



MID SUSSEX MARLINS

LEVEL 3 LICENSED SHORT COURSE END OF SEASON MEET 2023

SATURDAY 15th JULY to SUNDAY 16th JULY 2023

The Triangle Leisure Centre, Triangle Way, Burgess Hill, West Sussex, RH15 8WA

LICENCE NO: 3SE231138

MEET OVERVIEW

VENUE	The Triangle Leisure Centre, Triangle Way, Burgess Hill, West Sussex, RH15 8WA. Easy access from the A23 / M23 and plenty of free parking.
AGE GROUPS	9y, 10y, 11y, 12y, 13y, 14y, 15, and 16y+. Age on the day 16th July 2023.
EVENTS	50m, 100m and 200m of all four strokes; 100m, 200m and 400m IM. The 400m Freestyle and IM events may be restricted to 6 heats (24 girls/24 boys). Minimum age for all 400m events is 11y.
AWARDS	There will be medals for those swimmers who have placed 1st, 2nd and 3rd in each age group. Hot Heat and Best Club Trophy will also be presented.
FEE:	Entry fees are £7 for 50s, 100s, 200s, £9 for 400s.
ENTRIES	Entries open on 24th April 2023.
CLOSING DATE	Midnight on 19th May 2023.

Enquiries: meetpromoter@midsussexmarlins.org | **Officials contact:** msmofficials@midsussexmarlins.org

Meet Promoters: Lorraine Moore, Ernesto Paniccia, Jamila Li Fat Chuen



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PROGRAMME

SATURDAY 15 th JULY		SUNDAY 16 th JULY	
SESSION 1	Warm up 7:30am / Start 8:00am Approx finish 9:45am	SESSION 4	Warm up 7:30am / Start 8:00am Approx finish 9:45am
Event 101	Girls 11 & Over 400m Freestyle	Event 401	Boys 11 & Over 400m Freestyle
Event 102	Boys 11 & Over 400m IM	Event 402	Girls 11 & Over 400m IM
Event 103	Girls 9 & Over 200m Freestyle	Event 403	Boys 9 & Over 200m Freestyle
SESSION 2	Warm up 9:45am / Start 10:45am Approx finish 1:45pm	SESSION 5	Warm up 9:45am / Start 10:45am Approx finish 1:45pm
Event 201	Boys 9 & Over 200m Butterfly	Event 501	Girls 9 & Over 200m Breaststroke
Event 202	Girls 9 & Over 200m Butterfly	Event 502	Boys 9 & Over 200m Breaststroke
Event 203	Boys 9 & Over 100m Backstroke	Event 503	Girls 9 & Over 100m Freestyle
Event 204	Girls 9 & Over 100m Backstroke	Event 504	Boys 9 & Over 100m Freestyle
Event 205	Boys 9 & Over 50m Breaststroke	Event 505	Girls 9 & Over 50m Butterfly
Event 206	Girls 9 & Over 50m Breaststroke	Event 506	Boys 9 & Over 50m Butterfly
Event 207	Boys 9 & Over 100m IM	Event 507	Girls 9 & Over 100m IM
SESSION 3	Warm up 1:45pm / Start 2:45pm Approx finish 5:45pm	SESSION 6	Warm up 1:45pm / Start 2:45pm Approx finish 5:45pm
Event 301	Girls 9 & Over 100m Butterfly	Event 601	Boys 9 & Over 200m Backstroke
Event 302	Boys 9 & Over 100m Butterfly	Event 602	Girls 9 & Over 200m Backstroke
Event 303	Girls 9 & Over 50m Backstroke	Event 603	Boys 9 & Over 100m Breaststroke
Event 304	Boys 9 & Over 50m Backstroke	Event 604	Girls 9 & Over 100m Breaststroke
Event 305	Girls 9 & Over 50m Freestyle	Event 605	Boys 9 & Over 50m Freestyle
Event 306	Boys 9 & Over 200m IM	Event 606	Girls 9 & Over 200m IM



PROMOTERS' CONDITIONS

- 1. INTRODUCTION** The competition is a Level 3 licensed meet, held under Swim England Regulations, Swim England Technical Rules of Swimming and these conditions. It is open to all levels of swimmers and will provide a competition opportunity to enable athletes looking to improve their times, and those seeking to achieve times for entry into County Championships and other Level 1 or 2 meets.
- 2. QUALIFYING TIMES** Please see upper qualifying times sheet attached for reference. NT entries will not be accepted. Entries submitted with times faster than the qualifying times will only be considered after entries close, and only accepted as Exhibition swims.
- 3. ENTRIES AND PAYMENT** Electronic entries may be submitted using the links below. Entries will be processed on a first come, first served basis based on time stamp of valid entry files received through the online entry form.

The club entry form can be found at <https://form.jotform.com/230945039254356>

The individual entry form can be found at <https://form.jotform.com/230037044635347>

All entries are subject to meeting the qualifying times. Entries may be restricted in order to keep the session times within allocated time scales - slower times may be rejected.

4. PROVISIONAL SESSION TIMES

Sessions 1+4 - warm up 7:30am / start 8:00am / finish 9:45am.

Sessions 2+5 - warm up 9:45am / start 10:45am / finish 1:45pm.

Sessions 3+6 - warm up 1:45pm / start 2:45pm / finish 5:45pm.

- 5. RESULTS** will be declared on a heat declared basis. There will be no finals.
- 6. AWARDS** can be collected at the desk as soon as possible after the publication of event results; we regret that we are unable to post awards after the event.
- 7. HOT HEATS** Randomly throughout the meet, individual heats will be announced as 'hot heats'. The winner will receive a cash prize of either £5, £10 or £20. Hot Heat prizes must be collected on the day of the meet, unfortunately we cannot post these after the meet.
- 8. TOP CLUB AWARD** Positions 1 to 6 in each event / age group are scored 6 points to 1 point. The top club is the highest sum of these points.
- 9. COACH PASSES** Poolside passes (Coaches and Team Managers) can be ordered with submission of entries (the online form will prompt for it), and are £20 (£10 per day). It will entitle the holder to admission to all sessions and programme. Passes must be displayed at all times. Anyone not wearing the appropriate pass



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will be asked to leave. Every person poolside at any time must be a registered member of Swim England. Only swimmers, officials and those displaying an appropriate pass will be allowed on poolside.

10. **HEAT SHEETS** will be provided only to those with poolside passes before each session, after withdrawals close. The meet will be available on MeetMobile, subject to connection.
11. **OFFICIALS:** We ask that each club looks to provide as many Licensed Officials or Judge Level 1 trainees as possible to help cover all sessions fully. If we do not have enough officials to meet licensing requirements, the meet could be downgraded to a lower license level and therefore affect rankings. No refunds will be considered in these circumstances. Please use the link below to sign up:

<https://swim-meet.com/Availability/?h=436>

Where possible, we will offer mentoring for trainees of any level but this cannot be guaranteed and can only be offered when we have met the Swim England requirements for qualified officials. Please contact our officials coordinator for further information at msmofficials@midsussexmarlins.org
12. **REFRESHMENTS FOR OFFICIALS** will be provided during sessions and breaks. Coffee and croissants will be provided after sessions 1 and 4. Lunch will be provided for officials volunteering in sessions 2 and 3, and 5 and 6. Cold drinks will be available throughout the day, please bring your own water bottle where possible.
13. **SPECTATORS** Details of advance purchasing of spectator tickets will be sent with accepted entries. Programmes will be available, subject to connection, on MeetMobile. There is plenty of free parking at The Triangle Leisure Centre.
14. **WITHDRAWALS** can be made to openmeet@midsussexmarlins.org. There will be no refunds for withdrawals after the closing date other than those for medical reasons that are accompanied by the appropriate documentation. The meet will run as a sign-out competition, withdrawals will close 5 minutes after the start of the warm-up preceding each session. Details of how to submit withdrawals will be sent with accepted entries.
15. **PHOTOGRAPHY** will be provided by Ben Davidson Photography. Links will be available at www.bendavidsonphotography.com after the event for purchasing photos.



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GENERAL

1. The pool is 25m and 2m depth throughout. Anti-wave lane ropes and backstroke flags will be present. We will only have touch pads at the start/finish end.
2. A secondary repeat start flash is available for swimmers who are hearing impaired. Please send a separate message when you submit your entry if your swimmer requires this facility.
3. Backstroke ledges will not be available at this meet.
4. Heats will be swum as mixed age with swimmers seeded by entry times. All swimmers are advised to place all valuables in a locker (a returnable £1 coin). Only a small drawstring type bag will be permitted poolside. Neither Mid Sussex Marlins nor The Triangle Leisure Centre can accept responsibility for any property that may be lost or stolen. All phones and camera devices must stay inside bags and remain unused within the changing room area.
5. The remainder of the leisure centre will be open to the public. Access to the leisure pool is not permitted.
6. All swimmers waiting to race will remain in the designated sports hall when not competing. This will ensure that there is a safe number of people poolside. Swimmers must be dry and fully clothed (including footwear) when moving between the sports hall and poolside.
7. In the event, after the meet has closed, there is space in any event, we reserve the right to fill it with any qualifying, rejected or scratched swimmer. All swimmers must meet the minimum licensed qualifying time.
8. Warm up protocol - clubs will be allocated warm up lanes and can organise their own warm up as appropriate for their swimmers. Coaches and Team Managers are responsible for marshalling their own swimmers during this time.
9. Competitors for the first events in each session should make their way to the marshalling area immediately after the warm up. For all other events, swimmers should report to the marshalling area when called. There will be NO announcements for late swimmers - it is the swimmers' and their coaches' responsibility to report to the marshalling area on time.
10. Swimmers must not go up to the balcony or sports hall without first drying off and putting on footwear and clothing before leaving poolside.
11. Over the top starts may be used at the Principal Referee's discretion. Coaches must be responsible for ensuring that all of their swimmers are competent to perform a shallow racing dive to the standards of the Swim England competitive starts award. In the event of a false start, competitors should continue with a safe shallow racing dive and not fall into the water. Swimmers are permitted to start in the water but must



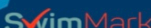
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- advise the referee prior to the start of their heat. Over the top starts will operate at the discretion of the principle referee.
12. All visiting clubs must ensure that all Coaches and Team Managers are DBS checked and comply with the Swim England Child Protection Policy. They must also be club-trained personnel and clubs are asked to maintain the recommended ratio of 1:10. Coaches/Team Managers will only be allowed poolside if wearing a pre-purchased pass. Passes are transferable, but not refundable.
 13. Coaches/Team Managers will be responsible for the conduct of their swimmers. Access to poolside will at all times be limited to swimmers, coaches in possession of a valid coaches pass, meet officials and other personnel necessary for the safe running of the meet. As the centre will be open to the general public, all swimmers should wear suitable clothing and footwear when not on poolside and use the changing rooms provided.
 14. Please switch phones to silent during the actual competition to avoid disrupting the starts. No flash photography is permitted at the start of each race.
 15. All meet participants and spectators must observe all safety precautions in operation at The Triangle and follow the instructions of pool staff. The promoter reserves the right to exclude any spectator, coach or swimmer from the meet who displays inappropriate language or behaviour.
 16. Participants and spectators are requested to follow the Swim England guidelines for photography and the use of photos on social media (see Swim England Wavepower 2020-23 Section 2 <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>). Those who wish to take photographic or video images are requested to focus on their own child as much as possible and to avoid including other children in those images. Use of any camera or mobile phone with an image capturing facility is prohibited in the changing areas of The Triangle Leisure Centre. Should you have any concerns about photography or filming please bring them to the attention of the promoter.
 17. If it becomes necessary to cancel an event for any reason (in whole or in part), we will provide a full refund of entry fees for accepted entries that have been unable to swim. We cannot, however, accept liability for any other costs incurred in connection with the event (travel expenses, accommodation etc)
 18. Data Protection: Meet entries and results will be held and managed on a computer and results submitted to Swim England Rankings. Your consent to the holding of personal information is deemed to be given by the submission of your entry to Mid Sussex Marlins Swimming Club. Personal data handled such as name, club, age, recorded and entered times may be made public before, during and after the meet.
 19. Any matter not covered by these conditions will be determined by the Promoter and Principal Referee, subject to Swim England Regulations and Technical Rules of Racing.



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UPPER QUALIFYING TIMES

Boys	9	10	11	12	13	14	15	16&O
50 Free	32.00	30.00	30.00	28.00	27.00	26.50	26.00	25.00
100 Free	1:15.00	1:11.00	1:08.00	1:05.00	1:02.00	1:00.00	58.00	56.00
200 Free	2:40.00	2:40.00	2:30.00	2:19.00	2:13.00	2:08.00	1:59.00	1:56.00
400 Free	n/a	n/a	5:00.00	4:55.00	4:45.00	4:35.00	4:15.00	4:05.00
50 Breast	50.00	46.00	42.00	40.00	38.00	36.00	34.00	32.00
100 Breast	1:27.00	1:27.00	1:27.00	1:27.00	1:21.00	1:15.00	1:13.00	1:11.00
200 Breast	3:30.00	3:30.00	3:10.00	3:00.00	2:45.00	2:40.00	2:30.00	2:20.00
50 Back	40.00	40.00	38.00	35.00	32.50	30.50	29.00	28.00
100 Back	1:40.00	1:30.00	1:20.00	1:15.00	1:11.00	1:08.00	1:07.00	1:04.00
200 Back	3:20.00	3:20.00	3:10.00	3:00.00	2:40.00	2:30.00	2:20.00	2:10.00
50 Fly	36.00	33.00	33.00	31.00	29.00	28.00	26.00	26.00
100 Fly	1:35.00	1:25.00	1:20.00	1:15.00	1:12.00	1:07.00	1:05.00	1:00.00
200 Fly	3:20.00	3:00.00	2:40.00	2:40.00	2:30.00	2:20.00	2:15.00	2:10.00
100 IM	1:40.00	1:30.00	1:20.00	1:15.00	1:10.00	1:08.00	1:05.00	1:00.00
200 IM	3:00.00	3:00.00	2:45.00	2:40.00	2:35.00	2:30.00	2:25.00	2:20.00
400 IM	n/a	n/a	5:30.00	5:30.00	5:15.00	5:00.00	4:45.00	4:30.00

Girls	9	10	11	12	13	14	15	16&O
50 Free	33.00	32.00	31.00	30.00	28.00	28.00	27.00	26.00
100 Free	1:20.00	1:15.00	1:10.00	1:05.00	1:04.00	1:02.00	1:01.00	59.00
200 Free	2:40.00	2:40.00	2:30.00	2:20.00	2:15.00	2:10.00	2:08.00	2:05.00
400 Free	n/a	n/a	5:00.00	4:55.00	4:45.00	4:35.00	4:25.00	4:15.00
50 Breast	50.00	45.00	41.00	40.00	39.00	38.00	37.00	36.00
100 Breast	1:50.00	1:45.00	1:34.00	1:27.00	1:22.00	1:18.00	1:18.00	1:16.00
200 Breast	3:30.00	3:30.00	3:10.00	3:00.00	2:45.00	2:40.00	2:30.00	2:20.00
50 Back	40.00	38.00	37.00	37.00	34.50	32.00	32.00	32.00
100 Back	1:40.00	1:30.00	1:20.00	1:15.00	1:11.00	1:08.00	1:07.00	1:04.00
200 Back	3:20.00	3:00.00	2:40.00	2:35.00	2:30.00	2:25.00	2:20.00	2:15.00
50 Fly	40.00	40.00	36.00	33.00	32.00	31.00	30.00	29.00
100 Fly	1:30.00	1:20.00	1:20.00	1:15.00	1:15.00	1:10.00	1:08.00	1:06.00
200 Fly	3:20.00	3:20.00	2:40.00	2:35.00	2:30.00	2:25.00	2:20.00	2:15.00
100 IM	1:35.00	1:25.00	1:20.00	1:18.00	1:15.00	1:10.00	1:08.00	1:05.00
200 IM	3:00.00	3:00.00	2:39.00	2:36.00	2:32.00	2:29.00	2:27.00	2:24.00
400 IM	n/a	n/a	5:25.00	5:25.00	5:20.00	5:10.00	5:08.00	4:55.00