



AP RACE LONDON INTERNATIONAL 2023

Exclusively at London Aquatics Centre

27-29 May 2023

SPECTATOR INFO PACK

BETTER



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DEAR SWIMMING FANS

We cannot wait to welcome you to the AP Race London International 2023! To get you ready for attending the London Aquatics Centre, we have included many details within this Spectator Information Pack – please read the information carefully.

Two of the biggest questions we are being asked:

- If you bought tickets for the Heats sessions, they have been combined into **ONE SESSION**, each day now beginning at 10am
- The 5pm session (B and Junior Finals) and the 7pm session (Super Finals) are under **ONE** ticketed finals sessions. That means you can come in to watch the B, Junior and Grassroots events before the Super Finals start at 7pm.

We are on hand to assist with any queries you may have by emailing us at events@aprace.club

See you soon!

AP Race Events Team

Supported by British Swimming, this meet is recognised by World Aquatics in which A & B times can be achieved to enter the **World Aquatics Championships 2023 & 2024** and the **Paris 2024 Olympic Games**.

Saturday 27th May 2023

10:00 Heats
17:00 B/Jnr Finals
19:00 Super Finals

Sunday 28th May 2023

10:00 Heats
17:00 B/Jnr Finals
19:00 Super Finals

Monday 29th May 2023

10:00 Heats
17:00 B/Jnr Finals
18:30 Super Finals

CONFIRMED

**INTERNATIONALS
INCLUDE:**

**CHAD LE CLOS
TOM DEAN
ANNA HOPKIN
ARNO KAMMINGA
MARCO KOCH**

**LEWIS BURRAS
FELIX AUBOCK
SYDNEY PICKREM
DANIEL WIFFIN
CATIE DELOOF**

**TES SCHOUTEN
LARA VAN NIEKERK
JACOB WHITTLE
MATT RICHARDS
PAIGE MADDEN**



EVENT SCHEDULE



SATURDAY 27 MAY 2023			SUNDAY 28 MAY 2023			MONDAY 29 MAY 2023		
10:00 HEATS			10:00 HEATS			10:00 HEATS		
W	400m	Freestyle	M	400m	Freestyle	W	100m	Butterfly
M	100m	Butterfly	WOMEN'S 400 IM moved to a straight final			M	200m	Breaststroke
W	50m	Backstroke	M	50m	Backstroke	W	200m	Backstroke
MEN'S 400 IM moved to a straight final			W	200m	Freestyle	M	100m	Backstroke
W	200m	Breaststroke	M	200m	Butterfly	W	100m	Freestyle
M	200m	Backstroke	W	100m	Backstroke	M	200m	Freestyle
W	200m	Butterfly	M	100m	Freestyle	W	50m	Breaststroke
W	50m	Freestyle	W	100m	Breaststroke	M	50m	Butterfly
M	50m	Freestyle	M	50m	Breaststroke	W	200m	Individual Medley
M	100m	Breaststroke	W	50m	Butterfly	MEN'S & WOMEN'S 800M FREESTYLE moved to a straight final		
MEN'S 1500 FREE moved to a straight final			M	200m	Individual Medley	17:00 B & Junior Finals		
			WOMEN'S 1500 FREE moved to a straight final			W	100m	Freestyle
17:00 B & Junior Finals			M	400m	Freestyle	M	50m	Butterfly
W	50m	Freestyle	W	400m	Individual Medley	W	50m	Breaststroke
M	200m	Backstroke	M	50m	Backstroke	W	200m	Backstroke
W	200m	Butterfly	W	50m	Butterfly	M	100m	Backstroke
M	400m	Individual Medley	M	200m	Individual Medley	W	100m	Butterfly
W	50m	Backstroke	W	100m	Backstroke	M	200m	Breaststroke
M	100m	Butterfly	M	50m	Breaststroke	W	200m	Individual Medley
W	200m	Breaststroke	W	200m	Freestyle	M	200m	Freestyle
M	50m	Freestyle	M	200m	Butterfly			
W	400m	Freestyle	W	100m	Breaststroke	18:30 Super Finals		
M	100m	Breaststroke	M	100m	Freestyle	M	800m	Freestyle (FH)
19:00 Super Finals			19:00 Super Finals			W	100m	Freestyle
M	1500m	Freestyle (FH)	M	400m	Freestyle	M	50m	Butterfly
W	50m	Freestyle	W	400m	Individual Medley	W	50m	Breaststroke
M	200m	Backstroke	M	50m	Backstroke	W	800m	Freestyle (FH)
W	200m	Butterfly	W	1500m	Freestyle (FH)	W	200m	Backstroke
M	400m	Individual Medley	W	50m	Butterfly	M	100m	Backstroke
W	50m	Backstroke	M	200m	Individual Medley	W	100m	Butterfly
M	100m	Butterfly	W	100m	Backstroke	M	200m	Breaststroke
W	200m	Breaststroke	M	50m	Breaststroke	W	200m	Individual Medley
M	50m	Freestyle	W	200m	Freestyle	M	200m	Freestyle
W	400m	Freestyle	M	200m	Butterfly			
M	100m	Breaststroke	W	100m	Breaststroke			
			M	100m	Freestyle			

FH = Fastest Heat / Straight Final

Prize Money will be awarded to the Top 5 athletes (male and female combined) according to their highest World Aquatics Points swim.

TOP PRIZE = £10,000

2nd place = £4,000 4th place = £1,000

3rd place = £2,500 5th place = £750

SPECTATOR OPENING TIMES

SATURDAY 27th MAY		
08:00	Athlete Entrance Door Opens	
08:30	Athlete Warm Up Starts	
09:00	Spectator Entrance Door Opens	
10:00	HEATS START	Please note the Men's 400m IM and Men's 1500m Freestyle has moved to a straight final in the Super Finals session
12:30	HEATS END (approximately)	
12:45	Venue Closed to Spectators	
16:00	Spectator Entrance Door Opens	
17:00	B & JUNIOR FINALS START	
18:30	B & JUNIOR FINALS END	
18:35	Local Grassroots Race	
18:45	Build Up Show	Make sure you're in your seats!
19:00	SUPER FINALS START	
20:30	SUPER FINALS END	
20:45	Venue Closed to Spectators	
SUNDAY 28th MAY		
08:00	Athlete Entrance Door Opens	
08:30	Athlete Warm Up Starts	
09:00	Spectator Entrance Door Opens	
10:00	HEATS START	Note the Women's 400m IM and Men's 1500m Freestyle has moved to a straight final in the Super Finals session
12:00	HEATS END (approximately)	
12:15	Venue Closed to Spectators	
16:00	Spectator Entrance Door Opens	
17:00	B & JUNIOR FINALS START	
18:30	B & JUNIOR FINALS END	
18:40	Local Grassroots Race	
18:45	Build Up Show	Make sure you're in your seats!
19:00	SUPER FINALS START	
20:30	SUPER FINALS END	
20:45	Venue Closed to Spectators	
MONDAY 29th MAY		
08:00	Athlete Entrance Door Opens	
08:30	Athlete Warm Up Starts	
09:00	Spectator Entrance Door Opens	
10:00	HEATS START	Note the Women's & Men's 800m Freestyle has moved to a straight final in the Super Finals session
11:45	HEATS END (approximately)	
12:00	Venue Closed to Spectators	
16:00	Spectator Entrance Door Opens	
17:00	B & JUNIOR FINALS START	
18:10	B & JUNIOR FINALS END	
18:15	Local Grassroots Race	
18:20	Build Up Show	Make sure you're in your seats!
18:30	SUPER FINALS START	
20:00	SUPER FINALS END	
20:15	Venue Closed to Spectators	

FRIDAY 26 MAY – TEAM LEADER MEETING

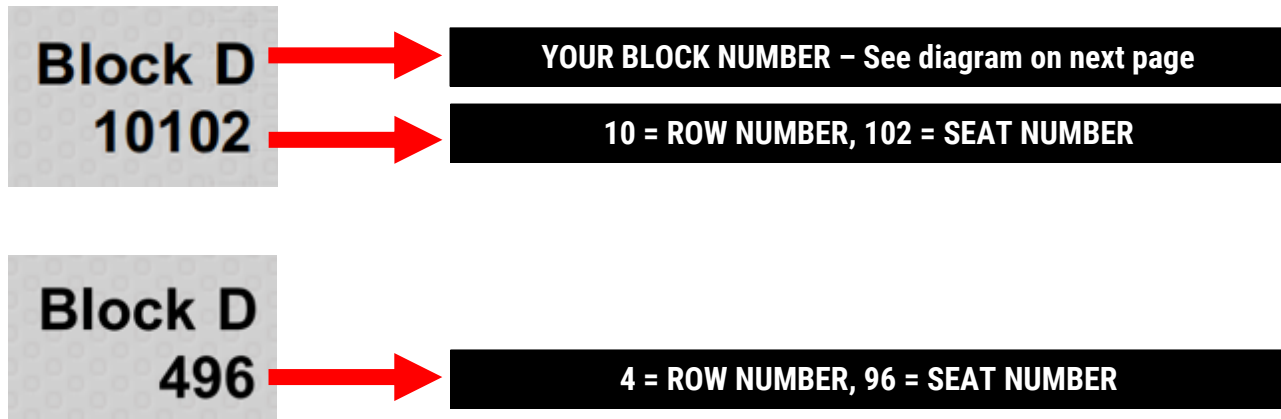
This will take place at London Aquatics Centre at **6pm**. A representative of each club/team/athlete are urged to be present. The Event Director will run through all the processes of the competition and any amendments to the running of the meet will be made clear at this meeting. Athletes are also welcome to come to this meeting, especially if their coach is not present. **This is not for general spectators.** Email events@aprace.club if you are unsure whether to attend or not.



YOUR TICKET – WHAT DOES IT MEAN?

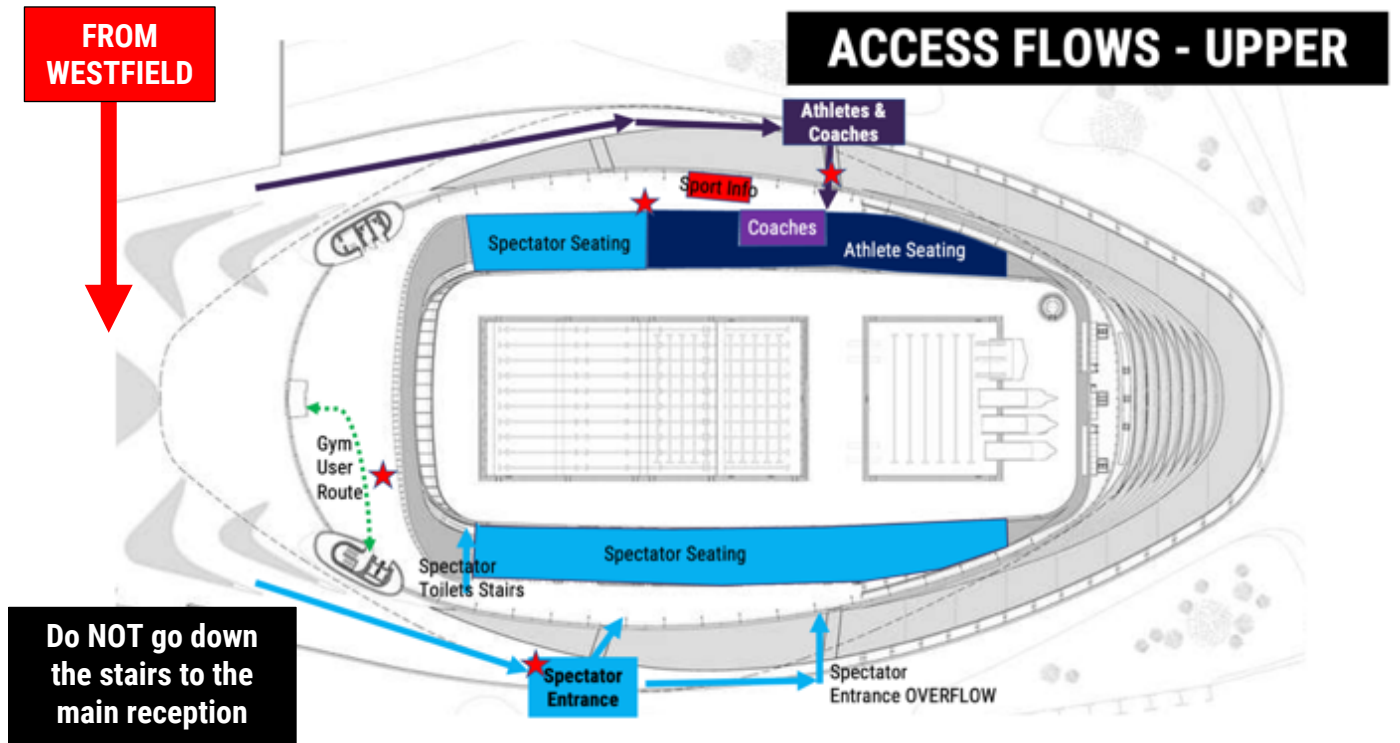
Your ticket contains your block number, row number and seat number.

The row number and seat number are combined.

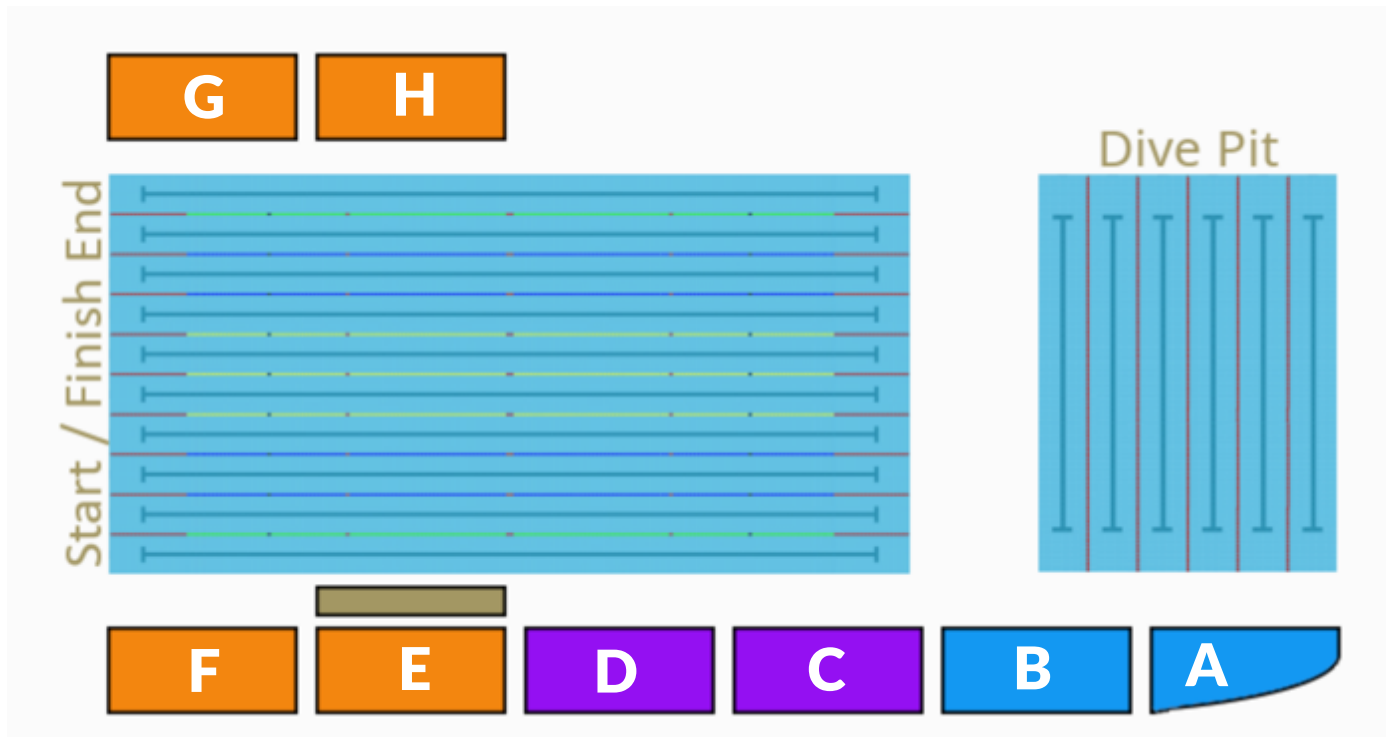


- ⇒ **Tickets are selling very fast and there are only a limited number of seats for some of the session blocks.** <https://www.ticketsource.co.uk/ap-race-events/ap-race-international/e-rkxdvl>
- ⇒ **Tickets can not be bought on the door. They must be bought online in advance.**
- ⇒ **Reminder that B, Junior and Super Finals are all covered within one Finals ticket**
- ⇒ **All spectators MUST arrive together with the ticket holder and present your e-ticket at the door**
- ⇒ **Bag checks will be in place. Only handbags or equivalent size will be allowed and will be subject to a security check on arrival**
- ⇒ **Arriving without a bag will allow quicker entry**
- ⇒ **Food and drinks are not allowed to be brought into the venue, except for a sealed bottle of water. Anything else will be detained at the door if brought.**
- ⇒ **Catering kiosks are available inside the venue**
- ⇒ **Re-entry is not available – if you leave the venue you will not be able to re-enter the session**
- ⇒ **Spectators must not enter the athlete seating areas. Athletes may enter the spectator area to visit parents & family, but not to sit**
- ⇒ **Photography is not allowed in respect of athlete safeguarding**

VENUE AREAS




SEATING BLOCKS



AP RACE EVENTS & LOKKAROOM

Join our team on the Lokkaroom app to get access to exclusive features and vote on races!




POOL PREDICTIONS

How to play:

1. Scan the QR code & create a Lokkaroom account
2. Login, head to the AP Race Lokkaroom & hit 'Votes'
3. Predict your race winners across our 3 chosen races each day

VOTING CLOSES 5 MINUTES BEFORE THE START OF EACH RACE



MERCHANDISE

AP MERCH



Buy now!

Head to the AP Race Events merchandise page: <https://merch.aprace.club/>

There will also be exclusive AP Race London International merch and fashion on sale at the event!

AP AVENUE

Situated upstairs on the upper concourse, the AP Avenue will house stalls with merchandise, autograph programmes, competition entries and offerings from our event partners. We encourage all our spectators to visit the AP Avenue!

MEDICAL

Two paramedics will be present should there be any athlete emergencies. There will also be a dedicated First Aider for spectators should it be required – please contact a member of the team, an official or a steward if you require medical assistance.

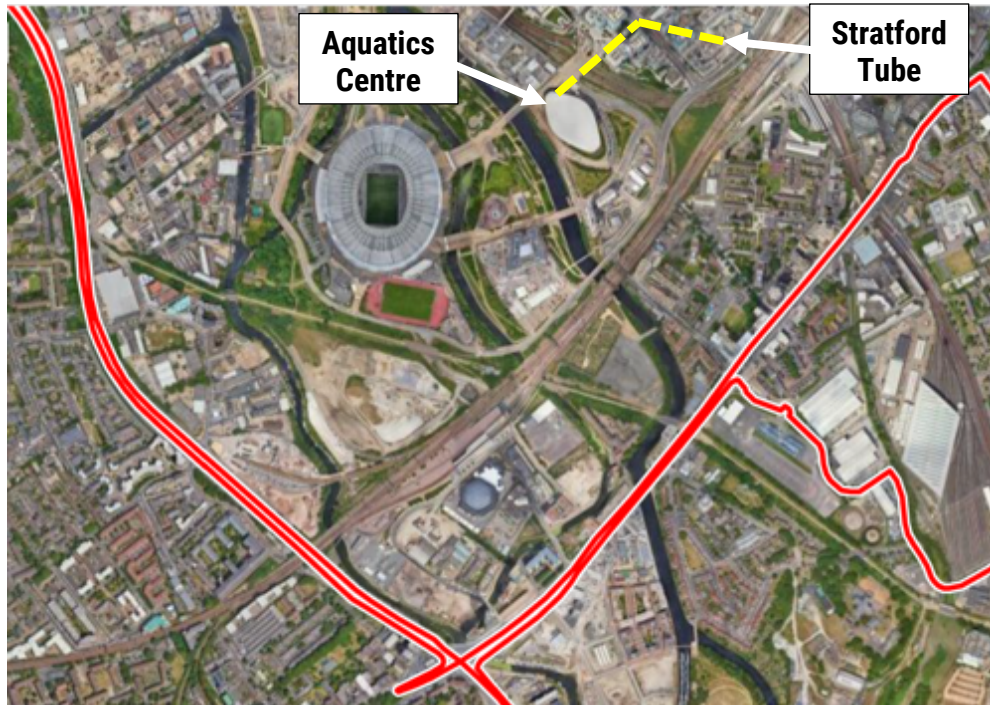
For the information of international visitors:

- In the case of emergency when not on site, please dial 999
- In the case of non-emergency please dial 111 (or consult Event Medical Teams)
- The nearest A&E department is Homerton University Hospital, Homerton Row, London E9 6SR (10-15 min drive from London Aquatics Centre)

ARRIVING

There is no car parking on site. All visitors must arrive using public transport or walking.

We have been advised that on Sunday 28th May, the Ride London bike race will be happening on some streets in the area – please see below roads which will be closed. Visit the Ride London website for more information, but this will not affect any train or tube services running into Stratford.



NATIONAL / INTERNATIONAL ARRIVALS

In London, public transport is by far the quickest, easiest and cheapest form of travel to get around the city. All London Underground, overground trains and buses operate on a contactless basis and you can use Apple Pay or other contactless devices to tap in and out on every form of transport. See below an overview of how to get from the main London transport hubs to Stratford.

FROM LONDON HEATHROW

Option 1 (from T2/3 – you can get from any terminal to these if you wish)

- Heathrow Express train to Paddington (approx 16 mins / £20-25)
- Then get **Elizabeth Line** from Paddington to Stratford (approx 20 mins / £3)

Option 2 (all terminals)

- LONDON UNDERGROUND: **Piccadilly Line** Heathrow to Holborn
- LONDON UNDERGROUND: At Holborn, change to **Circle Line** eastbound to Stratford
- Total approx 1h20 / £5

FROM LONDON GATWICK

Depending on time of landing:

Option 1

- Train (Thameslink) from Gatwick Station to Farringdon (40 mins, costs differ)
- Then get **Elizabeth Line** from Paddington to Stratford (approx 20 mins / £3)

Option 2

- Train (Gatwick Express or Southern) to London Victoria (30 mins, costs differ)
- LONDON UNDERGROUND: **Victoria Line** northbound 2 stops to Oxford Circus
- LONDON UNDERGROUND: At Oxford Circus, change to **Circle Line** eastbound to Stratford

FROM LONDON STANSTED

- *Trains every 30 mins*
- Train (Greater Anglia) London Stansted to Tottenham Hale (38 mins)
- Train (Greater Anglia) change at Tottenham Hale to Stratford (10 mins)

FROM LONDON CITY AIRPORT

- **DLR** (Docklands Light Railway) to Canning Town (6 mins)
- LONDON UNDERGROUND: **Jubilee Line** from Canning Town to Stratford (5 mins)

FROM LONDON EUSTON TRAIN STATION

- LONDON UNDERGROUND: **Northern Line** southbound to Tottenham Court Road (3 mins)
- Then get **Elizabeth Line** from Tottenham Court Road to Stratford (approx 14 mins / £2-3)

FROM LONDON ST PANCRAS (EUROSTAR)

- Same instructions as Euston
- Or, every 30-60 mins there is a 7 minute direct train from St Pancras to Stratford

Use www.tfl.gov.uk/plan-a-journey for live travel around London



TRANSPORT, FOOD & ARRIVING AT THE VENUE

There are a range of accommodation options within a short walk of the Olympic Park and Stratford including hotels and apartments for both a budget and luxury price range. London has a vast range of other accommodation options outside of Stratford which are easily assessable due to the excellent public transport links in Stratford.

TRAVEL

Stratford Underground Station

7-minute walk from the London Aquatics Centre

- Jubilee Line - links through Canary Wharf (9 minutes) and Central London (19 minutes)
- Central Line - links westbound to Liverpool Street (9 minutes) and Oxford Circus area (19 minutes)
- National Rail services & bus station to local areas

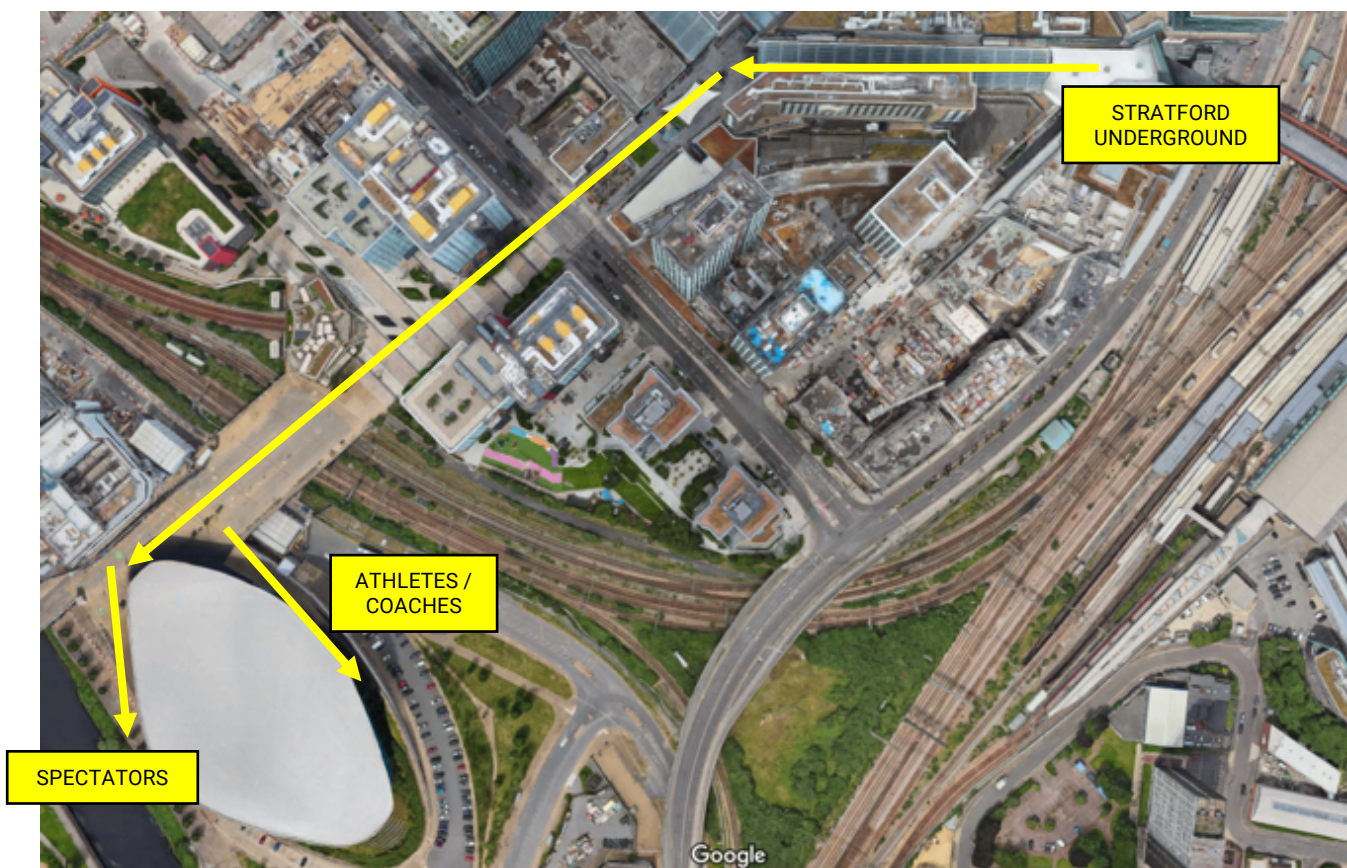
Stratford International Station

5-minute walk from the London Aquatics Centre

- 7 minute highspeed to Euston Station
- DLR (Docklands Light Railway) travels through Canary Wharf to London City Airport (17 minutes)
- Links to other National Rail services

Food

Westfield (Stratford City) shopping centre which is located a 5 minute walk from the London Aquatics Centre has over 90 different dining options for all budgets and dietary requirements. To view all shops, restaurants, bars and other amenities, visit: <https://uk.westfield.com/stratfordcity/restaurants>







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CONTACT

events@aprace.club

John BAILEY
EVENT DIRECTOR

