



**Portsmouth Northsea**

**Nationals Last Chance 2023  
Long Course Level 1 Meet**

**Saturday 20<sup>th</sup> to Sunday 21<sup>st</sup> May 2023**

**License number 1SE230699**



**Portsmouth Northsea - Nationals Last Chance 2023**  
**Long Course Level 1 Meet - Saturday 20<sup>th</sup> to Sunday 21<sup>st</sup> May 2023**

**Program of Events**

Saturday 20 <sup>th</sup> May 2023 – PM		Sunday 21 <sup>st</sup> May 2023 - AM		Sunday 21 <sup>st</sup> May 2023 - PM	
<b>SESSION 1:</b> Warm-up 13:00 / Heats Start 14:00 - Est Finish 17:00 TBC		<b>SESSION 3:</b> Warm-up 8:00/ Heats Start 9:00 – Est Finish 11:30 TBC		<b>SESSION 5:</b> Warm-up 1:30-14:30 Heats Start 14:30 – Est Finish 17:30 TBC	
101	Male 400 FS HDW	301	Female 400 IM HDW	401	Female 200 BK Heats
102	Female 400 FS HDW	302	Male 400 IM HDW	402	Male 200 IM Heats
103	Male 100 BK Heats	303	Female 200 FS Heats	403	Female 100 FS Heats
104	Female 100 BR/S Heats	304	Male 200 BR/S Heats	404	Male 100 Fly Heats
105	Male 200 Fly Heats	305	Female 200 Fly Heats	405	Female 200 BR/S Heats
106	Female 200 IM heats	306	Male 200 FS Heats	406	Male 200 BK Heats
107	Male 100 BR/S Heats			407	Female 100 Fly Heats
108	Female 100 BK Heats			408	Male 100 FS Heats
<b>BREAK - 17:00-17:30 30 min swim down/warm up after the heats.</b>		<b>BREAK 11:30-12:00 30 min swim down/warm up after the heats.</b>		<b>BREAK 17:30-18:00 30 min swim down/warm up after the heats.</b>	
<b>SESSION2:</b> Start 17:30 – Est Finish 20:30 TBC		<b>SESSION 4:</b> Start 12:00 – Est Finish 12:45 – 13:15 TBC		<b>SESSION 6:</b> Start 18:00 – Est Finish 18:45 TBC	
201	Male 50 FS Heats	301F	Female 800 FS B final Open (Top 9-16 swimmers)	401F	Senior Final : Female 15/O 200 BK
202	Female 50 FS Heats		Female 800 FS A final Open (Top 8 swimmers)		Junior Final: Female 14/U 200 BK
203F	Male 1500 FS B Final Open (Top 9-16 swimmers)	302F	Male 800 FS B Final Open (Top 9-16 swimmers)	402F	Senior Final : Male 15/O 200 IM
	Male 1500 FS A Final Open (Top 8 swimmers)		Male 800 FS A Final Open (Top 8 swimmers)		Junior Final: Male 14/U 200 IM
204F	Female 1500 FS B Final Open (Top 9-16 swimmers)	303F	Senior Final : Female 15/O 200 FS	403F	Senior Final : Female 15/O 100 FS
	Female 1500 FS A Final Open (Top 8 swimmers)		Junior Final: Female 14/U 200 FS		Junior Final: Female 14/U 100 fS
205	Senior Final : Male 15/O 100 BK	304F	Senior Final : Male 15/O 200 BR/S	404F	Senior Final : Male 15/O 100 Fly
206	Junior Final: Male 14/U 100 BK		Junior Final: Male 14/U 200 BR/S		Junior Final: Male 14/U 100 Fly
207	Senior Final : Female 15/O 100 BR/S	305F	Senior Final : Female 15/O 200 Fly	405F	Senior Final : Female 15/O 200 BR
208	Junior Final: Female 14/U 100 BR/S		Junior Final: Female 14/U 200 Fly		Junior Final: Female 14/U 200BR
209	Senior Final : Male 15/O 200 Fly	306F	Senior Final : Male 15/O 200 FS	406F	Senior Final : Male 15/O 200 BK
210	Junior Final: Male 14/U 200 fly		Junior Final: Male 14/U 200 FS		Junior Final: Male 14/U 200 BK
211	Senior Final : Female 15/O 200 IM			407F	Senior Final : Female 15/O 100 fly
212	Junior Final: Female 14/U 200 IM				Junior Final: Female 14/U 100 fly
213	Senior Final : Male 15/O 100 BR/S			408F	Senior Final : Male 15/O 100 FS
214	Junior Final: Male 14/U 100 BR/S				Junior Final: Male 14/U 100 FS
215	Senior Final : Female 15/O 100 BK				
216	Junior Final: Female 14/U 100 BK				
219	Senior Final : Male 15/O 50 FS				
220	Junior Final : Male 15/O 50 FS				
221	Senior Final : Female 15/O 50 FS				
222	Junior Final: Female 14/U 50 FS				



## Promoter's Conditions

<b>PROMOTER</b>	The promoter is Portsmouth Northsea Swimming Club.
<b>CONTACT</b>	For any queries please contact us at <a href="mailto:meets@pnsc.org.uk">meets@pnsc.org.uk</a>
<b>VENUE</b>	The Mountbatten Centre, Alexandra Park, Portsmouth PO2 9QA.
<b>POOL</b>	8 Lane 50 metre pool, with electronic timing and anti-turbulence lane ropes. Backstroke ledges will be used.
<b>ELECTRONICS</b>	Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads.
<b>RULES</b>	The competition is an open and will be swum under Swim England Technical Rules. A secondary strobe light is available at this meet.
<b>AGE GROUPS</b>	The competition will be open to age groups 10/12, 13, 14, 15, 16 & 17 +. 10 year old swimmers are not eligible to enter the 400s, 800s or 1500.
<b>AGE</b>	Ages will be at midnight 31 <sup>st</sup> December 2023.
<b>MEET OBJECTIVE</b>	The objective of the Meet is to provide the opportunity for swimmers to gain qualifying times for British Swimming Summer Nationals and Swim England National Summer Championships 2023 and give experience of heats and finals to help prepare swimmers for national events.
<b>EVENTS</b>	50m Freestyle, 100m and 200m all four strokes, 400m, 800m/1500m Freestyle and 200m and 400m Individual Medley. The number of heats will be limited  The 800m & 1500m will be swum in the finals session as two separate female & male finals.
<b>QUALIFYING STANDARDS</b>	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 1-3 meet. <b>Since 1<sup>st</sup> January 2020.</b> For foreign visiting team entry times must be verifiable. Entries without entry times will be refused.
<b>ENTRY FEES</b>	The entry fee is £8 for all 50s, 100s, 200s and, £10 for 400s and £15 for 800m & 1500m. All paper entries will incur a £15 administration fee per swimmer.
<b>OPEN DATE</b>	18:00 on Monday 10 <sup>th</sup> April 2023.
<b>CLOSING DATE</b>	18:00 hours on Monday 24 <sup>th</sup> April 2023.
<b>ENTRIES</b>	<b>Entries</b> should preferably be made electronically by downloading the Hy-Tek file which will be made available from the PNSC website – <a href="https://uk.teamunify.com/team/pnsc/page/home">https://uk.teamunify.com/team/pnsc/page/home</a> . The completed files, along with completed entry summaries, report and fee entry and any other queries should be emailed to <a href="mailto:meets@pnsc.org.uk">meets@pnsc.org.uk</a> .



	<p>The Promoter reserves the right to allow additional entries that are slower than the qualification times if the meet is not full by the closing date for entries. Time trials may also be considered if space available after entries have closed, subject to space and at the Promoters discretion.</p> <p>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</p> <p>This meet will operate without entry cards. No poolside entries will be accepted.</p>
<b>INDIVIDUAL ENTRIES</b>	Individual Entries can be made by completing the Individual Entry Form available on our website and emailing it to <a href="mailto:meets@pnsc.org.uk">meets@pnsc.org.uk</a> . All paper entries will incur a £15 administration fee per swimmer.
<b>PAYMENT</b>	Once entries have been accepted, invoices will be issued with payment details.
<b>REJECTIONS</b>	<p><b>Rejections</b> 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:</p> <ul style="list-style-type: none"> <li>• Entry times not able to be verified on British Rankings or foreign rankings</li> <li>• Entry times not meeting the qualifying standards.</li> <li>• The slowest swimmers in each age group based on submitted entry times. The promoter will try to ensure an equal balance of swimmers across the age groups, but it is not guaranteed given the limited number of heats. Preference will be given to older age groups but if spaces allow, then 10-11 year old girls and 10-12 boys will be accommodated in events they are eligible for as per the qualifying times.</li> <li>• A maximum of 16 swimmers will be accepted for each of the 800m &amp; 1500m events.</li> </ul> <p>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.</p>
<b>ACCEPTED ENTRIES</b>	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.
<b>STARTS</b>	At the referees discretion we reserve the right to use over the top starts.
<b>SEEDING</b>	Events will be seeded based on the submitted entry and achieved prelim times.
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• All 400m events will be swum as heat declared winner.</li> <li>• The 1500 m and 800 Free events will have two finals (A and B), with no prelim heats.</li> <li>• There will be finals for 14 and under and 15 and over for the 50m, 100m &amp; 200m events will take place at the end of each session.</li> </ul>



	<ul style="list-style-type: none"> <li>• 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. Please collect all medals during the course of the Meet</li> <li>• 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.</li> </ul>
<b>WITHDRAWALS</b>	<p>There will be no refund of entry fees to swimmers who withdraw from event after the initial closing date, 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.</p> <p>Withdrawals can be made up until 1400 via email sent to <a href="mailto:meets@pns.org.uk">meets@pns.org.uk</a> on Friday 19<sup>th</sup> of May. 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 / team managers <b>must</b> 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.</p> <p>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</p>
<b>OFFICIALS</b>	<p><b>All clubs submitting entries are requested to assist in the running of the meet by supplying details of any Licensed officials who are willing to assist at this Gala.</b> Any meet that does not have the number of officials required by the licensing board run the risk of it being downgraded. Names and contact details for officials should be provided by the person responsible for submitting the entries and forwarded to <a href="mailto:meets@pns.org.uk">meets@pns.org.uk</a></p>
<b>COACH / TEAM MANAGER PASSES</b>	<p>Coach and Team Manager's packs are available £20 a day. 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.</p> <p>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.</p>
<b>CHAPERONNE PASSES</b>	<p>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) &amp; valid DBS. If a swimmer requires additional assistance on poolside please contact the meet organizers in advance</p>



<b>MARSHALLING</b>	Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time <b>may</b> be excluded.
<b>MEET RESULTS</b>	Meet results will be posted on MeetMobile and paper copies will be available in the spectators area.
<b>CAMERAS</b>	Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. Any photos taken should fall within the Swim England guidelines. NO FLASH photography is permitted. The publishing of a photograph of a swimmer under 18 years, either on a noticeboard or in a published article or video recording (including live streaming) of the meet will only be done with parental consent and in line with Swim England guidelines.
<b>SPECTATORS</b>	There will be a charge to enter the building past the reception area. Programs are available in MeetMobile.
<b>WARM DOWN</b>	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.
<b>POOLSIDE RULES</b>	Due to limited space poolside we kindly request that swimmers only bring small bags poolside and use the lockers provided. Chairs should not be brought on poolside. Teams will have a dedicated area by poolside, clubs are reminded to be mindful of officials and their working area. 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.
<b>PARKING</b>	Parking is free of charge, however, the amount of parking may be restricted due to other events running at the venue.
<b>HEALTH &amp; SAFETY</b>	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.
<b>DATA PROTECTION</b>	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.
<b>GENERAL</b>	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.

## Qualifying Times

Times must be entered as long course times – Short course conversions can be used.

Boys								
Event	10	11	12	13	14	15	16	17 + Over
50m Freestyle	39	37	34.9	33	31.3	29.7	28.7	27.4
100m Freestyle	01:25.7	01:18.8	01:13.7	01:09.8	01:06.9	01:04.4	01:02.6	01:00.5
200m Freestyle	03:03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:20.7	02:16.3	02:13.7
400m Freestyle		05:56	05:38.1	05:21.8	05:07	04:57.6	04:49.1	04:43.4
800m Freestyle		11:30	11:30	10:58	10:24	09:56	09:48	09:35
1500m Freestyle		22:20.5	22:20.5	21:16.6	20:19	19:37.1	19:07.7	18:43.3
100m Breaststroke	01:50.2	01:41.5	01:34.7	01:28.8	01:24.6	01:21.4	01:18.9	01:15.8
200m Breaststroke	03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:55.4	02:51.6	02:43.9
100m Butterfly	01:36.9	01:27.7	01:21.5	01:16.8	01:12.8	01:09.8	01:07.8	01:05
200m Butterfly	03:32.3	03:12.5	02:59.9	02:49.9	02:40.9	02:34.4	02:30.4	02:24.7
100m Backstroke	01:37.4	01:29.8	01:24.1	01:19.2	01:15	01:12.2	01:10.3	01:07.5
200m Backstroke	03:25.8	03:12	03:00.7	02:50.3	02:42.3	02:36	02:31.4	02:26.7
200IM	03:29.6	03:14.3	03:02.8	02:52.7	02:44.8	02:38.4	02:33.9	02:29.2
400IM		06:50.8	06:26.7	06:06.4	05:49.3	05:36.2	05:27.6	05:17.2

Girls								
Event	10	11	12	13	14	15	16	17 + Over
50m Freestyle	39.8	37.3	35.4	34	32.9	32.2	31.9	30.5
100m Freestyle	01:26.2	01:19.3	01:15.2	01:12.7	01:10.7	01:09.6	01:08.8	01:07.3
200m Freestyle	03:04.4	02:51.3	02:42.5	02:36.2	02:32.1	02:29.1	02:27.5	02:25.8
400m Freestyle		05:56.4	05:38.8	05:26.3	05:18	05:12.08	05:09.2	05:06.3
800m Freestyle		11:39	11:39	11:10.8	10:56	10:45.5	10:36	10:28.3
1500m Freestyle		22:30	22:30	21:45	21:03	20:38	20:15	19:45
100m Breaststroke	01:50.3	01:41.6	01:35.2	01:30.8	01:28.5	01:27.5	01:26.1	01:23.6
200m Breaststroke	03:55.5	03:36.6	03:24.9	03:15.5	03:09.5	03:06.7	03:05.8	02:59.8
100m Butterfly	01:37.1	01:27.9	01:22.6	01:19.1	01:17.2	01:15.5	01:14.8	01:12.1
200m Butterfly	03:34.6	03:12.6	03:01.7	02:53.5	02:48	02:45.7	02:43.3	02:38.3
100m Backstroke	01:37.5	01:29.9	01:24.5	01:21.7	01:19.6	01:17.9	01:17.1	01:14.6
200m Backstroke	03:26.3	03:11.0	03:00.6	02:54.3	02:49.8	02:45.8	02:43.9	02:39.9
200IM	03:29.6	03:14.3	03:03.3	02:56.8	02:52.3	02:48.9	02:46.9	02:43.7
400IM		06:47.3	06:24.9	06:10.6	06:02	05:55.2	05:50.8	05:43.9

### Notes:

- 10 year olds swimmers are not eligible to enter the 400s, 800s or 1500.
- 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 1-3 meet. For foreign visiting team entry times must be verifiable. Entries without entry times will be refused. No poolside entries will be accepted.