



**Portsmouth Northsea Easter Meet 2022**  
**Long Course Level 1 Meet**  
**Thursday 6<sup>th</sup> to Sunday 9<sup>th</sup> April 2023**  
**License number 1SE230029**

**Promoters Conditions**

1. The competition is an open and will be swum under Swim England Technical Rules. The promoter is Portsmouth Northsea Swimming Club. For any queries please contact us at [meets@pns.org.uk](mailto:meets@pns.org.uk)
2. Venue: The Mountbatten Centre, Alexandra Park, Portsmouth PO2 9QA
3. Pool: 8 Lane 50 metre pool, with electronic timing and anti-turbulence lane ropes. Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads. At the referees discretion we reserve the right to use over the top starts
4. A secondary strobe light is available at this meet
5. The competition will be open to age groups 10, 11, 12, 13, 14, 15, 16 & 17 +. Ages will be **at midnight Sunday 9<sup>th</sup> April 2023**. 10 year old swimmers are not eligible to enter the 400s, 800s or 1500. For the 800m & 1500m there is a joint 11& 12year age group.
6. The 800m & 1500m will be swum as mixed but separate female & male results will be published.
7. Swimmers can only enter 1 long distance event in session 1, **either 800m or 1500m**
8. **Qualifying Standards:** Lower qualifying times apply and all entry times should be converted to Long Course times. Times must be available on British rankings and achieved in a level 1-4 meet. For foreign visiting team entry times must be verifiable. Entries without entry times will be refused. No poolside entries will be accepted.
9. Entries from classified Para swimmers which are outside the qualifying times will be accepted at the promoter's discretion, but the times must show on rankings. Swimmers with a classification and those that require assistance to access the event are requested to notify the promoter in advance of the meet
10. **Entries** should preferably be made electronically by downloading the Hy-Tek file which will be made available from the PNSC website – <https://uk.teamunify.com/team/pns.org.uk/page/home> . The completed files, along with completed entry summaries, report and fee entry and any other queries should be emailed to [meets@pns.org.uk](mailto:meets@pns.org.uk). Late entries may be considered if the meet is not full. Clubs and individual entries are requested to send one cheque with club/individual details on the back and made out to PNSC. **Once entries have been accepted, invoices will be issued with payment details.** All paper entries and paperwork must be sent to [meets@pns.org.uk](mailto:meets@pns.org.uk) or to:

**Meet Secretary, PNSC Office, Mountbatten Centre, Alexandra Park, Portsmouth PO2 9QA**

A contact email must be supplied.

**Open Date for Entries:** 1800 on Friday 10<sup>th</sup> February 2023

**Closing Date:** 1800 hours on Friday 10<sup>th</sup> March 2023

**Entry Fee: The entry fee is £7 for all 50s, 100s & 200s  
£9 for 400s and £12 for 800m & 1500m.**

All club paper entries will incur a £15 administration fee and Individual paper entries will be charged an administration fee of £7 per swimmer.

11. **Data Protection:** Entries will be held on a computer solely for the purposes of this competition. Consent, as required by the General Data Protection Regulation (GDPR), to the holding of personal information on computer will be deemed to have been given by the submission of the entry. This data will be held at least 1 year. Data and results will be shared with the British swimming for rankings and the competitors own swimming clubs. Results will be posted at the pool & on the website.
12. Once accepted entries will be posted on the PNSC website, it will be the responsibility of the club/Individual representative to check entries, inform all swimmers of their entries and notify the meet secretary immediately of any errors. Once entry times have been accepted no changes will be made unless with agreement of the meet secretary.
13. This meet will operate without entry cards. Withdrawals can be made up until 1400 via email sent to [meets@pnsc.org.uk](mailto:meets@pnsc.org.uk) on Thursday 7<sup>th</sup> April. After this time withdrawals must be made on the official electronic withdrawal forms which can be found in the coaches' packs and technical office. Coaches **must** submit withdrawal forms for any swimmers not competing to the meet computer room 40 minutes before the start of each session. This notification will help to minimize heats with empty lanes. PNSC reserve the right to implement a fine of £5 per event if withdrawals are not reported.
14. There will be no refund of entry fees to swimmers who withdraw from event, unless the withdrawal is for medical reasons and a doctor's certificate or medical evidence is supplied. All refunds will be made via the clubs who submitted the entries.
15. Please can withdrawals for finals be notified to the timing office on poolside within 5 minutes of the announcement of the final. Prompt withdrawals from the finals will allow us to start the finals as quickly as possible
16. Rejections will be made when the volume of entries exceeds the time allowed under Swim England rules for competitive meets. Refunds will be made where a swimmer is rejected from the meet due to it being over-subscribed. The following criteria will be used to determine which swimmers will be scratched
  - Entry times not able to be verified on British Rankings or foreign rankings
  - Entry times not meeting the qualifying standards
  - The slowest swimmers in each age group based on submitted entry times but ensuring an equal balance of swimmers across the age groups
  - The promoters reserve the right to give preference to accepting clubs entries when swimmers are travelling from overseas and pre book accommodation and flights. All swimmers must have achieved the minimal qualifying standards. This rule does not apply to the long distance (800m & 1500m)

17. If rejections are made a reserve list will be published for the 800m and 1500m only. There will be no reserves in any other events.
18. Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time **may** be excluded.
19. Coach and Team Manager's packs are available for £10 for the Thursday evening, £20 a day (for Friday, Saturday or Sunday) or £55 for all 4 days. They include start sheets, food and refreshments. If a club has 10 or more swimmers entered, it is recommended that there is one pass per 10 swimmers.
20. Only swimmers, team managers and coaches with passes will be allowed on poolside. Poolside coaches need to be registered with Swim England (or equivalent national swimming organisation) and hold a valid DBS check. Team Managers need to be registered with Swim England (or equivalent national swimming organisation), hold a valid DBS check and have the relevant safeguarding and team management qualifications. If parents of swimmers attending the meet as individuals (not with a club) wish to be poolside they must pay for a coach's pass of £20 for the day. They must also have a valid Swim England membership number and valid DBS.
21. Chaperone passes are available if swimmers require assistance in the changing rooms and will allow access to the spectator area. The cost is £2 per day and the chaperone has to have Swim England membership (or equivalent national swimming organization) & valid DBS. If a swimmer requires additional assistance on poolside please contact the meet organizers in advance
22. Awards
  - All 400m, 800m and 1500m events will be swum as heat declared winner.
  - There will be finals for 14 and under and 15 and over for the 50m, 100m & 200m events will take place at the end of each session.
  - We will award the Top 3 in each event for each age group they will receive a medal which can be collected from the Medal Collection Table. Separate medals will be awarded to the top 3 in each final. Please collect all medals during the course of the Meet
  - Heat results will not be announced but results of each event and details of winners will be posted around the pool and meet mobile as soon as they are available. Please collect all medals during the course of the Meet.
  - There will be an award for the Top Visiting Club, Top Girl & Top Boy
23. All meet participants must observe the safety precautions in operation at the Mountbatten Center and must have footwear when leaving the poolside. Swimmers must be fully clothed on the balcony. Due to limited spectator seating we kindly request that seats are used for spectators only.
24. Due to limited space poolside we kindly request that swimmers only bring small bags poolside and use the lockers provided. Chairs should only be brought on poolside for coaches' use only.
25. Due to limited space, teams are requested not to use strength and conditioning equipment (i.e medicine balls, stretch bands, mats, etc) on poolside. Any team wishing to bring such equipment are encouraged to contact the club and agree a specific area outside poolside that can be used.
26. There will be a charge to enter the building past the reception area. Programs will be extra.
27. All clubs submitting entries are requested to assist in the running of the meet by supplying details of any licensed or trainee officials who are willing to assist at this gala. Any meet that does not have the number of officials required by the licensing board run the risk of it being downgraded.

28. A warm down facility will be provided for swimmers to use directly after their event for a limited time only. This facility will be withdrawn if it is abused,so coaches' co-operation in this matter will be greatly appreciated.
29. Any point not covered in these rules is at the discretion of the organisers. In extenuating circumstances and due to situations out of the clubs control during the competition the promoter reserves the right to make changes to the running of the meet.