

(Under Swim England laws and Technical Rules)

The Triangle Leisure Centre, Burgess Hill

Saturday - 11th March 2023

Level 4 licensed meet - 4SE230526

8 lane 25m pool manual timing, Anti-turbulence lane ropes

Entry fees: £3.00 per 50m,100m (plus £2 admin fee per swimmer).

£2.00 per 25m Event (plus £2 admin fee per swimmer)

Opening date for entries: 3rd February 2023

Closing date: 28th February 2023

Competition Rules and Information





The competition will be held under Swim England Laws and Technical Rules of Swimming, a closed meet licensed at Level 4. Competitors must be Swim England registered swimmers. Club Train registration is acceptable for this competition. The competition is aimed at development swimmers. The purpose of this competition is to allow swimmers to gain times to enter Level 3 competitions and to measure their swimming development.

LENGTH OF POOL

- The Pool is 25 metres long and eight lanes, anti- turbulence wave lane ropes will be used
- Pool depth set at 2m over the entire length.

AGE GROUPS

- Girls, 8 & Under, 9,10,11,12,13,14,15, 16+
- Boys 8 & Under, 9,10,11,12,13,14,15, 16+
- Academy JA3 Swimmers and Para only any age group
- Age at date of Meet 11th March 2023

EVENTS

- 25m Freestyle, Backstroke, Breaststroke 'Academy JA3 and Para swimmers Only'
- 50m Butterfly Development Squad and PC2 swimmers only
- 50m Backstroke, Breaststroke & Freestyle
- 100m Backstroke, Breaststroke, IM & Freestyle





* The 25m events will not be licensed but will be run under Swim England Laws and Technical Rules.

Event	Session 1
110.	Sign in: 7:15am Warm up: 7:30am Start: 8am Finish: 11am
1	Mixed 25m Freestyle *
2	Girls 50m Freestyle
3	Boys 50m Freestyle
4	Mixed 25m Backstroke *
5	Girls 50m Fly
6	Boys 50m Fly
7	Mixed 25m Breaststroke*
8	Girls 50m Backstroke
9	Boys 50m Backstroke
10	Girls 100m Freestyle
11	Boys 100m Freestyle
12	Girls 50m Breaststroke
13	Boys 50m Breaststroke
14	Girls 100m Backstroke
15	Boys 100m Backstroke
16	Girls 100m Breaststroke
17	Boys 100m Breaststroke
18	Girls 100m IM
19	Boys 100m IM





ENTRY TIMES

- Should be short course (Long course conversions are accepted)
- No Time entries are permitted
- Poolside entries will not be accepted
- All events will be seeded on time submitted
- The promoter / coaches reserve the right to refuse entries. Entries may be refused to ensure the competition stays within overall running time limits.

AWARDS

- Awards will be issued at the competition medals table throughout the event.
 Medals will be awarded to all swimmers who achieve 1st / 2nd / 3rd in their age group in any event.
- FINA points will be awarded to all swimmers, for every event, (not including 25m events)

ENTRY PROCEDURE

- All details required for entry will be available on Swim Manager.
- All entries should be made through the swim manger system in place.
 Submitting an entry signifies your acceptance of the rules and conditions of the competition. Refunds will not be offered for withdrawals unless for certified medical reasons.
- The competition will operate a sign-out procedure before the start of the warmup.





Para Swimmers

The competition is open to any swimmer with a disability: physical, sensory or learning impairments. Those attending do not need to be categorised.

Each competitor may enter as many events as they wish but the entry must be signed off by their coach.

All events will be swum mixed ability and seeded according to time, irrespective of age or disability.

If no entry time is given, then the competitor will be placed in the slowest heat

All support staff and personal care attendants must have accreditation to gain access to the pool deck. All applications for accreditation must hold a SE DBS check, this form must be signed by a club official supporting and stating the DBS number.

Competitors with epilepsy should ensure that the promoter and lifeguards are aware before the event. A responsible adult who knows the competitors' condition should accompany them. This person acts as their 'spotter' on the poolside while the swimmer is in the water

MEET RESULTS

Meet results will posted on Meet Mobile and will also be passed to Swim England (for the non-25m events) for inclusion into the rankings system. Times shown on Meet Mobile remain subject to referee confirmation. Confirmed results will be distributed to all entrants soon after the conclusion of the competition.





SPECTATORS

Entry will be charged at £3. Children under 16 years are admitted free. There will be no printed program for spectators. The full program will put online for them to print at home if they wish.

HEALTH AND SAFETY

No outdoors shoes to be worn on the poolside. Only a small bag is allowed on poolside, all other bags should be stored in a locker. Swimmers are asked to ensure they are wearing appropriate footwear and clothing when on the balcony or reception areas. Access to poolside will be limited to swimmers, teachers, coaches, officials and registered volunteers supporting the operation of the competition.

If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim Meet.

A competent racing dive is defined as in the Swim England Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive. No swimmer should topple into the water, in the event of a false start a proper shallow dive must be performed.

It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.





In the event of Covid restrictions being in place at the time of meet, Swim England advice and Government guidelines will be adhered to. If you are able to wear a mask then we ask you do so.

DATA PROTECTION

Entries and results for this Meet will be held on computer. As required by the Data Protection Act 2018 www.gov.uk/data-protection.

CAMERA USE

- It is requested that all mobile phones are switched off or to silent during the competition and that there is no flash photography permitted at the start of each race.
- As the permitted use of devices which capture still or moving images does not require pre-registration, we request that all persons attending this competition have a clear understanding of their responsibilities and obligations as detailed in the Swim England Photography Guidance" section of Wavepower 2020-2023 (the current Swim England Child Safeguarding Policies and Procedures publication).

GENERAL

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Meet Promoter or Referees decision, respectively, will be final. For the safety and welfare of swimmers, parents are not allowed poolside or in the changing rooms.





APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled by the Meet Promoter and Referees.

Any queries, please contact Lorraine at: msmclubadmin@midsussexmarlins.org.

