

# Deben Swimming Club

Affiliated to Swim England East Region and Suffolk County ASA



## DEBEN MARCH LEAP MEET 2022

Held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming

**Level 3 Licence 3ER220158**

**26<sup>th</sup> & 27<sup>th</sup> March 2022**

**Crown Pools, Crown Street, Ipswich, IP1 3JA**

### MEET CONDITIONS AND INFORMATION

1. The meet will take place at Crown Pools (Ipswich) on 26<sup>th</sup> and 27<sup>th</sup> March 2022 and is licensed by Swim England at Level 3 under Licence No. 3ER220158.
2. The meet will be run in accordance with Swim England Laws, Swim England Technical Rules of Swimming and these conditions.
3. Competitors must be Category 2 members of an affiliated club, eligible to compete and registered in accordance with Swim England Laws and Technical Rules, and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of Swim England, SASA or WASA or competitors from a country affiliated to FINA.
4. The promoter is Neil Tolputt on behalf of Deben Swimming Club.
5. The age groups for boys and girls are: 9, 10, 11, 12, 13, 14, 15, 16/ov.
6. Ages as of 27<sup>th</sup> March 2022.
7. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed swimmers in each age group.
8. The pool is 25m, anti-wave devices will be in place and AOE will be used. A secondary strobe for the starting system is available.
9. Heats will be swum as mixed age with swimmers seeded by entry times.
10. Over the top starts may be used at the referee's discretion.
11. Cut-off times are provided and entries with No Time will be accepted.
12. Valid entries (which must include payment) will be accepted in the order of receipt, that is first come first served. Complete entries for each club are required together with a single cheque or electronic payment. Individual entries will only be accepted at the Promoter's discretion. Day of meet entries and day of meet alterations will not be accepted, unless due to administrative error.
13. Entry shall be by an Individual Entry Form. Where [five or more] competitors enter from the same club, entry shall preferably be made using HYTEK Team Manager Lite and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the HYTEK website [http://www.hy-tekltd.com/Demos/Swim\\_Team\\_Manager\\_Lite.exe](http://www.hy-tekltd.com/Demos/Swim_Team_Manager_Lite.exe) and the required Entry File for the meet will be available on the club website.
14. If electronic entries are not being made, paper entry forms and cheques should be posted to: Neil Tolputt, 13 Hutland Road, Ipswich, IP4 4EZ or email [debensc.meets@hotmail.com](mailto:debensc.meets@hotmail.com).
15. Entries together with entry fees must be received by the Promoter by Midday 6<sup>th</sup> March 2022. The entry fee is £5.00 per event.
16. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In the event that entries are rejected, fees will be refunded by a single payment to the club in question.
17. Accepted and rejected entries will be advised to Clubs and posted on the club website not less than 2 weeks prior to the event. Once this is issued, entrants / Clubs will have one week to advise any errors or omissions.

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18. Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a schedule of their accepted entries. Withdrawal may be made on the day, or can be e-mailed in advance, but must be made [at least 45 minutes prior] to the start of the first event in each session. Refunds are not available for withdrawals after the accepted entries have been posted, other than for medical reasons.
19. Coaches' passes will be issued at a cost of £15 per day. Coach passes will not be available on the day.
20. Warm up protocol: Each warm up session will be divided into equal length sessions. Odd lanes will swim clockwise and even lanes will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads.
21. Results will be posted on the Club website and emailed to clubs after the competition and will be supplied to British Swimming for entry into the national rankings database.
22. In accordance with the Swim England Child Safeguarding Policies and Procedures, any parents or carers 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. Should you have any concerns about photography or filming please bring them to the attention of the promoter.

Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Child Safeguarding Policy and Procedures, Wavepower 2016-19 Section 2 provides guidance on the use of social networking (page 72-75) and guidance on photography (page 76-77).

<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>. Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.

23. All participants must observe the safety precautions in operation at Crown Pools. Neither the Promoter nor Deben Swimming Club will be responsible for any loss or damage occurring during the meet.
24. The Data Protection Act 2018 requires us 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 purposes 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 the Data Protection Act 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 managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
25. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and Technical Rules of Racing.

**Spectators – The meet will be held in accordance with the Venue's policy on Spectator admission at the time. Details of the policy and any restrictions will be communicated once the position has been finalised.**

**Covid restrictions – The meet will be held in accordance with any guidelines and restrictions in place at the time and communicated to all attending Clubs.**

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### Qualifying Times (no faster than)

GIRLS	9	10	11	12	13	14	15+
Free 50	35.40	31.20	29.10	28.20	27.50	27.05	25.30
Free 100	1:20.20	1:08.30	1:04.00	59.80	58.90	59.30	56.40
Free 200	3:02.00	2:27.50	2:20.20	2:11.10	2:09.50	2:06.80	2:02.60
Free 400	6:19.20	5:05.10	4:57.10	4:42.70	4:33.70	4:28.30	4:16.80
Back 50	41.30	34.40	33.60	31.80	31.50	30.50	28.60
Back 100	1:28.70	1:15.90	1:11.40	1:07.90	1:07.20	1:06.20	1:02.50
Back 200	3:06.10	2:37.60	2:33.00	2:29.40	2:22.70	2:18.60	2:14.20
Breast 50	47.70	41.00	37.10	36.50	35.00	34.60	31.50
Breast 100	1:43.20	1:24.40	1:21.90	1:18.30	1:16.10	1:14.50	1:11.00
Breast 200	3:41.00	3:03.00	2:59.00	2:47.00	2:43.70	2:40.10	2:28.00
Fly 50	42.30	32.40	31.50	31.00	29.50	28.90	27.30
Fly 100	1:43.60	1:17.40	1:13.15	1:08.60	1:04.80	1:03.20	1:01.50
Fly 200	4:00.00	2:52.20	2:40.60	2:27.70	2:33.50	2:24.10	2:14.00
100 IM	1:29.00	1:16.80	1:14.60	1:11.20	1:09.40	1:06.90	1:04.80
200 IM	3:08.80	2:41.40	2:34.00	2:28.50	2:24.80	2:22.10	2:16.30
400 IM	7:20.00	5:45.20	5:29.60	5:11.30	5:01.00	4:52.50	4:45.00

BOYS	9	10	11	12	13	14	15+
Free 50	32.50	31.30	29.90	27.50	26.60	24.20	23.00
Free 100	1:15.50	1:08.50	1:04.90	1:01.00	57.40	53.70	50.00
Free 200	2:44.80	2:26.50	2:20.80	2:11.20	2:06.30	1:55.70	1:46.80
Free 400	5:40.00	5:12.00	4:53.40	4:38.50	4:25.50	4:03.50	3:50.00
Back 50	39.10	36.40	32.60	30.90	28.80	27.60	26.10
Back 100	1:23.70	1:14.90	1:09.90	1:09.10	1:04.90	1:00.70	55.50
Back 200	2:55.00	2:39.00	2:32.80	2:28.80	2:18.90	2:13.00	2:02.10
Breast 50	45.70	41.10	39.40	34.40	32.40	32.10	28.00
Breast 100	1:37.00	1:28.80	1:26.50	1:18.80	1:08.80	1:04.00	1:03.00
Breast 200	3:31.00	3:09.30	3:04.00	2:49.20	2:30.40	2:17.80	2:12.00
Fly 50	38.30	34.50	32.90	31.40	29.10	25.80	25.10
Fly 100	1:25.10	1:17.20	1:13.80	1:08.60	1:02.40	57.10	55.70
Fly 200	3:10.00	2:58.30	2:55.50	2:33.40	2:21.10	2:06.00	2:03.00
100 IM	1:28.00	1:20.20	1:14.70	1:11.80	1:05.90	1:04.80	57.00
200 IM	3:02.40	2:48.80	2:41.60	2:30.40	2:18.80	2:12.30	2:02.00
400 IM	7:10.00	5:59.00	5:36.30	5:24.90	5:00.70	4:35.50	4:15.60

#### Notes:

- Age is as of 27th March 2022.
- Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry forms.
- Refer to the Promoters conditions for acceptance or rejection of competitor entries

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### PROGRAMME OF EVENTS

#### Day 1 Saturday 26th March 2022

Session 1 - Warm-up 14:30, Start 15:05, Finish 17:30			
101	Female 100m Freestyle	102	Male 100m Freestyle
103	Female 50m Backstroke	104	Male 50m Backstroke
105	Female 400m Individual Medley	106	Male 400m Individual Medley
<i>5 minute break</i>			
107	Female 200m Breaststroke	108	Male 200m Breaststroke
109	Female 100m Butterfly	110	Male 100m Butterfly
111	Female 200m Backstroke	112	Male 200m Backstroke

#### Day 2 Sunday 27th March 2022

Session 2 - Warm-up 09:30, Start 10:05, Finish 12:00			
201	Male 200m Butterfly	202	Female 200m Butterfly
203	Male 50m Breaststroke	204	Female 50m Breaststroke
205	Male 100m Backstroke	206	Female 100m Backstroke
207	Male 200m Freestyle	208	Female 200m Freestyle
209	Male 100m Individual Medley	210	Female 100m Individual Medley

Session 3 - Warm-up 12:45, Start 13:35, Finish 15:45			
301	Male 200m Individual Medley	302	Female 200m Individual Medley
303	Male 50m Freestyle	304	Female 50m Freestyle
305	Male 100m Breaststroke	306	Female 100m Breaststroke
307	Male 400m Freestyle	308	Female 400m Freestyle
309	Male 50m Butterfly	310	Female 50m Butterfly

Age groups: 9, 10, 11, 12, 13, 14, 15 and 16 & over

Age as at 27th March 2022