



Putteridge Swimming Club
End of Season Summer
Short Course 2022

License Number: 3ER220680

Saturday 2nd and Sunday 3rd July 2022

Inspire Luton Sports Village, Butterfield Road,
Luton, LU2 8DD



Putteridge Swimming Club
End of Season Summer Short Course 2022
L3 Winter Regionals & County Qualification

(License Number: 3ER220680)

Saturday 2nd & 3rd July 2022

Under Swim England Laws & Technical Rules: Affiliated to the East Region

Venue: Inspire, Luton Sports Village, Butterfield Green Road, Luton, LU2 8DD

Pool: 8 Lane, 25m Pool, Electronic Timing, Olympic standard blocks,

Age Groups: 9, 10, 11, 12, 13, 14, 15/ over
Age on day of competition

Awards: Medals awarded to top three in each age group

Events: 50m, 100m & 200m All Events
400m, 800m & 1500m Freestyle
200m & 400m Individual Medley

Fees: Race Entry Fee: £8.00 per event
Coaches Pass: £20 per day, or £35 weekend pass
Spectators are permitted at this meet
Parking is charged by the center for stays over 4 hours

Entries to: Gala Promoter, c/o Putteridge Swimming Club,
23 Waterdell, Leighton Buzzard, LU7 3PH

Closing Date: 12.00 Midnight on Friday 17th June 2022

Enquiries can be e-mailed to galapromoter@putteridgesc.co.uk

MEET PROGRAMME (License Number: 3ER220680)

Saturday 2nd July 2022

Session 1

Warm up 0815; Start 0900

Boys	All Ages	400m Ind Medley
Girls	All Ages	100m Butterfly
Boys	All Ages	50m Butterfly
Girls	All Ages	400m Freestyle
Boys	All Ages	200m Freestyle
Girls	All Ages	50m Backstroke

Sunday 3rd July 2022

Session 4

Warm up 0815; Start 0900

Girls	All Ages	400m Ind Medley
Boys	All Ages	100m Butterfly
Girls	All Ages	50m Butterfly
Boys	All Ages	400m Freestyle
Girls	All Ages	200m Freestyle
Boys	All Ages	50m Backstroke

40 minute warm up

Session 2

Start TBA

Girls	All Ages	200m Breaststroke
Boys	All Ages	200m Butterfly
Girls	All Ages	100m Freestyle
Mixed	All Ages	800m Freestyle

Session 5

Start TBA

Boys	All Ages	200m Breaststroke
Girls	All Ages	200m Butterfly
Boys	All Ages	100m Freestyle
Mixed	All Ages	1500m Freestyle

40 minute warm up

Session 3

Start TBA

Girls	All Ages	200m Backstroke
Boys	All Ages	100m Breaststroke
Girls	All Ages	200m Ind Medley
Boys	All Ages	100m Backstroke
Girls	All Ages	50m Freestyle
Boys	All Ages	50m Breaststroke

Session 6

Start TBA

Boys	All Ages	200m Backstroke
Girls	All Ages	100m Breaststroke
Boys	All Ages	200m Ind Medley
Girls	All Ages	100m Backstroke
Boys	All Ages	50m Freestyle
Girls	All Ages	50m Breaststroke

Meet Conditions and Information

(License Number: 3ER*****)

1. This meet will take place at Inspire, Luton Sports Village, Luton on Saturday 2nd and Sunday 3rd July 2022. It is licensed by the Swim England at Level 3 3ER220680 for entry into Swim England East Region Winter Championship and County championships and will be held under Swim England Laws and Technical Rules.
2. Entrants must be Swim England Registered Cat 2, belong to an affiliated club and enter in the name of one club only.
3. The pool length is 25m, 8 lanes with anti-wave ropes and electronic timing, the depth of the pool is 2.0m at the shallow end and 2.0m at the deep end. A secondary strobe will be in use if it is available.
4. A separate 25m pool will be available for warm up and swim down protocols, for which each club is responsible for its swimmers and must be supervised at all times.
5. All club entries of three or more swimmers must be made electronically via SPORT SYSTEMS Entry Manager file together with entry fees and should reach the promoter by **midnight Friday 17th June 2022**. The entry fee per event is £8.00, with the exemption of 800/ 1500 Freestyle at £15 per event. Sport Systems entry files are available on request by e-mail galapromoter@putteridgesc.co.uk or from the club website at www.putteridgesc.co.uk. Please note, entries will not be considered/ accepted until full payment has been received.
6. The promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced program. In particular the 800m/ 1500m mixed Freestyle events will be restricted to 5 heats for the 800 freestyle, and 3 heats for the 1500 freestyle.
7. Upper cut of times are provided; there are no lower limit times and entry **will** be accepted without entry times.
8. This event will process entries on a first-come, first-served basis.
9. The promoter reserves the right to close the event prior to the closing date due to the meet being full.
10. Acceptance will be made in each event rather than by club to ensure the smooth running of the competition. Events chosen for restrictions will be at the Gala Promoters' discretion.
11. Complete entries for each club are required together with a single Bacs payment. Individual entries will only be accepted at the promoter's discretion and will carry an additional £3 (per completed entry) admin fee. Late entries, day of meet entries, time trials and day of meet alterations will not be accepted, unless due to administrative error.
12. Swimmers in possession of a Swim England Certificate of Swimming Disability or whose Swim England membership record details a disability sport class are welcome to enter the competition in events applicable to classification status.
13. The list of accepted entries will be published on the club website (www.putteridgesc.co.uk) within 1 week of the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
14. This event will be an age on day competition (last day of competition 3rd July 2022).
15. All events will be swum on a heat declared winner basis.
16. Medals will be awarded to the top three in each age group in each event. Age groups as follows 9, 10, 11, 12, 13, 14, 15/ over.
17. Swimmers **must** withdraw from events that they no longer wish to swim. All swimmers informed of having accepted entries will be deemed as competing unless they have informed the promoter that they do not wish to swim, no refunds will be permitted for withdrawals after this point.
18. Withdrawals should be made via e-mail to galapromoter@putteridgesc.co.uk by midnight on Friday 1st July 2022 stating the event number, full name, date of birth, entry time and club.
19. Any on the day withdrawals **must** be made by coaches or the club representative 30 minutes prior to the start of the first event in each session. Withdrawal forms will be included in the coach packs, completed forms should be given to the meet promoter or volunteer coordinator via the computer desk.
20. Refunds are not available for withdrawals, except where a doctor's note is provided for physical injury.
21. Competitors must report to the marshalling area in a timely manner.
22. All events will be seeded on submitted times and heats.
23. Coaches/Team Managers will be allowed on poolside if wearing a pass.
24. Coach Passes are available at £20 per day or £35 for both days, this includes catering.
25. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of 1:20 helpers/swimmers. Untrained parents without a DBS check are not allowed poolside.

Meet Conditions and Information

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26. Over the top starts may be used at the referee's discretion.
27. The promoters do not accept responsibility for any property.
28. For Health and Safety reasons only small rucksack bags will be allowed poolside. Lockers are available with a 20p coin (refundable). Pool staff will remove any large obtrusive bags.
29. No person will be allowed on poolside without a pass.
30. There will be no glass items allowed on poolside.
31. The promoters reserve the right to refuse admission to any competitor, participant, coach, or spectator.
32. Charges as follows: Race Entry Fees £8.00 per event, with the exemption of 800/ 1500 Freestyle at £15 per event. Coaches Passes are at £20.00 for one day or £35.00 for both days.
33. In accordance with the Swim England Child Safety Procedures and Policies all parents or guardians of swimmers under the age of 18 who wish to take photographic, or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography or filming at this event then please bring them to the attention of the Meet Promoter, Emma Newman-Baronius.
34. Warm up protocol: A warm-up procedure and warm-up times will be published on the PSC website before the event. Note, all swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm-up sessions. Guidance will be given by the meet announcer and Warm Up Marshalls.
35. Results will be provided live at www.putteridgesc.co.uk, and will be supplied to British Swimming for entry into the national rankings database.
36. The General Data Protection Regulation (GDPR) 2018, requires Putteridge Swimming Club to provide you with certain information and to obtain your consent before processing data about you. Processing includes obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purpose of making entries to the competition, managing the meet, and the submission of results to rankings. The information provided by you will be processed in accordance with GDPR (2018). Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/ team manager has been passed to us by a third party such as a club rather than by the individual themselves, we rely on the third party to make sure that consent has been obtained. For more information please use this link: <https://www.putteridgesc.co.uk/archives/2019/04/24/privacy-notice-swim-meets/>
37. Car parking is free for the first 4 hours of your stay. After which, there is a fee of £1 for every hour up to a maximum of £5, this is charged by and paid to the facility provider, Active Luton.
38. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing.
39. The promoter of this meet is Mrs. Emma Newman-Baronius for and on behalf of Putteridge Swimming Club, email galapromoter@putteridgesc.co.uk.

End of Season Summer Short Course 2022

(Licensed by Swim England for entry into Winter Regional and County championships as Level 3 under No. 3ER220680)

Saturday 2nd & Sunday 3rd July 2022

Upper Cut off Qualifying Times (25m)

(No faster than)

Ages as at 3rd July 2022

BOYS							EVENT	GIRLS						
9	10	11	12	13	14	15/ Ov	Age	9	10	11	12	13	14	15/ Ov
32.0	31.5	30.0	28.5	27.0	26.0	23.8	50 Freestyle	34.0	32.9	31.7	30.7	29.3	28.9	27.9
1:11.3	1:11.3	1:06.5	1:01.2	57.2	55.5	53.1	100 Freestyle	1:12.1	1:10.1	1:08.2	1:05.3	1:02.0	1:01.5	1:00.0
2:42.0	2:30.0	2:19.0	2:10.8	2:04.5	2:00.2	1:56.0	200 Freestyle	2:37.5	2:28.8	2:20.4	2:13.9	2:10.2	2:07.5	2:05.9
5:00.00	4:50.00	4:44.50	4:44.50	4:30.00	4:25.00	4:15.50	400 Freestyle	5:30.00	5:00.00	4:50.00	4:44.50	4:44.50	4:35.00	4:30.00
-	-	9:30.0	9:00.0	8:40.0	8:30.0	8:20.0	800 Freestyle	-	-	9:35.5	9:05.9	8:45.8	8:43.6	8:34.7
-	-	17:42.9	17:37.3	16:26.3	15:41.1	15:10.5	1500 Freestyle	-	-	19:03.10	18:00.8	17:24.5	17:10.0	16:27.1
38.9	37.8	36.7	35.8	34.7	33.6	32.5	50 Breaststroke	41.9	40.7	39.3	38.4	37.2	36.3	35.4
1:27.3	1:27.3	1:20.5	1:17.7	1:13.0	1:10.7	1:08.4	100 Breaststroke	1:33.5	1:33.5	1:25.9	1:19.3	1:16.8	1:15.1	1:14.0
3:29.9	3:04.6	2:59.0	2:40.5	2:36.9	2:27.5	2:25.0	200 Breaststroke	3:30.7	3:13.1	2:58.5	2:44.8	2:39.2	2:35.5	2:33.4
35.1	34.0	32.9	31.8	30.4	29.3	27.5	50 Butterfly	36.9	35.9	34.3	33.1	32.3	31.1	29.4
1:18.1	1:18.1	1:11.0	1:08.5	1:04.1	1:01.6	59.7	100 Butterfly	1:24.5	1:24.5	1:15.7	1:09.7	1:07.6	1:06.8	1:05.0
3:12.9	2:54.3	2:38.4	2:27.1	2:19.8	2:10.3	2:04.3	200 Butterfly	3:20.1	2:52.4	2:45.0	2:28.3	2:24.5	2:24.0	2:18.0
35.9	34.8	33.5	32.8	31.6	30.8	28.5	50 Backstroke	37.9	36.3	35.7	34.5	33.7	32.4	30.3
1:19.4	1:19.4	1:12.5	1:09.0	1:04.7	1:02.4	1:00.2	100 Backstroke	1:24.1	1:24.1	1:15.4	1:09.6	1:07.6	1:06.0	1:05.3
3:02.1	2:39.10	2:33.2	2:20.4	2:18.9	2:10.6	2:04.2	200 Backstroke	2:54.8	2:43.6	2:37.7	2:27.4	2:19.3	2:15.2	2:13.7
3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:14.2	200 Ind. Medley	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:24.3
6:22.6	5:45.50	5:35.00	5:30.00	5:20.50	5:00.00	4:45.00	400 Ind. Medley	6:25.1	5:45.50	5:35.00	5:30.00	5:20.50	5:00.00	4:45.00