



**Bristol Penguin Olympic Swimming Club**

**&**

**Keynsham Amateur Swimming Club**

jointly present their:

## **Autumn Sprint Meet**

**Hengrove Park Leisure Centre, 25m Short Course Pool  
with anti-wave ropes and electronic timing**

To be held on

**Saturday 25<sup>th</sup> November 2023 (Licence Number 3SW232177)**

**10.45 to 6pm.**

**Licenced Level 3 Meet** for entry into county and regional championships

**Held under Swim England Laws & Technical Rules of Racing**

**All 50m and 100m events**

**Age as on 25<sup>th</sup> November 2023**

**Age groups for awards: 9,10,11,12,13, 14 & 15+ years**

**Entries close – end of day on Sunday 29<sup>th</sup> October 2023**

## **Programme of Events**

This meet will use mixed gender heats so the following events will be swum together: -  
Events 1 & 2, 3 & 4, 5 & 6, 7 & 8, 9 & 10, 11 & 12, 13 & 14, 15 & 16 and 17 & 18.

Awards will be issued separately for each event and can be collected from the medals desk.

### **Session 1 – Saturday 25<sup>th</sup> November 2023**

**Warm-up 10.45 to 11.30am. Start of Races 11.35am**

<b>Event No.</b>	<b>Stroke</b>	<b>Gender</b>
1	50m Butterfly	Female
2	50m Butterfly	Open
3	100m Backstroke	Female
4	100m Backstroke	Open
5	50m Breaststroke	Female
6	50m Breaststroke	Open
7	100m Freestyle	Female
8	100m Freestyle	Open

### **Session 2 – Saturday 25<sup>th</sup> November 2023**

**Warm-up 2.15pm to 3pm. Start of Races start 3.05pm**

<b>Event No.</b>	<b>Stroke</b>	<b>Gender</b>
9	100m Butterfly	Female
10	100m Butterfly	Open
11	50m Backstroke	Female
12	50m Backstroke	Open
13	100m Breaststroke	Female
14	100m Breaststroke	Open
15	50m Freestyle	Female
16	50m Freestyle	Open
17	100m Individual Medley	Female
18	100m Individual Medley	Open

## Upper (no faster than) Qualifying Times

### Female

EVENT	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15+ yrs
50m Freestyle	35.00	33.00	31.00	29.50	28.50	27.75	27.25
100m Freestyle	1:18.00	1:13.00	1:07.00	1:04.00	1:01.50	59.50	58.50
50m Breaststroke	46.00	44.00	40.00	37.50	36.00	35.00	34.50
100m Breaststroke	1:40.00	1:34.00	1:28.00	1:22.00	1:18.00	1:15.50	1:14.00
50m Backstroke	40.50	39.00	36.00	33.00	31.50	31.00	30.25
100m Backstroke	1:29.00	1:22.00	1:15.00	1:12.00	1:09.00	1:06.00	1:04.50
50m Butterfly	40.00	37.00	34.00	32.00	31.00	30.00	29.50
100m Butterfly	1:32.00	1:25.00	1:17.00	1:12.00	1:09.00	1:06.00	1:04.00
100m Individual Medley	1:32.00	1:25.00	1:18.00	1:14.00	1:11.00	1:09.00	1:07.50

### Open

EVENT	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15+ yrs
50m Freestyle	35.00	33.00	31.00	29.50	28.00	26.00	24.00
100m Freestyle	1:18.00	1:13.00	1:07.00	1:04.50	1:01.00	56.00	52.00
50m Breaststroke	46.00	44.00	40.00	38.00	35.50	33.00	31.00
100m Breaststroke	1:40.00	1:34.00	1:28.00	1:22.00	1:17.00	1:12.00	1:06.00
50m Backstroke	40.50	39.00	36.00	33.00	30.50	29.50	27.00
100m Backstroke	1:29.00	1:22.00	1:15.00	1:12.00	1:08.00	1:03.00	59.00
50m Butterfly	40.00	37.00	34.00	32.00	30.00	28.00	26.00
100m Butterfly	1:32.00	1:25.00	1:17.00	1:12.00	1:07.00	1:02.00	58.00
100m Individual Medley	1:32.00	1:25.00	1:18.00	1:14.00	1:09.00	1:04.00	59.50

## 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 Benjamin Mullen, 81 Wessex Avenue, Bristol, BS7 0DF; email: [ben.mullen@bristolpenguins.com](mailto:ben.mullen@bristolpenguins.com).**
3. Any situation not covered by these conditions will either be referred to the lead referee or meet promoter. Decisions will be based on SE Law or Technical Rules or in the spirit of fairness and equity and will be announced accordingly.
4. 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.

### ENTRIES

5. **Bristol Penguin Olympic Swimming Club will handle the entries. Please submit all entries to Ben Mullen – [ben.mullen@bristolpenguins.com](mailto:ben.mullen@bristolpenguins.com). All entries of more than three swimmers must be submitted as a HyTek entry file, available to download from the websites: <https://uk.teamunify.com/team/bposc/page/home> and <https://uk.teamunify.com/team/reczzkscor/page/home> or on request from [kascmeets@outlook.com](mailto:kascmeets@outlook.com) and/or [ben.mullen@bristolpenguins.com](mailto:ben.mullen@bristolpenguins.com). Details for payment of meet fees will be provided on receipt of an entry.**

6. All competitors must be "Club Compete" members of a club affiliated to Swim England, Swim Wales, or Scottish Swimming.
7. **The entry fee is £7 per individual event.**
8. Age groups for the meet are based on age on the **Saturday 25<sup>th</sup> November 2023.**
9. 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 29<sup>th</sup> October 2022. Swimmers who achieve a faster time than the upper qualification time between submission of entry and the day of the meet will be permitted to compete.
10. **Poolside passes are £6 each** for the day. Please request how many poolside passes you require when submitting your entry and/or 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.
11. **Please submit entries by the end of the day on Sunday 29<sup>th</sup> October 2023.** Entries will be accepted after this, subject to space being available, and without disadvantaging those entries received by the deadline. Requests for time trials (e.g. from a swimmer faster than the upper QT for an event) will be considered after Sunday 29<sup>th</sup> October on the same basis.
12. 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.
13. If on the 29<sup>th</sup> October insufficient entries have been received for the meet to be financially viable, the meet may 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.
14. Short course (25m) entry times or converted long course times should be submitted. Swimmers with no entry time for an event should submit a realistic estimate.
15. 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 promoter.
16. No refunds for entries will be given after the entries have been processed and accepted, except in the case of medical withdrawals notified before the meet commences and with the production of either a doctor's or medical certificate or an email from the swimmer's Head Coach confirming the athlete is unfit to compete. Refunds in these circumstances will be processed post meet once the appropriate certification has been received by the meet promoter. It is the responsibility of the entrant to then provide a summary of events entered by the withdrawing athlete along with a bank account name, Account number and sort code into which the refund is to be made.

17. Disability Swimmer entries: all swimmers must have an authorised SE/IPC swimming classification, Certificate of Disability or Function Ability Card. In addition, details of disability must be provided with entry. Please ensure you present, Certificate of Disability or Function Ability Card to the Referee prior to each competition session, failure to do so may result in disqualification.

## **OFFICIALS**

18. 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 licence 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.
19. Officials who officiate at any of the sessions will be entitled to Mileage Expenses at a Rate of 45p per mile from their home address to the Pool Venue and return, with a limit of one claim, regardless of the number of sessions attended. Officials should request an Expenses Application Form from the Lead Referee which should be completed and returned to the Lead Referee during the duration of the Meet. Officials who officiate for both sessions will be provided with lunch.

## **THE COMPETITION**

20. All events will be run on a Heat Declared Winner basis. Entries will be seeded into mixed gender heats from submitted times, the slowest heats being swum first.
21. For individual events, medals will be given to the top **three** swimmers in each gender / age group category.
22. The age groups are 9,10,11,12,13,14 and 15+ years.
23. Swimmers will be required to swim in one of two groups, Female or Open/Male swimmers. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary competition policy for swimming. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
24. Swimmers achieving times faster than the upper qualification times will be eligible for medals; there won't be a "speeding ticket" system.
25. For each event the top six swimmers in each age group will be awarded points towards the top open and top female competitions, which will be awarded in each age category at the end of the meet.
26. There will be an award for Top Club.
27. In the event of a tie for a top swimmer prize or the top club prize, the number of 1<sup>st</sup> places will decide the winner.
28. There will be no requirement for swimmers to sign in.
29. All swimmers must report to marshalling when instructed to do so or may be excluded from the event.
30. Swimmers who are unable to execute a competitive racing dive should start in the water.
31. Backstroke starting ledges will not be used at this meet.
32. A secondary starting strobe is available. Please will swimmers who require the secondary strobe indicate this in the covering email when submitting the meet entry file.

33. The referee may request swimmers to start races “over the top”.
34. The Promoter may adjust the session times for each session once entries are received – depending on the number of entries for each session.
35. The middle swimming tank will be used for the open meet. Other pool users may occupy the far swimming tanks and whilst the general etiquette of ‘quiet at the start’ is expected from those at the open meet, there may be unavoidable background noise from time to time from other users of the far swimming tanks.

#### **CONDUCT DURING THE MEET**

36. Spectators will be permitted to watch the open meet from the viewing gallery.
37. **Admission to the viewing gallery will be £2.50 per session or £4 per day.** Payment by debit or credit will be available. Those paying by cash are expected to have the correct change.
38. 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. The full Swim England guidance on Photography can be found in Wavepower, the Swim England Child safeguarding policy and procedures, available at <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>
39. Swimmers must be dry and wearing t-shirts, shorts and footwear before leaving poolside.
40. The promoters, Keynsham Amateur Swimming Club, Bristol Penguin Olympic Swimming Club, and Hengrove Park Leisure Centre do NOT accept responsibility for any property that is lost, stolen or damaged.
41. All meet competitors and spectators must observe all safety precautions in operation at Hengrove Park Leisure Centre and follow any instructions given by Leisure Centre Staff.
42. For the duration of the meet, Team Managers and Coaches are responsible for the supervision and conduct of their swimmers – inline with Swim England expectations / policy.
43. Only those non-swimmers holding a poolside pass, volunteer pass, officials, and leisure centre staff are allowed poolside and the swimmer's area.
44. The middle swimming tank will be used for the open meet. All those involved in the meet are asked to be mindful and respect other pool users.
45. During the sessions, competitors are expected to sit in their club's designated space on poolside. Competitors must not stay in the changing village during the meet.

#### **AFTER THE MEET**

46. Results will be made available to competing clubs and individual entrants after completion of the competition.
47. Subject to condition 18, times from individual events will be submitted to British Swimming rankings.

# Bristol Penguin Olympic Swimming Club & Keynsham Amateur Swimming Club

Level 3 Autumn Sprint Meet

Licence Number 3SW232177



## Entry Form

Please complete this form for entries of up to 3 swimmers per club. Please submit via email. For example, as a word document, scan or photograph the form.

Note - all entries of more than three swimmers must be submitted as a HyTek entry file, available to download from the websites: <https://uk.teamunify.com/team/bposc/page/home> and <https://uk.teamunify.com/team/reczzkscor/page/home> or on request from [kascmeets@outlook.com](mailto:kascmeets@outlook.com) and/or [ben.mullen@bristolpenguins.com](mailto:ben.mullen@bristolpenguins.com).

- Age on 25<sup>th</sup> November 2023
- Closing date – Sunday 29<sup>th</sup> October 2023
- £7 per event

Full Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Swim England Number \_\_\_\_\_

Club \_\_\_\_\_

Female / Open \_\_\_\_\_

Event	Entry Time
50m Freestyle	
100m Freestyle	
50m Backstroke	
100m Backstroke	
50m Breaststroke	
100m Breaststroke	
50m Butterfly	
100m Butterfly	
100m Individual Medley	

# Bristol Penguin Olympic Swimming Club & Keynsham Amateur Swimming Club

Level 3 Autumn Sprint Meet

Licence Number 3SW232177



## Club Summary

Please complete this form for entries of up to 3 swimmers per club. Please submit via email. For example, as a word document, scan or photograph the form.

- Age on 25<sup>th</sup> November 2023
- Closing date – Sunday 29<sup>th</sup> October 2023
- £7 per event

Club \_\_\_\_\_

Female Entries \_\_\_\_\_ @ £7 per event = £ \_\_\_\_\_

Open Entries \_\_\_\_\_ @ £7 per event = £ \_\_\_\_\_

Poolside passes \_\_\_\_\_ @ 6 per pass = £ \_\_\_\_\_

Total £ \_\_\_\_\_

Contact name (print) \_\_\_\_\_

Tel (daytime) \_\_\_\_\_ (evenings) \_\_\_\_\_

Email address: \_\_\_\_\_

I certify that all information and stated entry times are correct  
\_\_\_\_\_(Signature)

Email entries to [ben.mullen@bristolpenguins.com](mailto:ben.mullen@bristolpenguins.com)