PSC Putteridge Swimming Club

Putteridge Swimming Club
Spring Long Course National Qualifier 2023

License Number: 1ER230013

Saturday 11th and Sunday 12th March 2023

Inspire Luton Sports Village, Butterfield Road, Luton, LU2 8DD

SwimMark ESSENTIAL CLUB

Swim England

Putteridge Swimming Club

Spring Long Course National Qualifier 2023

L1 National Qualifier

(License Number: 1ER230013)

Saturday 11th and Sunday 12th March 2023

Under Swim England Laws & Technical Rules: Affiliated to the East Region

Venue:	Inspire, Luton Sports Village, Butterfield Green Road, Luton, LU2 8DD
Pool:	8 Lane, 50m Pool, Electronic Timing, Olympic standard blocks,
Age Groups:	10, 11, 12, 13, 14, 15, 16/ over Ages as of 31st December 2023.
Awards:	Medals awarded to top three in each age group
Events:	50m, 100m and 200m all strokes, 400m freestyle, 200m & 400m IM 800m and 1500m (male and female, mixed) Freestyle
Fees:	Race Entry Fee: £8.00 per event (800/ 1500 at £16) Coaches Pass: One day pass £20, two days pass £35 Parking is charged by the center for stays over 4 hours
Entries to:	Gala Promoter, c/o Putteridge Swimming Club, galapromoter@putteridgesc.co.uk
Closing Date:	12.00 Midnight on Friday 17th February 2023

Enquiries can be e-mailed to galapromoter@putteridgesc.co.uk

MEET PROGRAMME

(License Number: 1ER230013)

Saturday 11th March 2023

Session 1

Warm up 0815; Start 0900

Boys	All Ages	400m Ind Medley
Girls	All Ages	100m Butterfly
Boys	All Ages	50m Butterfly
Girls	All Ages	400m Freestyle
Boys	All Ages	200m Freestyle
Girls	All Ages	50m Backstroke

Warm-Up

Session 2

Start TBA

Girls	All Ages	200m Breaststroke
Boys	All Ages	200m Butterfly
Girls	All Ages	100m Freestyle
Mixed	All Ages	800m Freestyle

Warm-Up

Session 3

Start TBA

Girls	All Ages	200m Backstroke
Boys	All Ages	100m Breaststroke
Girls	All Ages	200m Ind Medley
Boys	All Ages	100m Backstroke
Girls	All Ages	50m Freestyle
Boys	All Ages	50m Breaststroke

Sunday 12th March 2023

Session 4

Warm up 0815; Start 0900

Girls	All Ages	400m Ind Medley
Boys	All Ages	100m Butterfly
Girls	All Ages	50m Butterfly
Boys	All Ages	400m Freestyle
Girls	All Ages	200m Freestyle
Boys	All Ages	50m Backstroke

Session 5

Start TBA

Boys	All Ages	200m Breaststroke
Girls	All Ages	200m Butterfly
Boys	All Ages	100m Freestyle
Mixed	All Ages	1500m Freestyle

Session 6

Start TBA

Boys	All Ages	200m Backstroke
Girls	All Ages	100m Breaststroke
Boys	All Ages	200m Ind Medley
Girls	All Ages	100m Backstroke
Boys	All Ages	50m Freestyle
Girls	All Ages	50m Breaststroke

Meet Conditions and Information

(License Number: 1ER230013

1. This meet will take place at Inspire, Luton Sports Village, Luton on Saturday 11th and Sunday 12th March 2023. It is licensed by the Swim England at Level 1 1ER230013 for entry into Regional and Summer National championships and will be held under Swim England Laws and Technical Rules.
2. Entrants must be Swim England Registered Cat 2, belong to an affiliated club and enter in the name of one club only.
3. The pool length is 50m, 8 lanes with anti-wave ropes and electronic timing, the depth of the pool is 2.0m at the shallow end and 2.0m at the deep end. A secondary strobe will be in use if it is available.
4. All club entries of three or more swimmers must be made electronically via SPORT SYSTEMS Entry Manager file together with entry fees and should reach the promoter by **midnight Friday 17th February 2023**. The entry fee is £8.00 per event with the exemption of 800/ 1500 Freestyle at £16 per event. Sport Systems entry files are available on request by e-mail openmeet@putteridgesc.co.uk or from the club website at (PSC MARCH 23)
5. The promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In particular the 800m/ 1500m mixed Freestyle events will be restricted to 5 heats for the 800 freestyle, and 3 heats for the 1500 freestyle.
6. Valid entry times (which must include payment) must have been achieved since 1st January 2022, be on the British Swimming Rankings and should be short course times; times converted using Sportsystems will be accepted. Entries must be equal to or faster than the published qualifying times.
7. Complete entries for each club are required together with a single Bacs payment. Individual entries will only be accepted at the promoter's discretion and will carry an additional £3 (per completed entry) admin fee. Late entries, day of meet entries, time trials and day of meet alterations will not be accepted, unless due to administrative error.
8. Entry will be accepted based on quickest times by age group and event. In the event that entries are rejected, fees will be refunded by a single Bacs payment made payable to the club in question.
9. The list of accepted and rejected entries will be published on the club website (PSC MARCH 23) within 2 weeks of the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
10. Age as of 31st December 2023
11. All events will be swum on a heat declared winner basis.
12. Medals will be awarded to the top three in each age group in each event. Age groups as follows 10, 11, 12, 13, 14, 15, 16/ over.
13. Swimmers **must** withdraw from events that they no longer wish to swim. All swimmers informed of having accepted entries will be deemed as competing unless they have informed the promoter that they do not wish to swim.
14. Withdrawals should be made via e-mail to galapromoter@putteridgesc.co.uk by midnight on Friday 10th March 2023 stating the event number, full name, date of birth, entry time and club.
15. Any on the day withdrawals **must** be made by coaches or club representative 1 hour prior to the start of the given session.
16. Refunds are not available for withdrawals made once a swim has been published on the accepted entries, except where a doctor's note is provided for physical injury.
17. Competitors must report to the marshalling area in a timely manner. Any swimmer not reporting may be deemed to have withdrawn from that event.
18. All events will be seeded on submitted times.
19. Coaches/Team Managers will only be allowed on poolside if wearing a pass.
20. Coach Passes are available at £20 for one day or £35 for two days.
21. Coaches and Team Managers must be club trained personnel, with an updated DBS, and clubs are asked to maintain the recommended ratio of 1:20 helpers/swimmers. All coaches and Team Managers must be named prior to the start of the competition. On the day amendments must be made via the timing suit. Entries of 6 of more swimmers require a coach/ TM to be present with a pass.
22. Over the top starts may be used at the referee's discretion.
23. The promoters do not accept responsibility for any property.
24. For Health and Safety reasons only small rucksack bags will be allowed poolside. No foldable chairs will be allowed poolside.
25. There will be no glass items allowed on poolside.
26. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.
27. In accordance with the Swim England Child Safety Procedures and Policies all parents or guardians 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~~.~~, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography or filming at this event then please bring them to the

attention of the Meet Promoter.

28. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counterclockwise. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warmup sessions. Guidance will be given by the meet announcer and Warm Up Marshalls. Warm up schedule will be issued to Coaches on arrival.
29. Results will be provided live at www.putteridgesc.co.uk and will be supplied to British Swimming for entry into the national rankings database.
30. The General Data Protection Regulation (GDPR) 2018, requires Putteridge Swimming Club 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 purpose 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 GDPR (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 manager has been passed to us by a third party such as a club rather than by the individual themselves, we rely on the third party to make sure that consent has been obtained. For more information please use this link: psc-privacy-notice-meets
31. Car parking is free for the first 4 hours of your stay. After which, there is a fee of £1 for every hour up to a maximum of £5, this is charged by and paid to the facility provider, Active Luton.
32. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing.
33. All enquires can be made to the gala promoter via the following email address: galapromoter@putteridgesc.co.uk

Para Swimming Conditions and Information

(License Number: 1ER230013)

The conditions outlined above shall apply to all para swimmers except where varied by any of the following conditions.

Eligibility:

1. Swimmers with S1- S15 classifications will be accepted.
2. All para swimmers must have an internationally authorised classification.
3. Competitors must be registered members of Swim England.
4. The meet does not have disability consideration times, however the organisers reserve the right to reject swimmers after the closing date if demand exceeds the time available in the galas.

Personal Care Attendants:

1. Personal care attendants will be permitted for swimmers in all disability classes.
2. A swimmer may have both a coach and a personal care attendant present.

Competition Format:

1. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.
2. Positions will be determined by each swimmer's times relative to the world record in their own classification.
3. Para swimmers will be included but not placed within the results for the appropriate age group in the able-bodied competition unless their entry times meet the qualifying times for the able-bodied competition. They will also be included in the multi-class results and placed within those results according to their equivalent times.
4. Winners of all events will be heat declared.
5. Competition to be run following IPC Swimming swim rules.

Medals:

1. Medals shall be awarded on a multi-class basis to 1st, 2nd and 3rd place in each event.

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Individual Swimmer Entry Form

ENTRY DEADLINE: MIDNIGHT ON FRIDAY 17th FEBRUARY 2023

Online Entry Form

Coach/Team Manager Application Form

All Coach and TM applications are to be made via an online form:

Link will be posted on the (PSC MARCH 23) webpage.

Please note: the named person(s) is (are) authorised to hold a hold valid DBS and safeguarding certificate.

Coach Passes will not be available on the day. There will be no access to poolside without a pass, and passes must be worn at all times.

Coach Passes are £20 per single day for Saturday/ Sunday or £35 for both days. Please specify which day you require if it is a single day pass.

Passes include entry to poolside, and catering.

This link will be available on Putteridge swimming Club's website under the heading "Events".

Officials Request Form

This year we are collating all data for officials via the officials online form.

Please complete this form using the following link which will be located on the March Open Meet webpage

Officials Online Form

Spring Long Course National Qualifier 2023

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Club Summary Entry Form

Closing date midnight on Friday 17th February 2023

Club Name:	
Contact Name:	
Postal Address:	
E-mail Address:	
Telephone No:	

Entry Details

		No of Entries/	Cost
Swimmers	@ £8.00 per event		£
	@ £16 per event		
Coaches Pass	@ £20 (single day)		£
	@ £35 (weekend pass)		£
		TOTAL	£
Payment Method (tick and complete): BACS* ☐ Ref:			

* BACS, Putteridge SC bank account details are as follows: HSBC Bank, sort code 40-30-39, account no 21073516

Checklist – By the Closing Date of, please ensure you have:

E-mailed:
Club Summary Entry Form (this form)
Sports systems Meet Entry File
(BACS transfer)

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Saturday 11th and Sunday 12th March 2023

Minimum Qualifying Standard (25m)

(Equal to or fast than, times achieved from 1st January 2022)
Ages as at 31st December 2023

BOYS							EVENT	GIRLS						
10	11	12	13	14	15	16/ Ov.		10	11	12	13	14	15	16/ Ov.
42.6	00.38.4	37.0	34.9	33.0	31.3	28.7	50 Freestyle	42.8	39.8	37.3	35.4	34.0	32.9	31.9
01:38.2	01.25.8	01:18.8	01:13.7	01:09.8	01:06.9	01:02.6	100 Freestyle	01.38.3	01:26.2	01:19.3	01:15.2	01:12.7	01:10.7	01:08.8
03:23.4	03.03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:16.3	200 Freestyle	03:29.1	03:04.4	02:51.3	02:42.5	02:36.2	02:32.1	02:27.5
07:22.5	06:26.4	05:56.0	05:38.1	05:21.8	5:07.0	04:49.1	400 Freestyle	07:20.7	06:27.4	05:56.4	05:38.8	05:26.3	5:18.0	05:09.2
13:.00.0	12:44.6	11:47.1	11:12.8	10:42.5	10:21.8	10:05.0	800 Freestyle	13:04.0	13:04.0	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5
26:13.0	26:13.0	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	1500 Freestyle	25:30.2	25:30.2	24:30.1	22:25.8	21:30.4	21:00.8	20:43.1
56.8	51.6	48.2	44.6	41.8	39.7	37.8	50 Breaststroke	57.00	51.2	47.8	45.0	43.1	41.5	40.1
02;07.7	01:50.7	01:41.5	01:34.7	01:28.8	01:24.6	01:18.9	100 Breaststroke	02:08.7	01:50.3	01:41.6	01:35.2	01:30.8	01:28.5	01:26.1
04:20.5	03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:51.6	200 Breaststroke	04:27.3	03:55.5	03:36.6	03:24.9	03:15.5	03:09.5	03:05.8
48.8	43.5	40.8	38.1	35.9	34.00	31.4	50 Butterfly	48.2	44.0	40.7	38.6	36.7	35.70	34.2
01:49.4	01:35.8	01:27.7	01:21.5	01:16.8	01:12.8	01:07.8	100 Butterfly	01:47.7	01:37.1	01:27.9	01:22.6	01:19.1	01:17.2	01:14.8
04:02.7	03:32.3	03:12.5	02:59.9	02:49.9	02:40.9	02:30.4	200 Butterfly	03:56.6	03:34.6	03:12.6	03:01.7	02:53.5	02:48.0	02:43.3
50.3	46.0	43.2	40.5	38.2	36.1	33.5	50 Backstroke	50.2	46.0	43.1	40.9	39.4	38.0	36.6
01:49.8	01:36.9	01:29.8	01:24.1	01:19.2	01:15.0	01:10.3	100 Backstroke	01:52.0	01:37.5	01:29.9	01:24.5	01:21.7	01:19.6	01:17.1
03:46.7	03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:31.4	200 Backstroke	03:52.7	03:26.3	03:11.0	03:00.6	02:54.3	02:49.8	02:43.9
03:52.0	03:29.6	03:14.2	03:02.8	02:52.7	02:44.8	02:33.9	Ind. Medley 200	03:55.2	03:29.6	03:14.3	03:03.3	02:56.8	02:52.3	02:46.9
07:26.3	07:26.3	06:50.8	06:26.7	06:06.4	05:49.3	05:27.6	Ind. Medley 400	07:26.2	07:26.2	06:47.3	06:24.9	06:10.6	06:02.0	05:50.8