



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



BULLETIN 1

WELCOME

EUROPEAN AQUATICS CHAMPIONSHIPS

WELCOME TO THE LONDON 2016 LEN EUROPEAN AQUATICS CHAMPIONSHIPS!

**IT HAS BEEN OVER THREE YEARS
SINCE LONDON HOSTED THE GREATEST
OLYMPIC AND PARALYMPIC GAMES
EVER IN 2012 AND WE ARE DELIGHTED
TO WELCOME EUROPE'S PREMIER
AQUATICS COMPETITION TO THE
WORLD'S NO.1 SPORT CITY IN MAY 2016.**

London 2016 will provide excitement for everyone involved – from athletes to spectators to volunteers – and we can't wait to recreate the stunning atmosphere witnessed at the Olympic and Paralympics in 2012.

In the iconic London Aquatics Centre at Queen Elizabeth Olympic Park, we are fortunate to have a truly world-class venue and a pool that has proven to provide record-breaking performances.

London last hosted the European Championships in 1938 at what is now Wembley Arena while the UK last welcomed the continent's finest in 1993 in Sheffield. Being able to stage the Championships for the third time is a genuine privilege.

History has already been made with the introduction of mixed gender synchronised swimming and mixed gender synchronised diving being introduced to the Championship schedule for the first time plus four combined synchronised swimming and diving sessions and we believe there is plenty more to come.

We are looking forward to welcoming LEN and the athletes and staff from every federation as they prepare for the Rio 2016 Olympic Games. We're sure it's going to be everyone's cup of tea!

ENTRY PROCEDURE

Please [CLICK HERE](#) to complete the preliminary entry form before 22 February 2016.

PASSPORTS AND VISAS

Valid passports are required for all visitors. Please visit the UK Border Agency site for Visa requirements: <https://www.gov.uk/check-uk-visa>

ACCREDITATION

After receiving all preliminary entries, each federation will receive a link to the accreditation system with a username and password.

The due date for entering the information of all delegation members including photo at the online accreditation system 9 April 2016.

LOC CONTACT INFORMATION

Swimming Championships 2016 Ltd
Pavilion 3
Sport Park, 3 Oakwood Drive
Loughborough
LE11 3QF
aquatics2016@swimming.org

WELCOME

EUROPEAN AQUATICS CHAMPIONSHIPS

VENUE

The stunning Aquatics Centre, home to some of the most dramatic sporting moments during the Olympic and Paralympic Games, is a fitting setting for these flagship international championships.



KEY DATES

- Official Championships Period 9–22 May
- Opening Ceremony 9 May
- Closing Ceremony 22 May
- LEN Congress 8 May

TEAM LEADER/TECHNICAL MEETINGS

SYNCHRONISED SWIMMING - TECHNICAL MEETING

SATURDAY 7 MAY - 14:30 - 16:00

Location: Press Conference Room,
London Aquatics Centre

DIVING - TECHNICAL MEETING

SUNDAY 8 MAY - 15:00 - 16:00

Location: Press Conference Room,
London Aquatics Centre

SWIMMING - TEAM LEADER MEETING

SATURDAY 14 MAY - 12:00 - 13:00

Location: Press Conference Room,
London Aquatics Centre

PARK MAP



TRAINING SCHEDULE

EUROPEAN AQUATICS CHAMPIONSHIPS

DIVING

DATE	DIVING POOL	DIVING DRYLAND
6 MAY	08:00 – 20:00	07:30 – 20:00
7 MAY	08:00 – 20:00	07:30 – 20:00
8 MAY	08:00 – 18:00	07:30 – 18:00
9 MAY	07:00 – 08:45	06:30 – END OF COMPETITION
	11:00 – 15:30	
	18:15 – 19:15	
10 MAY	07:00 – 08:45	06:30 – END OF COMPETITION
	11:00 – 12:00	
	END OF COMPETITION SESSION – 16:00	
	18:15 – 19:15	
11 MAY	07:00 – 08:45	06:30 – END OF COMPETITION
	11:00 – 12:00	
	END OF COMPETITION SESSION – 16:00	
	19:00 – 20:00	
12 MAY	07:00 – 08:45	06:30 – END OF COMPETITION
	10:30 – 11:30	
	END OF COMPETITION SESSION – 15:30	
	18:15 – 19:30	
13 MAY	07:00 – 08:45	06:30 – END OF COMPETITION
	11:30 – 12:30	
	END OF COMPETITION SESSION – 15:30	
	18:15 – 19:30	
14 MAY	08:00 – 10:00	07:30 – 19:30
	END OF COMPETITION SESSION – 15:15	
	END OF COMPETITION SESSION – 19:30	
15 MAY	08:00 – 10:00	07:30 – END OF COMPETITION
	END OF COMPETITION SESSION – 15:15	

*The diving pool will close 15 minutes prior to the start of competition

TRAINING SCHEDULE

EUROPEAN AQUATICS CHAMPIONSHIPS

SYNCHRONISED SWIMMING

DATE	COMPETITION POOL	TRAINING POOL
6-7 MAY		08:00 - 13:00
		14:00 - 20:00
8 MAY		08:00 - 13:30
		14:00 - 18:00
9 MAY	07:00 - 08:30	07:00 - 12:00
	14:00 - 15:45	14:00 - 1HR POST COMPETITION
10 MAY	07:00 - 08:30	07:00 - 12:00
	14:30 - 16:00	14:00 - 1HR POST COMPETITION
11 MAY	07:00 - 08:30	07:00 - 12:00
	14:30 - 16:00	14:00 - 1HR POST COMPETITION
12 MAY	07:00 - 08:30	07:00 - 09:00
		09:30 - 1HR POST COMPETITION (2 LANES ONLY)
	14:00 - 15:30	14:00 - 16:00
		16:30 - 1HR POST COMPETITION (2 LANES ONLY)
13 MAY	07:00 - 08:30	07:00 - 09:00
		09:30 - 1HR POST COMPETITION (2 LANES ONLY)
	14:00 - 15:30	14:00 - 16:00
		16:30 - 1HR POST COMPETITION (2 LANES ONLY)

SWIMMING

DATE	COMPETITION POOL	TRAINING POOL
12 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 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 MAY	07:00 - 09:30	07:00 - 21:00
	12:30 - 15:00	
	18:30 - 21:00	
15 MAY	07:00 - 09:30	07:00 - 21:00
	12:30 - 15:00	
16 - 20 MAY	07:00 - 09:45	07:00 - 1HR POST COMPETITION
	16:00 - 17:45	16:00 - 1HR POST COMPETITION
21 - 22 MAY	06:00 - 08:45	06:00 - 1HR POST COMPETITION
	14:00 - 15:45	14:00 - 1HR POST COMPETITION

*The competition pool will close 15 minutes prior to the start of competition

COMPETITION SCHEDULE

EUROPEAN AQUATICS CHAMPIONSHIPS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MONDAY 9 MAY	TUESDAY 10 MAY	WEDNESDAY 11 MAY	THURSDAY 12 MAY	FRIDAY 13 MAY	SATURDAY 14 MAY	SUNDAY 15 MAY
Session 1	Session 4	Session 7	Session 10	Session 13	Session 16	Session 18
09:00 START	09:00 START	09:00 START	09:00 START	09:00 START	10:00 START	10:00 START
SOLO FREE PRELIMINARY	DUET FREE PRELIMINARY	TEAM FREE PRELIMINARY	SOLO TECHNICAL FINAL	DUET TECHNICAL FINAL	WOMENS 3M SPRINGBOARD PRELIMINARY	MENS 10M PRELIMINARY
			SOLO TECHNICAL VICTORY CEREMONY	MIXED DUET TECHNICAL FINAL		
				DUET TECHNICAL VICTORY CEREMONY		
				MIXED DUET TECHNICAL VICTORY CEREMONY		
	12:00 START	12:00 START	11:30 START	12:30 START		
	MENS 1M SPRINGBOARD PRELIMINARY	WOMENS 1M SPRINGBOARD PRELIMINARY	MENS 3M SPRINGBOARD PRELIMINARY	WOMENS 10M PRELIMINARY		
Session 2	Session 5	Session 8	Session 11	Session 14	Session 17	Session 19
16:00 START	16:30 START	16:30 START	16:00 START	16:00 START	15:30 START	15:30 START
OPENING CEREMONY	SOLO FREE FINAL	DUET FREE FINAL	FREE COMBINATION FINAL	TEAM FREE FINAL	WOMENS 3M SPRINGBOARD FINAL	MENS 10M FINAL
	SOLO FREE VICTORY CEREMONY	MIXED DUET FREE FINAL	FREE COMBINATION VICTORY CEREMONY	TEAM FREE VICTORY CEREMONY	MIXED 10M SYNCHRO FINAL	WOMENS 3M SYNCHRO FINAL
16:30 START		DUET FREE FINAL VICTORY CEREMONY			WOMENS 3M SPRINGBOARD VICTORY CEREMONY	MENS 10M VICTORY CEREMONY
TEAM TECHNICAL FINAL		MIXED DUET VICTORY CEREMONY			MIXED 10M SYNCHRO VICTORY CEREMONY	WOMENS 3M SYNCHRO VICTORY CEREMONY
TEAM TECHNICAL VICTORY CEREMONY						
Session 3	Session 6	Session 9	Session 12	Session 15		
19:30 START	19:30 START	20:00 START	19:30 START	19:30 START		
TEAM EVENT 3M/10M FINAL	MENS 1M SPRINGBOARD FINAL	WOMENS 1M SPRINGBOARD FINAL	MENS 3M SPRINGBOARD FINAL	WOMENS 10M PLATFORM FINAL		
TEAM EVENT VICTORY CEREMONY	WOMENS 10M SYNCHRO FINAL	MIXED 3M SYNCHRO FINAL	MENS 10M SYNCHRO FINAL	MENS 3M SYNCHRO FINAL		
	MENS 1M SPRINGBOARD VICTORY CEREMONY	WOMENS 1M SPRINGBOARD VICTORY CEREMONY	MENS 3M SPRINGBOARD VICTORY CEREMONY	WOMENS 10M PLATFORM VICTORY CEREMONY		
	WOMENS 10M SYNCHRO VICTORY CEREMONY	MIXED 3M SYNCHRO VICTORY CEREMONY	MENS 10M SYNCHRO VICTORY CEREMONY	MENS 3M SYNCHRO VICTORY CEREMONY		

COMPETITION SCHEDULE

EUROPEAN AQUATICS CHAMPIONSHIPS

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MONDAY 16 MAY	TUESDAY 17 MAY	WEDNESDAY 18 MAY	THURSDAY 19 MAY	FRIDAY 20 MAY	SATURDAY 21 MAY	SUNDAY 22 MAY
Session 20	Session 22	Session 24	Session 26	Session 28	Session 30	Session 32
10:00 START	10:00 START	10:00 START	10:00 START	10:00 START	09:00 START	09:00 START
MEN'S 400M FREESTYLE HEATS	MEN'S 200M FREESTYLE HEATS	MEN'S 200M BUTTERFLY HEATS	WOMEN'S 200M BREASTSTROKE HEATS	MEN'S 200M BACKSTROKE HEATS	WOMEN'S 50M BREASTSTROKE HEATS	WOMEN'S 400M FREESTYLE HEATS
WOMEN'S 50M BUTTERFLY HEATS	WOMEN'S 100M BREASTSTROKE HEATS	WOMEN'S 200M INDIVIDUAL MEDLEY HEATS	MEN'S 100M FREESTYLE HEATS	WOMEN'S 200M FREESTYLE HEATS	MEN'S 50M FREESTYLE HEATS	MEN'S 400M INDIVIDUAL MEDLEY HEATS
MEN'S 100M BACKSTROKE HEATS	MEN'S 200M INDIVIDUAL MEDLEY HEATS	MEN'S 200M BREASTSTROKE HEATS	WOMEN'S 100M BUTTERFLY HEATS	MEN'S 100M BUTTERFLY HEATS	WOMEN'S 200M BUTTERFLY HEATS	WOMEN'S 4X100M MEDLEY RELAY HEATS
WOMEN'S 400M INDIVIDUAL MEDLEY HEATS	WOMEN'S 100M FREESTYLE HEATS	WOMEN'S 100M BACKSTROKE HEATS	MEN'S 800M FREESTYLE HEATS	WOMEN'S 50M BACKSTROKE HEATS	WOMEN'S 50M FREESTYLE HEATS	MEN'S 4X100M MEDLEY RELAY HEATS
MEN'S 100M BREASTSTROKE HEATS	MIXED 4X100M MEDLEY RELAY HEATS	MEN'S 50M BACKSTROKE HEATS	WOMEN'S 4X200M FREESTYLE RELAY HEATS	MEN'S 50M BREASTSTROKE HEATS	MEN'S 4X200M FREESTYLE RELAY HEATS	
WOMEN'S 200M BACKSTROKE HEATS	MEN'S 1500M FREESTYLE HEATS	WOMEN'S 800M FREESTYLE HEATS		MIXED 4X100M FREESTYLE RELAY HEATS		
MEN'S 50M BUTTERFLY HEATS				WOMEN'S 1500M FREESTYLE HEATS		
WOMEN'S 4X100M FREESTYLE RELAY HEATS						
MEN'S 4X100M FREESTYLE RELAY HEATS						

Session 21	Session 23	Session 25	Session 27	Session 29	Session 31	Session 33
18:00 START	18:00 START	18:00 START	18:00 START	18:00 START	16:00 START	16:00 START
MEN'S 400M FREESTYLE FINAL	MEN'S 50M BUTTERFLY FINAL	MEN'S 1500M FREESTYLE FINAL	WOMEN'S 800M FREESTYLE FINAL	MEN'S 800M FREESTYLE FINAL	WOMEN'S 1500M FREESTYLE FINAL	WOMEN'S 50M FREESTYLE FINAL
WOMEN'S 50 BUTTERFLY SEMI-FINAL	WOMEN'S 100M FREESTYLE SEMI-FINAL	MEN'S 200M BREASTSTROKE SEMI-FINAL	WOMEN'S 200M INDIVIDUAL MEDLEY FINAL	WOMEN'S 200M FREESTYLE SEMI-FINAL	WOMEN'S 50M BREASTSTROKE SEMI-FINAL	MEN'S 50M FREESTYLE FINAL
MEN'S 100M BACKSTROKE SEMI-FINAL	MEN'S 100M BACKSTROKE FINAL	WOMEN'S 200M INDIVIDUAL MEDLEY SEMI-FINAL	MEN'S 100M FREESTYLE SEMI-FINAL	MEN'S 100M BUTTERFLY SEMI-FINAL	MEN'S 100M BUTTERFLY FINAL	WOMEN'S 50M BREASTSTROKE FINAL
MEN'S 400M FREESTYLE VICTORY CEREMONY	WOMEN'S 50M BUTTERFLY FINAL	MEN'S 1500M FREESTYLE VICTORY CEREMONY	WOMEN'S 100M BUTTERFLY SEMI-FINAL	MEN'S 800M FREESTYLE VICTORY CEREMONY	WOMEN'S 200M FREESTYLE FINAL	WOMEN'S 50M FREESTYLE VICTORY CEREMONY
WOMEN'S 400M INDIVIDUAL MEDLEY FINAL	MEN'S 50M BUTTERFLY VICTORY CEREMONY	MEN'S 200M FREESTYLE FINAL	WOMEN'S 800M FREESTYLE VICTORY CEREMONY	WOMEN'S 200M BREASTSTROKE FINAL	WOMEN'S 1500M FREESTYLE VICTORY CEREMONY	WOMEN'S 200M BUTTERFLY FINAL
MEN'S 100M BREASTSTROKE FINAL	MEN'S 100M BREASTSTROKE FINAL	WOMEN'S 100M BREASTSTROKE FINAL	MEN'S 200M BREASTSTROKE FINAL	MEN'S 100M FREESTYLE FINAL	MEN'S 50M FREESTYLE SEMI-FINAL	MEN'S 50M FREESTYLE VICTORY CEREMONY
WOMEN'S 200M BACKSTROKE SEMI-FINAL	WOMEN'S 100M BREASTSTROKE SEMI-FINAL	MEN'S 200M BUTTERFLY SEMI-FINAL	WOMEN'S 200M INDIVIDUAL MEDLEY - VICTORY CEREMONY	WOMEN'S 50M BACKSTROKE SEMI-FINAL	MEN'S 100M BUTTERFLY VICTORY CEREMONY	MEN'S 400M INDIVIDUAL MEDLEY FINAL
MEN'S 50M BUTTERFLY SEMI-FINAL	MEN'S 200M INDIVIDUAL MEDLEY SEMI-FINAL	MEN'S 200M FREESTYLE VICTORY CEREMONY	WOMEN'S 100M BACKSTROKE FINAL	WOMEN'S 200M BREASTSTROKE VICTORY CEREMONY	WOMEN'S 50M BACKSTROKE FINAL	WOMEN'S 50M BREASTSTROKE VICTORY CEREMONY
WOMEN'S 400M INDIVIDUAL MEDLEY VICTORY CEREMONY	MEN'S 100M BACKSTROKE VICTORY CEREMONY	WOMEN'S 100M FREESTYLE FINAL	MEN'S 200M BUTTERFLY FINAL	MEN'S 200M BACKSTROKE SEMI-FINAL	WOMEN'S 200M FREESTYLE VICTORY CEREMONY	WOMEN'S 400M FREESTYLE FINAL
WOMEN'S 4X100M FREESTYLE RELAY FINAL	WOMEN'S 200M BACKSTROKE FINAL	MEN'S 200M INDIVIDUAL MEDLEY FINAL	MEN'S 200M BREASTSTROKE VICTORY CEREMONY	WOMEN'S 100M BUTTERFLY FINAL	MEN'S 200M BACKSTROKE FINAL	WOMEN'S 4X100M MEDLEY RELAY FINAL
MEN'S 4X100M FREESTYLE RELAY FINAL	WOMEN'S 50M BUTTERFLY VICTORY CEREMONY	WOMEN'S 100M BREASTSTROKE VICTORY CEREMONY	WOMEN'S 200M BREASTSTROKE SEMI-FINAL	MEN'S 100M FREESTYLE VICTORY CEREMONY	WOMEN'S 200M BUTTERFLY SEMI-FINAL	WOMEN'S 200M BUTTERFLY VICTORY CEREMONY
WOMEN'S 4X100M FREESTYLE RELAY VICTORY CEREMONY	MEN'S 200M FREESTYLE SEMI-FINAL	WOMEN'S 100M BACKSTROKE SEMI-FINAL	MEN'S 50M BACKSTROKE FINAL	MEN'S 50M BREASTSTROKE SEMI-FINAL	WOMEN'S 50M BACKSTROKE VICTORY CEREMONY	MEN'S 400M INDIVIDUAL MEDLEY VICTORY CEREMONY
MEN'S 4X100M FREESTYLE RELAY VICTORY CEREMONY	MEN'S 100M BREASTSTROKE VICTORY CEREMONY	MEN'S 50M BACKSTROKE SEMI-FINAL	WOMEN'S 100M BACKSTROKE VICTORY CEREMONY	MIXED 4X100M FREESTYLE RELAY FINAL	MEN'S 50M BREASTSTROKE FINAL	MEN'S 4X100M MEDLEY RELAY FINAL
	MIXED 4X100M MEDLEY RELAY FINAL	WOMEN'S 100M FREESTYLE VICTORY CEREMONY	WOMEN'S 4X200M FREESTYLE RELAY FINAL	WOMEN'S 100M BUTTERFLY VICTORY CEREMONY	WOMEN'S 50M FREESTYLE SEMI-FINAL	WOMEN'S 400M FREESTYLE VICTORY CEREMONY
	WOMEN'S 200M BACKSTROKE VICTORY CEREMONY	MEN'S 200M INDIVIDUAL MEDLEY VICTORY CEREMONY	MEN'S 200M BUTTERFLY VICTORY CEREMONY	MIXED 4X100M FREESTYLE RELAY VICTORY CEREMONY	MEN'S 200M BACKSTROKE VICTORY CEREMONY	WOMEN'S 4X100M MEDLEY RELAY - VICTORY CEREMONY
	MIXED 4X100M MEDLEY RELAY VICTORY CEREMONY		MEN'S 50M BACKSTROKE VICTORY CEREMONY		MEN'S 4X200M FREESTYLE RELAY FINAL	MEN'S 4X100M MEDLEY RELAY VICTORY CEREMONY
			WOMEN'S 4X200M FREESTYLE RELAY VICTORY CEREMONY		MEN'S 50M BREASTSTROKE VICTORY CEREMONY	
					MEN'S 4X200M FREESTYLE RELAY VICTORY CEREMONY	

ACCOMMODATION

To book your rooms for these championships please contact:

Lucy Williams

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QUEEN ELIZABETH OLYMPIC PARK

HOTEL	STAR RATING	BOARD BASIS	SINGLE RATE EX VAT	TWIN RATE EX VAT	LUNCH	DINNER
WESTBRIDGE HOTEL	3 STAR	B&B	£130.00	£155.00	£20.00 PP	£22.00 PP
EPSILON HOTEL	3 STAR	B&B	£78.00	£113.00	£18.00 PP	£20.00 PP
PREMIER INN STRATFORD	3 STAR	B&B	£140.00	£165.00	£18.00 PP	£18.00 PP
HOLIDAY INN EXPRESS STRATFORD	3 STAR	B&B	£135.00	£160.00	£18.00 PP	£18.00 PP
IBIS LONDON STRATFORD	2 STAR	B&B	£125.00	£145.00	£18.00 PP	£18.00 PP



ACCOMMODATION

EUROPEAN AQUATICS CHAMPIONSHIPS

TOWER BRIDGE CLUSTER

HOTEL	STAR RATING	BOARD BASIS	SINGLE RATE EX VAT	TWIN RATE EX VAT	LUNCH	DINNER
GRANGE TOWER BRIDGE	4 STAR	B&B	£165.00	£195.00	£20.00 PP	£22.00 PP
DOUBLETREE TOWER OF LONDON	4 STAR	B&B	£165.00	£195.00	£20.00 PP	£22.00 PP
GUOMAN TOWER	4 STAR	B&B	£155.00	£180.00	£20.00 PP	£22.00 PP



ACCOMMODATION

EUROPEAN AQUATICS CHAMPIONSHIPS

EXCEL CLUSTER

HOTEL	STAR RATING	BOARD BASIS	SINGLE RATE EX VAT	TWIN RATE EX VAT	LUNCH	DINNER
ALOFT HOTEL	4 STAR	B&B	£155.00	£180.00	£18.00 PP	£21.00 PP
IBIS DOCKLANDS	3 STAR	B&B	£110.00	£145.00	£16.00 PP	£18.00 PP
IBIS STYLES EXCEL	2 STAR	B&B	£140.00	£175.00	£17.00 PP	£18.00 PP



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EUROPEAN AQUATICS CHAMPIONSHIPS

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