		F	Women's 4x100m Freestyle Relay
		F	Men's 4x100m Freestyle Relay
		C	Women's 4x100m Freestyle Relay - victory ceremony
		C	Men's 4x100m Freestyle Relay - victory ceremony
Tuesday 17 May – Day 9, London Aquatics Centre			

Start: 10:00	SW22	H	Men's 200m Freestyle
		H	Women's 100m Breaststroke
		H	Men's 200m Individual Medley
		H	Women's 100m Freestyle
		H	Mixed 4x100m Medley Relay
		H	Men's 1500m Freestyle

Start: 18:00	SW23	F SF F F C F SF SF C F C SF C F C C	Men's 50m Butterfly Women's 100m Freestyle Men's 100m Backstroke Women's 50m Butterfly Men's 50m Butterfly - victory ceremony Men's 100m Breaststroke Women's 100m Breaststroke Men's 200m Individual Medley Men's 100m Backstroke - victory ceremony Women's 200m Backstroke Women's 50m Butterfly - victory ceremony Men's 200m Freestyle Men's 100m Breaststroke - victory ceremony Mixed 4x100m Medley Relay Women's 200m Backstroke victory ceremony Mixed 4x100m Medley Relay - victory ceremony
Wednesday 18 May – Day 10, London Aquatics Centre			
Start: 10:00	SW24	H H H H H H	Men's 200m Butterfly Women's 200m Individual Medley Men's 200m Breaststroke Women's 100m Backstroke Men's 50m Backstroke Women's 800m Freestyle
Start: 18:00	SW25	F SF SF C F F SF C F F C SF SF C C	Men's 1500m Freestyle Men's 200m Breaststroke Women's 200m Individual Medley Men's 1500m Freestyle - victory ceremony Men's 200m Freestyle Women's 100m Breaststroke Men's 200m Butterfly Men's 200m Freestyle - victory ceremony Women's 100m Freestyle Men's 200m Individual Medley Women's 100m Breaststroke - victory ceremony Women's 100m Backstroke Men's 50m Backstroke Women's 100m Freestyle - victory ceremony Men's 200m Individual Medley - victory ceremony
Thursday 19 May – Day 11, London Aquatics Centre			
Start: 10:00	SW26	H H H H H	Women's 200m Breaststroke Men's 100m Freestyle Women's 100m Butterfly Men's 800m Freestyle Women's 4x200m Freestyle Relay
Start: 18:00	SW27	F F SF SF C F C F F C SF F C F C C C C	Women's 800m Freestyle Women's 200m Individual Medley Men's 100m Freestyle Women's 100m Butterfly Women's 800m Freestyle - victory ceremony Men's 200m Breaststroke Women's 200m Individual Medley - victory ceremony Women's 100m Backstroke Men's 200m Butterfly Men's 200m Breaststroke - victory ceremony Women's 200m Breaststroke Men's 50m Backstroke Women's 100m Backstroke - victory ceremony Women's 4x200m Freestyle Relay Men's 200m Butterfly - victory ceremony Men's 50m Backstroke - victory ceremony Women's 4x200m Freestyle Relay - victory ceremony

Friday 20 May – Day 12, London Aquatics Centre			
Start: 10:00	SW28	H	Men's 200m Backstroke
		H	Women's 200m Freestyle
		H	Men's 100m Butterfly
		H	Women's 50m Backstroke
		H	Men's 50m Breaststroke
		H	Mixed 4x100m Freestyle Relay
		H	Women's 1500m Freestyle
Start: 18:00	SW29	F	Men's 800m Freestyle
		SF	Women's 200m Freestyle
		SF	Men's 100m Butterfly
		C	Men's 800m Freestyle - victory ceremony
		F	Women's 200m Breaststroke
		F	Men's 100m Freestyle
		SF	Women's 50m Backstroke
		C	Women's 200m Breaststroke - victory ceremony
		SF	Men's 200m Backstroke
		F	Women's 100m Butterfly
		C	Men's 100m Freestyle - victory ceremony
		SF	Men's 50m Breaststroke
		F	Mixed 4x100m Freestyle Relay
C	Women's 100m Butterfly - victory ceremony		
C	Mixed 4x100m Freestyle Relay - victory ceremony		
Saturday 21 May – Day 13, London Aquatics Centre			
Start: 09:00	SW30	H	Women's 50m Breaststroke
		H	Men's 50m Freestyle
		H	Women's 200m Butterfly
		H	Women's 50m Freestyle
		H	Men's 4x200m Freestyle Relay
Start: 16:00	SW31	F	Women's 1500m Freestyle
		SF	Women's 50m Breaststroke
		F	Men's 100m Butterfly
		F	Women's 200m Freestyle
		C	Women's 1500m Freestyle - victory ceremony
		SF	Men's 50m Freestyle
		C	Men's 100m Butterfly - victory ceremony
		F	Women's 50m Backstroke
		C	Women's 200m Freestyle - victory ceremony
		F	Men's 200m Backstroke
		SF	Women's 200m Butterfly
		C	Women's 50m Backstroke - victory ceremony
		F	Men's 50m Breaststroke
		SF	Women's 50m Freestyle
		C	Men's 200m Backstroke - victory ceremony
F	Men's 4x200m Freestyle Relay		
C	Men's 50m Breaststroke - victory ceremony		
C	Men's 4x200m Freestyle Relay - victory ceremony		
Sunday 22 May – Day 14, London Aquatics Centre			
Start: 09:00	SW32	H	Women's 400m Freestyle
		H	Men's 400m Individual Medley
		H	Women's 4x100m Medley Relay
		H	Men's 4x100m Medley Relay

Start: 16:00	SW33	F	Women's 50m Freestyle
		F	Men's 50m Freestyle
		F	Women's 50m Breaststroke
		C	Women's 50m Freestyle - victory ceremony
		F	Women's 200m Butterfly
		C	Men's 50m Freestyle - victory ceremony
		F	Men's 400m Individual Medley
		C	Women's 50m Breaststroke - victory ceremony
		F	Women's 400m Freestyle
		F	Women's 4x100m Medley Relay
		C	Women's 200m Butterfly - victory ceremony
		C	Men's 4x100m Medley Relay
		F	Men's 400m Individual Medley - victory ceremony
		C	Women's 400m Freestyle - victory ceremony
		C	Women's 4x100m Medley Relay - victory ceremony
		C	Men's 4x100m Medley Relay - victory ceremony

Pre-Competition Procedures

Venue Familiarisation

During a Federations initial visit to the London Aquatics Centre, London2016 representatives will be on hand to provide a short venue tour covering all areas of athlete flows and will be able to answer questions about the venue.

Team Leader Meeting

Date: 14 May, 2016

Time: 12:00

Location: Press Conference Room, London Aquatics Centre

It is mandatory for a representative from each Federation to attend the Team Meeting, which will be led by the LEN Technical Swimming Committee (due to limited space, attendance is restricted to two representatives from each Federation). All representatives will be required to notify their attendance during a roll call.

Competition Procedures

Warm-up and call to competition

Minutes before competition	Activity	Details
180 minutes (3 hours) before start of morning sessions or 120 minutes (2 hours) before start of evening sessions	Warm-up begins	Athletes will be able to warm up in the competition pool and warm-up pool. The competition pool will close 15 minutes before the start of the session. The warm-up pool will remain open throughout the session.
15 minutes before start of race	Report to First Call Room	For heats, semi-finals and finals, athletes must report to the First Call Room with their accreditation and equipment 15 minutes before the official start time of their race. Following clothing and equipment checks, athletes will be escorted to the Final Call Room. Accreditations will be left at the accreditation table on the field of play near the entrance to the mixed zone for collection after their race.

Accredited/team seating

Team seating will be located on the field of play. This area is reserved for athletes and team officials only and access will be granted upon presentation of the appropriate accreditation. Teams will be placed into groups and the seating will be managed on a rotation basis. Details of the groups and rotation schedule will be available at the Sport Information Desk upon arrival at the London Aquatics Centre.

Ice Baths

Those teams that requested an ice bath position will be shown to their specific location by a Sport Information volunteer. Each position will be provided with one 240 volt power socket. The space is limited so we ask that Federations are considerate in only utilizing the space allocated. Teams are not permitted to place their ice bath in the athlete preparation space.

Video Analysis

Footage for race analysis will be provided by Spiideo. This footage will be available on a network. Connections to the network and a tabled working area will be provided at the Video Analysis review point, located between the competition and training pool. No Federations are permitted to perform their own video analysis filming.

Post-Competition Procedures

Leaving the Field of Play

All athletes will be directed by a FOP member and must exit the FOP via the Mixed Zone

Accreditation Collection

All athletes must collect their Accreditation Pass from the Accreditation table which is near the entrance to the Mixed Zone. Athletes and coaches are requested to leave the FOP immediately following the collection of accreditation. Athletes required for a victory ceremony will be escorted by a medal chaperone to the victory ceremony staging area in time for the victory ceremony to take place.

Training Information

Training will take place at the London Aquatics Centre and be available from the 6th May. All training sessions will be open. All training equipment will be approved by LEN. During competition days, no paddles, kick boards, fins or bungee cords will be allowed in the Competition Pool.

Date	Competition Pool	Training Pool
12 th May	Not Available	09:30 – 11:30 (6 lanes)
		11:30 – 13:30 (8 lanes)
		16:30 – 19:00 (6 lanes)
		19:00 – 21:00 (8 lanes)
13 th May	Not Available	09:30 – 12:30 (6 lanes)
		12:30 – 13:30 (8 lanes)
		16:30 – 19:00 (6 lanes)
		19:00 – 21:00 (8 lanes)
14 th May	07:00 – 09:30	07:00 – 21:00
	12:30 – 15:00	
	18:30 – 21:00	
15 th May	07:00 – 09:30	07:00 – 21:00
	12:30 – 15:00	
16 th – 20 th May	07:00 – 09:45	07:00 – 1hr post competition
	16:00 – 17:45	16:00 – 1hr post competition
21 st & 22 nd May	06:00 – 08:45	06:00 – 1hr post competition
	14:00 – 15:45	14:00 – 1hr post competition

LEN TSC Development Forum

The LEN TSC Development Forum will be held on **Wednesday 18 May 2016 at 20.30 hours at the Press Conference Room** following the end of the finals' session.

Team Coaches and Team Managers are invited to take part. Registration forms will be available at the Team Leaders Meeting. Sandwiches and drinks will be served. Transport will be provided to the hotels not in walking distance after the meeting.