



TWO COUNTIES

(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2023

To be held under Swim England Laws and Regulations
and Technical Rules of Racing

Licensed by Swim England at level 3 for inclusion in British Swimming Rankings
License Number - 3SW230090

PLYMOUTH LIFE CENTRE

Saturday 18th & Sunday 19th March 2023

50m, 100m, 200m All strokes plus 400m Freestyle,
100m IM, 200m IM, a Mixed Medley relay and Mixed Freestyle relay

9yrs (50m, 200m all strokes, 100m IM & 200m IM only)
10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over – all events
(Ages as of 19 March 2023)

Heat Declared Winners

Awards to first 6 in each age group 13 and under

Awards to first 3 in each age group 14 and over

**** PRIZES FOR THE RELAY EVENTS ****

**** TWO COUNTIES SWIM HATS WILL BE AVAILABLE FOR PURCHASE****

Entries open January 2nd 2023

Entry Administrator: Andrew Rickards, 35 Sycamore Drive, TORPOINT PL11 2NA

Email: caradondinnaton@gmail.com

<http://uk.teamunify.com/Home.jsp?team=swcsc> www.dinnatonswimming.co.uk

Entry will be strictly first come first served and will open on January 2nd 2023
Closing date on or before 6 March 2023

Two Counties 2023 are excited to announce that our event is very kindly
sponsored by Princess Yachts of Plymouth



Please follow them on social media or by visiting the website

www.facebook.com/PrincessYachts

www.princessyachts.com

www.instagram.com/princessyachts



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THE TWO COUNTIES SPRING OPEN MEET 2023 AT PLYMOUTH LIFE CENTRE

Promoted by CARADON SC & DINNATON SC

This is a Level 3 Event and is Licensed by Swim England for entry into District Competitions

LICENSE NUMBER: 3SW230090

Ages as at 19 March 2023 (Last day of competition)

SATURDAY 18 March & SUNDAY 19 March 2023

Held under Swim England Laws and Regulations and Technical Rules of Racing

SCHEDULE OF EVENTS – 25 metre SHORT COURSE

SESSION 1 - DATE: 18th March - Warm up 1230 - Start TBA

1	400M FREESTYLE	M	2	400M FREESTYLE	F
3	50M BACKSTROKE	M	4	50M BACKSTROKE	F
5	100M INDIVIDUAL MEDLEY	M	6	100M INDIVIDUAL MEDLEY	F
7	200M BUTTERFLY	M	8	200M BUTTERFLY	F

INTERVAL

SESSION 2 - DATE: 18th March - Warm Up No Earlier than TBA - Start No Earlier than TBA

13 & UNDER MEDLEY RELAY EVENT 14 & OVER FREESTYLE RELAY EVENT

No Earlier than TBA Est Finish TBA

9	200M INDIVIDUAL MEDLEY	M	10	200M INDIVIDUAL MEDLEY	F
11	100M FREESTYLE	M	12	100M FREESTYLE	F
13	50M BREASTSTROKE	M	14	50M BREASTSTROKE	F
15	100M BACKSTROKE	M	16	100M BACKSTROKE	F

SESSION 3 - DATE: 19th March - Warm Up 1230 - Start TBA

17	200M BACKSTROKE	M	18	200M BACKSTROKE	F
19	50M FREESTYLE	M	20	50M FREESTYLE	F
21	100M BUTTERFLY	M	22	100M BUTTERFLY	F
23	200M BREASTSTROKE	M	24	200M BREASTSTROKE	F

INTERVAL

SESSION 4 - DATE: 19th March - Warm Up No earlier than TBA – Start No earlier than TBA

13 & UNDER FREESTYLE EVENT 14 & OVER MEDLEY RELAY EVENT

Start no earlier than TBA Est Finish TBA

25	200M FREESTYLE	M	26	200M FREESTYLE	F
27	50M BUTTERFLY	M	28	50M BUTTERFLY	F
29	100M BREASTSTROKE	M	30	100M BREASTSTROKE	F



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Saturday 18th March & Sunday 19th March 2023

Ages as at 19 March 2023

Any swimmer having an entry time faster than any of the upper limit times will not be able to compete in this event.

Swimmers are to be no faster than these times

FEMALE TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/Ov
50m Free	36.37	33.22	30.06	29.27	27.52	26.59	26.48	26.00
100m Free		1.14.55	1.06.07	1.04.33	59.06	58.14	56.75	56.00
200m Free	2.45.00	2.28.32	2.23.24	2.19.47	2.11.70	2.05.98	2.01.00	1.59.50
400m Free	5.25.00	5.17.29	5.01.43	4.53.49	4.33.85	4.25.84	4.14.39	4.10.15
50m Breast	49.15	44.88	40.60	39.53	37.20	35.20	35.05	34.12
100m Breast		1.38.50	1.29.12	1.26.77	1.20.85	1.17.57	1.14.77	1.13.52
200m Breast	3.35.25	3.27.56	3.07.80	3.02.85	2.52.18	2.42.77	2.37.92	2.35.24
50m Back	42.73	39.02	35.30	34.37	32.43	31.31	30.60	29.78
100m Back		1.24.59	1.16.53	1.14.52	1.09.40	1.06.47	1.03.63	1.01.98
200m Back	3.01.25	2.56.05	2.39.29	2.35.09	2.25.10	2.22.17	2.14.17	2.12.33
50m Fly	40.25	36.75	33.25	32.38	31.45	30.33	29.27	28.96
100m Fly		1.26.82	1.18.55	1.16.49	1.12.27	1.08.26	1.04.94	1.03.65
200m Fly	3.15.22	3.09.00	2.51.00	2.46.50	2.40.76	2.34.93	2.22.65	2.19.35
100m I M	1.29.19	1.23.92	1.19.92	1.13.25	1.10.50	1.07.65	1.04.57	1.02.12
200m I M	3.02.18	2.55.62	2.38.90	2.34.72	2.31.10	2.25.71	2.20.09	2.18.56

MALE TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/Ov
50m Free	36.75	33.56	30.36	29.56	27.43	25.60	24.95	24.50
100m Free		1.13.94	1.06.90	1.05.14	1.01.17	55.67	55.38	54.95
200m Free	2.45.00	2.39.81	2.24.59	2.20.79	2.13.59	2.02.31	1.57.10	1.55.50
400m Free	5.25.00	5.16.89	5.01.05	4.53.12	4.43.43	4.15.24	4.04.49	4.01.25
50m Breast	49.31	45.02	40.74	39.66	37.31	35.34	32.60	31.95
100m Breast		1.39.55	1.30.07	1.27.70	1.23.45	1.15.99	1.10.20	1.08.52
200m Breast	3.35.25	3.26.49	3.06.83	3.01.91	2.50.45	2.40.68	2.32.17	2.28.65
50m Back	43.51	39.91	36.11	35.16	33.32	30.22	29.58	28.24
100m Back		1.26.11	1.17.91	1.15.86	1.11.52	1.05.00	1.03.05	59.95
200m Back	3.03.26	2.59.19	2.42.13	2.37.86	2.28.66	2.15.29	2.11.73	2.09.26
50m Fly	41.52	37.91	34.30	33.39	30.80	29.42	28.14	27.38
100m Fly		1.30.75	1.22.11	1.19.95	1.13.36	1.06.92	1.02.07	1.00.26
200m Fly	3.35.00	3.21.77	3.02.55	2.57.75	2.43.62	2.29.40	2.16.62	2.16.80
100m I M	1.30.54	1.25.19	1.17.60	1.11.36	1.08.54	1.05.14	1.02.25	1.01.28
200m I M	3.20.54	3.11.69	2.45.56	2.41.20	2.34.47	2.20.96	2.15.78	2.12.39



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INDIVIDUAL PAPER ENTRY FORM	
CLUB:	MALE / FEMALE
Given Name:	
Family Name:	
DOB:	
ASA Reg No:	

<u>STROKE</u>	<u>TIME - MM:SS.00</u>
50m Freestyle	
100m Freestyle (not 9yrs)	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke (not 9yrs)	
200m Backstroke	
50m Breaststroke	
100m Breaststroke (not 9yrs)	
200m Breaststroke	
50m Butterfly	
100m Butterfly (not 9yrs)	
200m Butterfly	
100m IM – All Age Groups	
200m IM	

CONTACT NAME:	E-MAIL:
TELEPHONE NUMBER:	
NUMBER OF ENTRIES	All events @ £7.50 = £
ADD PAPER ENTRY SURCHARGE OF £1 - TOTAL ENCLOSED OR PAID BY BACS = £	

TWO COUNTIES OPEN MEET, 35 Sycamore Drive, TORPOINT PL11 2NA

Payment by BACS (PREFERRED) to: Sort Code: 20-50-40 Account No: 33058972
Cheques PAYABLE TO: CARADON SWIMMING CLUB

CLOSING DATE – Monday 06 March 2023 or when full on a first come first served basis
If using Hy-Tek Entry Manger entry forms are not required.



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Entry Fees Summary Sheet

Please e-mail completed Entry Fees Summary Sheet, Hy-Tek files (or paper entry form/s), Hy-Tek entry reports and Coach Pass Application Form to: caradondinnaton@gmail.com
(Hard copy not required if paying by BACS.)

Please send cheques with hard copy of fees summary sheet and hard copies of paper entry forms to **Andrew Rickards 35 Sycamore Drive, TORPOINT PL11 2NA**
(Entry acknowledgment is via the website and/or the person named on this form)

CLUB:	
CONTACT NAME & ADDRESS:	
TEL NO:	
E-MAIL	

NUMBER OF ENTRIES:		@£7.50	£
NUMBER OF PAPER ENTRY SURCHARGES		@£1.00	£
NUMBER OF POOLSIDE PASSES:		@£15.00	£
NUMBER OF POOLSIDE PASSES:		@£5.00	£
HATS		@£8.00	£
TOTAL AMOUNT DUE			£

PAYMENT DETAILS:

PAYMENT IS BY BACS to: Sort Code: 20-50-40 Account No: 33058972

Please use the reference **TWO COUNTIES23**

Entries will be returned if payment is not made by the closing date (06/03/23)

Please note: Poolside passes will only be issued to persons registered with the ASA and have a current DBS. Passes must be applied for in advance, including the fee of £15 with your swimmers entries. Clubs can apply for 2 passes @ £15 each and further passes at £5 each



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PROMOTERS CONDITIONS THE TWO COUNTIES LEVEL 3 SPRING OPEN MEET

LICENCE NUMBER: 3SW230090

1. The Promoters **Caradon SC & Dinnaton SC**.
2. The meet will be held under Swim England Laws and Regulations and Technical Rules of Racing and licensed by the ASA at level 3 for inclusion in British Swimming Rankings.
3. Competitor's age groups shall be defined as at **19 March 2023**.
4. **Age Groups: 9, 10, 11, 12, 13, 14, 15, 16 & Over including Masters.**
5. **Awards:** All events will be HDW and awards will be made to the Top 6 in each Age Group 13 and Under. Awards to top 3 in each age group 14 and over
6. **Events:** 50m, 100m & 200m – all strokes + 400m Freestyle, 200m IM & 100m IM. **Please note, swimmers aged 9 years cannot enter 100m stroke events. Entry to the 100m IM is permitted.**
7. Additionally, there will be **Mixed Relay Events** – 13 years & Under & 14 Years & Over. Swimmers aged under 14 will be allowed to swim up, but **not vice versa**. Can clubs confirm if they are going to enter Relay Teams at the time of entering meet to allow for planning of timings, names of team not required until on the day. Times from Relay's will not be sent to Rankings.
8. Entries will be first come first served, **no deck entries will be accepted on the day of the competition, no exhibition swimmers will be accepted.**
9. All events will include all age groups with heats seeded slowest to fastest. All heats will be spearheaded. 'Over the top' starts will be used wherever possible.
10. All communication will be via the website and email. Accepted entries will be notified by email. Should any rejections be necessary these will be notified by email.
11. The promoters do not accept responsibility for any loss of property or damage. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings.
12. The promoters use a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the **General Data Protection Regulations 2018**, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet.
13. In accordance with the recommendations of the Swim England WAVE POWER 2020-2023 child safeguarding policy <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> any person wishing to use video, zoom or close-range photography should focus on their child as much as reasonably practicable. **You are reminded that flash photography is not permitted at the start of any heat.**



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14. For the success of the meet, Clubs should endeavour to provide at least One Official per Fifteen Swimmers. Clubs that have concerns meeting this expectation should contact the promoter at the time of entry. Clubs will not be penalised if they are unable to provide Officials
15. Photographs may be taken during the meet for publicity purposes and unless you notify the promoter that you do not wish your child to be included in such photography, you should notify the promoter (**Andrew Rickards**) or their representative (Peter Newman) in writing or by e-mail (caradondinnaton@gmail.com).
16. Any matters concerning the Meet not covered in these Terms & Conditions will be dealt with according to the laws of the sport and at the discretion of the Promoters. The Promoters reserve the right to change the Meet Terms & Conditions to ensure the smooth running of the at the express wish of the Referee. This will only apply due to unforeseen circumstances on the day of the meet
17. Closing date for entries is **Monday 06 March 2023**
18. The promoter reserves the right to accept or reject entries and to restrict entries to complete the meet within the time available.
19. Refunds will also be given for medical reasons on production of a Doctor's note no later than 72 hours prior to Meet.
20. Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. The Meet Promoter will make every effort to run the event. In any situation that the meet must be cancelled competitors are not eligible for full refunds of their entry fees. Proportionate refunds may be made but only after the promoter has covered all incurred costs.
21. There will currently be a second strobe available for the Two Counties 2023 Meet in the form of strobe lights on the Starting Blocks.
22. There will be Two swim lanes allocated for warm downs.



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VOLUNTEER OFFICIALS

This is a level 3 licensed meet so the requirement is for Officials to be qualified.

Benefits:

- Free admission
- Welcome refreshments
- Poolside refreshments and lunch
- Ring side view of the action
- Complimentary bottle of wine if you last the whole weekend!
- Please sign up at the link <https://swimmeet.com/Availability/?m=713>
- Trainee officials are welcome, please sign up on swim meet

Expenses:

- Mileage claims will be checked and verification may be requested before payment is made. Payment for mileage will be made at the agreed current rate set by Swim England South West and will normally be between home address and the venue. It will be based on the shortest distance between home address & The Plymouth Life Centre (Distances will be taken from Google Maps). If the journey starting point differs from the home address payment will be made for whichever is the shorter distance. Mileage is paid for officials who work for the whole day (i.e. 2 sessions).
- Any Accommodation claims are to be pre-approved by meet organisers prior to booking accommodation
- Accommodation costs will be considered for those who make an official request on the Officials form, and approved in advance. Officials will need to book their own accommodation and make a claim for re-imbursement on the Expenses Form and include the receipt for both hotel and evening meal.
- The maximum allowance is £65 single including breakfast and car parking charges. Accommodation costs above this amount will not be reimbursed.

For the success of the meet, Clubs should endeavour to provide at least One Official per Fifteen Swimmers. Clubs that have concerns meeting this expectation should contact the promoter at the time of entry. Clubs will not be penalised if they are unable to provide Officials

WE DO NEED AND APPRECIATE YOUR HELP

THANK YOU



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HAT PRE-ORDER FORM

CLUB.....

Don't miss out on your Two Counties Swim Hats – Pre-Order below

Club Name and Contact	Number of Hats @ £8.00 EACH	TOTAL

PAYMENT DETAILS:

PAYMENT IS BY BACS to: Sort Code: 20-50-40 Account No: 33058972

Please use the reference **HATS2C23**

