



Bristol Penguin Olympic Swimming Club

[www.bristolpenguins.com](http://www.bristolpenguins.com)

&

Keynsham Amateur Swimming Club

[www.keynshamswimmingclub.co.uk](http://www.keynshamswimmingclub.co.uk)



*jointly present their:*

# Spring Open Meet

Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> March 2023 (**3SW230246**)

*Hutton Moor Leisure Centre, Weston super Mare*

25m pool with electronic timing and anti-wave lane ropes

Licensed Level 3 meet to qualify for entry into county & regional competitions.

(Held under Swim England Laws & Technical Rules of Racing)

Age as on the 12<sup>th</sup> March 2023

Age groups for awards: 9, 10, 11, 12,13 & 14+ years

In each event, medals will be awarded to the top six in each age category.

Top boy and top girl awards in each age category

*50, 100 & 200 metres all strokes*

*4 x 50 metres mixed medley relay, 8 x 50 metres mixed cannon*

**Please submit entries by 10pm on Wednesday 1st February 2023**

**Please note the meet will close to entries earlier than this if it fills up**

## PROGRAMME

THE MEET WILL STAY WITHIN THE START AND FINISH TIME FOR BOTH DAYS,  
**INTERMEDIATE TIMES TO BE CONFIRMED**

<p><b>SATURDAY SESSION 1</b></p> <p><i>WARM UP 13:00, RACING 13:50 TO 16:30</i></p> <ol style="list-style-type: none"><li>1. Girls 100 metres IM</li><li>2. Boys 100 metres IM</li><li>3. Girls 200 metres backstroke</li><li>4. Boys 200 metres backstroke</li><li>5. Girls 50 metres breaststroke</li><li>6. Boys 50 metres breaststroke</li><li>7. 4 x 50 metres mixed medley relay</li></ol>	<p><b>SATURDAY SESSION 2</b></p> <p><i>WARM UP 16:30, RACING 17:20 TO 20:00</i></p> <ol style="list-style-type: none"><li>8. Boys 100 metres butterfly</li><li>9. Girls 100 metres butterfly</li><li>10. Boys 100 metres backstroke</li><li>11. Girls 100 metres backstroke</li><li>12. Boys 200 metres freestyle</li><li>13. Girls 200 metres freestyle</li><li>14. Boys 50 metres butterfly</li><li>15. Girls 50 metres butterfly</li></ol>
<p><b>SUNDAY SESSION 3</b></p> <p><i>WARM UP 12:30, RACING 13:20 TO 16:00</i></p> <ol style="list-style-type: none"><li>16. Boys 100 metres freestyle</li><li>17. Girls 100 metres freestyle</li><li>18. Boys 200 metres breaststroke</li><li>19. Girls 200 metres breaststroke</li><li>20. Boys 50 metres backstroke</li><li>21. Girls 50 metres backstroke</li><li>22. 8 X 50 metres mixed cannon</li></ol>	<p><b>SUNDAY SESSION 4</b></p> <p><i>WARM UP 16:00, RACING 16:50 TO 19:30</i></p> <ol style="list-style-type: none"><li>23. Girls 200 metres butterfly (11&amp;over)</li><li>24. Boys 200 metres butterfly (11&amp;over)</li><li>25. Girls 100 metres breaststroke</li><li>26. Boys 100 metres breaststroke</li><li>27. Girls 200 metres IM</li><li>28. Boys 200 metres IM</li><li>29. Girls 50 metres freestyle</li><li>30. Boys 50 metres freestyle</li></ol>

*No session will exceed three hours.*

**UPPER (NO FASTER THAN) QUALIFYING TIMES FOR GIRLS AND BOYS**

**GIRLS**

EVENT	9	10	11	12	13	14+
50 FREE	35.00	33.00	32.00	31.00	29.00	27.50
100 FREE	1:17.00	1:14.00	1:10.00	1:09.00	1:07.00	1:00.00
200 FREE	3:05.00	2:50.00	2:36.00	2:29.00	2:23.00	2:15.00
50 BREAST	46.00	44.00	42.00	41.00	39.00	37.00
100 BREAST	1:40.00	1:37.00	1:33.00	1:30.00	1:25.00	1:20.00
200 BREAST	3:25.00	3:25.00	3:15.00	3:10.00	2:55.00	2:45.00
50 BACK	40.50	39.50	38.00	37.00	34.00	32.50
100 BACK	1:30.00	1:24.00	1:20.00	1:18.00	1:15.00	1:09.00
200 BACK	3:00.00	3:00.00	2:50.00	2:40.00	2:35.00	2:25.00
50 FLY	40.00	38.00	36.00	35.00	33.00	31.50
100 FLY	1:32.00	1:26.00	1:22.00	1:18.00	1:14.00	1:08.00
200 FLY			2:50.00	2:40.00	2:35.00	2:25.00
100 IM	1:32.00	1:26.00	1:21.00	1:17.00	1:14.00	1:05.00
200 IM	3:05.00	3:05.00	2:55.00	2:45.00	2:35.00	2:20.00

**BOYS**

EVENT	9	10	11	12	13	14+
50 FREE	35.00	33.00	32.00	30.00	28.00	26.50
100 FREE	1:17.00	1:14.00	1:10.00	1:07.00	1:05.00	59.00
200 FREE	3:05.00	2:50.00	2:36.00	2:29.00	2:23.00	2:10.00
50 BREAST	46.00	44.00	42.00	40.00	38.00	35.00
100 BREAST	1:40.00	1:37.00	1:33.00	1:28.00	1:22.00	1:17.00
200 BREAST	3:25.00	3:25.00	3:15.00	3:05.00	2:48.00	2:40.00
50 BACK	40.50	39.50	38.00	36.00	33.00	31.50
100 BACK	1:30.00	1:24.00	1:20.00	1:16.00	1:13.00	1:07.00
200 BACK	3:00.00	3:00.00	2:50.00	2:35.00	2:30.00	2:20.00
50 FLY	40.00	38.00	36.00	34.00	32.00	29.00
100 FLY	1:32.00	1:26.00	1:22.00	1:16.00	1:12.00	1:08.00
200 FLY			2:50.00	2:35.00	2:30.00	2:20.00
100 IM	1:32.00	1:26.00	1:21.00	1:15.00	1:12.00	1:05.00
200 IM	3:05.00	3:05.00	2:55.00	2:40.00	2:30.00	2:20.00

## MEET CONDITIONS

### GENERAL CONDITIONS

1. The meet will be held Under Swim England Laws and Regulations and Swim England Technical Rules of Racing and has been licensed at Level 3 by Swim England so that times achieved can qualify for county and regional competitions.
2. **The meet is jointly run by Bristol Penguin Olympic Swimming Club (Gloucestershire ASA) and Keynsham Amateur Swimming Club (Somerset ASA). The meet promoter is Chris Metcalfe, 8 Coronation Avenue, Keynsham, Bristol, BS31 2PT; e.mail: kascmeets@outlook.com.**
3. Any situation not covered by these conditions will either be referred to the lead referee or meet promoter. The outcome of any decision will be based on SE Law or Technical Rules or in the spirit of fairness and equity and will be announced accordingly.

### ENTRIES – INDIVIDUAL EVENTS

4. **Keynsham Amateur Swimming Club will handle the entries. All entries of more than three swimmers must be submitted as a HyTek entry file, available to download from the website: [www.keynshamswimmingclub.co.uk](http://www.keynshamswimmingclub.co.uk), or on request from [kascmeets@outlook.com](mailto:kascmeets@outlook.com). Details for payment of meet fees will be provided on receipt of an entry.**
5. All competitors must be British Swimming Registered and must be **Club Compete** members of a club affiliated to the Swim England, Swim Wales, or Scottish Swimming.
6. **The entry fee is £6.50 per individual event of 50 or 100m, and £8.00 per individual event of 200m.**
7. Age groups for the meet are based on age on the 12th March 2023.
8. Entries to an event will only be accepted from a swimmer who has NOT achieved a short course or converted long course time faster than that event's upper qualification time, for their age and gender, since 1<sup>st</sup> January 2022. Swimmers who achieve a faster time than the upper qualification time between submission of entry and the weekend of the meet will be permitted to compete.
9. Poolside passes are £8 each for the whole meet and must be requested at least two weeks before the meet. A club with one or more swimmers needing assistance to compete will be issued one poolside pass free of charge. Passes are transferable, but we ask clubs to ensure they are only held by registered members with an up-to-date DBS check. Passes must be worn at all times when poolside or in swimmer-only areas. Clubs will normally be restricted to a maximum of five

poolside passes, but a club should contact the promoter if this will be insufficient to manage their swimmers.

10. Please submit entries by 10pm on Wednesday 1st February 2023. Entries will be accepted after this subject to space being available, and without disadvantaging those entries received by 1st February. Requests for time trials (e.g. from a swimmer faster than the upper QT for an event) will be considered after the 1st February, under the same conditions as other late entries.
11. Entries will be accepted on a first-come first-served basis. The meet will close early once as many entries as can be accommodated are received.
12. If on the 1st February insufficient entries have been received for the meet to be financially viable, the meet will be cancelled. In these, or any other circumstances necessitating cancellation of the meet, we will aim to refund all entry fees, but reserve the right to retain sufficient funds to cover any costs unavoidably incurred.
13. Short course (25m) entry times or converted long course times should be submitted. Swimmers with no entry time for an event are encouraged to submit a realistic estimate.
14. Entries will be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 2018, and in line with GDPR 2018, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the meet on application to the promoters.
15. No refunds will be made to competitors who withdraw after advice of acceptance unless in extenuating circumstances and at the discretion of the promoter. Where a swimmer is injured or ill, the head coach of their club should contact the promoter to confirm this.

#### ENTRIES – RELAY EVENTS

16. Please will clubs contact the promoter to enter teams into the relay events.
17. Entry to the relay events is free of charge
18. Teams for the 4x50m medley relay will include 2 girls and 2 boys, and teams will have a combined age of 52 years or less. An individual swimmer must be a member of one medley relay team only. There will be a maximum of three heats for this event.
19. The 8x50 metres mixed cannon will include one girl and one boy in each of the following age groups: 10 and under, 11 and under, 12 and under, open. The order of swimmers is at the team's discretion. There will be a maximum of two heats for this event.

20. Clubs are welcome to enter more than one team to each relay event; if more team enter than can be accommodated, multiple teams will be accepted in proportion to the number of swimmers each club has at the event. Please submit an estimated entry time for each team.
21. Relay team members must fulfil the age and gender requirements of the event, and also be entered for at least one individual event during the meet.
22. Clubs must submit the list of swimmers for their relay team(s) before the start of the corresponding session.
23. No relay times will be submitted to rankings.

#### OFFICIALS

24. If possible, clubs are requested to provide a licensed official (or J1 trainee with timekeeper competency signed off in their workbook) for every eight swimmers entered; entries will not be refused if this is not possible. **The meet promoters will endeavour to recruit sufficient officials to meet the license requirements for each session; if this proves not to be possible for a session, times from that session will not be submitted to British Swimming rankings.**

#### THE COMPETITION

25. All events will be run on a Heat Declared Winner basis. Entries will be seeded into heats from submitted times, the slowest heats being swum first.
26. Medals will be given to the top six swimmers in each gender / age group category. The age groups are 9 years, 10 years, 11 years, 12 years, 13 years and 14+ years.
27. Swimmers achieving times faster than the upper qualification times will be eligible for medals; there won't be a "speeding ticket" system.
28. For each event the top six swimmers in each age group will be awarded points towards the top boy and top girl competitions, which will be awarded in each age category at the end of the meet.
29. There will be no requirement for swimmers to sign in.
30. All swimmers must report to marshalling when instructed to do so or may be excluded from the event.
31. Swimmers who are unable to execute a competitive racing dive should start in the water.
32. Backstroke starting ledges will not be used at this meet
33. There will be a maximum of two heats for each of the male and female 200m fly; please note this when considering entries to events in session 4. If 16 or fewer girls and boys combined enter the 200m fly then this will be swum as a mixed event. The 200m fly event is open to swimmers aged 11 year and over.

34. Para Swimmer Entries - all swimmers must have an authorised SE/IPC swimming classification or Certificate of Exception or Certificate of Disability. In addition, details of disability, classification and exemptions must be provided with entry. Please ensure the Certificate of Exception or Certificate of Disability are presented to the Referee prior to each competition session, failure to do so may result in disqualification.
35. A secondary starting strobe is available. Please will swimmers requiring the secondary strobe indicate this on entering.
36. The referee may request swimmers to start races “over the top”.

#### CONDUCT DURING THE MEET

37. In accordance with recommendations of SE, any persons wishing to use video, zoom or close-range photography, including mobile phones, are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared on social media platforms. It is requested that all mobile phones are switched to silent during the competition, and that there is no flash photography at the start of each race.
38. Swimmers must be dry and wearing t-shirt, shorts and footwear before leaving poolside / the swimmers area.
39. The promoters, Keynsham Amateur Swimming Club, Bristol Penguin Olympic Swimming Club, and Hutton Moor Leisure Centre do NOT accept responsibility for any property that is lost, stolen or damaged.
40. All meet competitors and spectators must observe all safety precautions in operation at Hutton Moor Leisure Centre and follow any instructions given by Leisure Centre Staff.
41. For the duration of the meet, Team Managers and Coaches are responsible for the conduct of their swimmers.
42. Only those non-swimmers holding a poolside pass, volunteer pass, officials, and leisure centre staff are allowed poolside and the swimmer's area.
43. In extenuating circumstances, the referee has the right to make changes to the conditions on the day in order to ensure the smooth running of the meet.

#### AFTER THE MEET

44. Results will be made available to competing clubs and individual entrants at the end of the competition.
45. Times from individual events will be submitted to British Swimming rankings in accordance to conditions 23 and 24 above.