

Team Luton Swimming Club

March Long Course Meet 2022

(Licensed as: 1ER220159)

Inspire: Luton Sports Village, Luton

Saturday 19 & Sunday 20 March 2022

Under Swim England Laws & Technical Rules

Venue	Inspire: Luton Sports Village, Hitchin Road, Luton, LU2 8DD
Pool	8 Lane, 50m Pool, Electronic Timing, Anti-turbulence lane ropes
Age Groups	11, 12, 13, 14, 15, 16 and 17/over Ages as at 31 December 2022
Awards	Top 3 in each age band, each event
Events	50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM 800m and 1500m Freestyle
Fees	Race Entry Fee: £7.50 per event (800m/1500m at £16) Spectator Entry: £5.00 per session or £10.00 all day.
Entries To	Fiona Walmsley. 16 Roundwood Park, Harpenden, Herts AL5 3AB Enquiries to galas@teamluton.com
Closing Date for Entries	Noon Saturday 26 February 2022

Please note that we hope and intend to run this gala without any COVID restrictions. However we will need to fully comply with any guidance from UK Government, Swim England or our Pool Operator that is applicable at the time of the meet. Any amendments to our Meet Conditions will be communicated on our website as soon as we learn of them.

You can enter the gala in confidence – should we have to cancel or reduce swimmer numbers at a later date then we guarantee a full refund of any payment.

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(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional and National Championships at Level 1 under No.
1ER220159

Saturday 19 & Sunday 20 March 2022
at Inspire: Luton Sports Village
Hitchin Road, Luton, LU2 8DD

COMPETITION CONDITIONS

1. The meet will take place at Inspire: Luton Sports Village on Saturday 19 & Sunday 20 March 2022 and is licensed by Swim England at Level 1 under Licence No. 1ER220159 for entry into Regional and National Championships. The meet will be run in accordance with Swim England Laws and Technical Rules and these conditions.
2. Ages are as at 31 December 2022. Age bands for awards are 11, 12, 13, 14, 15, 16 and 17/over.
3. Awards will be available for collection to the first 3 placed swimmers in each event, in each age group.
4. The competition pool will be configured as 50m; the competition will be swum long course.
5. Entry
 - a. Competitors must be members of an affiliated club, eligible to compete 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 registered in a country affiliated to FINA. Team Luton Swimming Club is affiliated to Bedfordshire County ASA and Swim England East Region.
 - b. Valid entries (which must include payment) will be received and processed at the time of receipt.
 - c. Minimum Qualifying standards are provided. These are shown as 25m times but long course converted times will be accepted.
 - d. Where entry times are used these will be taken as the best personal time since 1 January 2019, be on the British Swimming Rankings and should be short course times; times converted using Sportsystems will be accepted.
 - e. Entries must be made via SPORTSYSTEMS Entry Manager file or individual entry form together with entry fees and should reach the Promoter by **12 noon Saturday 26 February 2022**. Entries with five or more competitors from the same club must be made using SPORTSYSTEMS Entry Manager and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the SPORTSYSTEMS website <http://www.sportsys.co.uk/entry/index.php> and the required Entry File Set for this competition will be available on the Team Luton website. NOTE. Entries for the 1500 and 800 freestyle are made under Men's/Women's events as these attract a different entry fee.
 - f. The meet promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In particular, in the event of over-subscription, the meet promoter reserves the right to limit the total number of 800m heats to 5 in Session 2 (with a minimum of one heat for males), and to 3 heats of 1500m in Session 5 (with a minimum of one heat for females).
 - g. 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 cheque made payable to club in question. The promoter reserves the right to give preference to complete entries from a maximum of two overseas clubs where swimmers need to pre book flights.
 - h. Those swimmers in possession of a Swim England Certificate of Swimming Disability or those swimmers whose Swim England membership details record a disability Sport Class are welcome to

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enter the competition.

- i. Late entries, day of meet entries, time trials and day of meet alterations will not be accepted, unless due to administrative error.
- j. Paper entries and cheques should be posted to: Fiona Walmsley, 16 Roundwood Park, Harpenden, Hertfordshire AL5 3AB and must arrive by the closing date. Accepted and rejected entries will be posted on the Team Luton website within 2 weeks of the closing date.

6. Fees

- a. The entry fee is £7.50 per event with the exception of 800/1500m freestyle at £16.00.
- b. Coaches' passes will be issued at a cost of £20 per day or £35 for a two-day pass. This will entitle the holder to admission to all sessions, a programme, session start lists, meals and refreshments. There will be no entry to poolside without a pass and passes must be worn at all times.

7. Safeguarding

- a. No cameras, video or digital capturing devices (including mobile phones) may be used in the changing area. This policy will be vigorously enforced and any person found to be contravening this policy will be asked to leave the gala without refund.
- b. Participants, spectators and coaches 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). <http://www.swimming.org/asa/clubs-and-members/safeguarding-children/>. 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.

8. Covid Protocols

- a. Although our hope and intention is that this meet has no Covid restrictions we cannot guarantee this position. The gala will be run in accordance any prevailing guidance from UK Government, Swim England or the Pool Operator at the time of the meet.
- b. Team Luton reserves the right to amend any of these conditions that are necessary to ensure compliance to this guidance. This may include (but is not restricted to) reductions in the number of swimmers we can accept, the number of spectators we can house on the balcony, the facilities we can offer swimmers, spectators, technical officials and coaches, movement of swimmers around the pool, social distancing, the use of face masks and the use of cash.
- c. Any further supplementary safety information will be issued nearer the time and any amendments to the conditions of the meet will be communicated via our website immediately.
- d. Should the gala need to be cancelled all payments will be refunded.
- e. Should swimmer numbers need to be reduced then swimmers will be rejected in ascending order of speed based on event and age.

9. Other matters

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- a. Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a schedule of their accepted entries with their coaches' pack. 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.
- b. A secondary strobe is available at the pool. To ensure a smooth and efficient gala it would be appreciated if swimmers needing the secondary strobe make this known to the Promoter in advance.
- c. Backstroke ledges are not available at the pool.
- d. Entries to this meet will be processed in accordance with our privacy notice for swim meets. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. 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 have been passed to us by a swim club rather than by the individuals themselves, we rely on the swim club to ensure that consent has been obtained. If required, the swim club should be able to provide evidence to us that such consent has been given. Please see 'Privacy Notice - Swim Meets' <https://bit.ly/2H8mAjD> for further information.
- e. All participants must observe the safety precautions in operation at Inspire: Luton Sports Village. Neither the Promoter nor Team Luton Swimming Club will be responsible for any loss or damage occurring.
- f. Warm up protocol: Each warm up session will be divided into equal length sessions. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. Odd lanes (1, 3, 5, 7) will swim clockwise and even lanes (2, 4, 6, 8) will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads. Coaches are responsible for managing the lanes that their swimmers use during the warm up sessions.
- g. Over the top starts may be used at the referee's discretion.
- h. Results will be supplied to British Swimming for loading to Rankings.
- i. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Promoter in consultation with the Lead Referee.
- j. The Promoter of this Meet is Fiona Walmsley on behalf of Team Luton Swimming Club, e-mail galas@teamluton.com. Information regarding this meet can also be obtained from Team Luton Swimming Club's website: www.teamluton.com

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PROGRAMME OF EVENTS

Saturday 19 March 2022

Sunday 20 March 2022

1 hour warm up

Session 1

Start 0930

Girls	100m Breaststroke
Boys	100m Butterfly
Girls	50m Backstroke
Boys	50m Breaststroke
Girls	400m Ind Medley
Boys	400m Freestyle
Girls	100m Freestyle

Session 4

Start 0930

Boys	100m Breaststroke
Girls	100m Butterfly
Boys	50m Backstroke
Girls	50m Breaststroke
Boys	400m Ind Medley
Girls	400m Freestyle
Boys	100m Freestyle

1 hour warm up

Session 2

Start TBA

Boys	100m Backstroke
Girls	200m Butterfly
Boys	200m Freestyle
Girls	800 Freestyle
Boys	800 Freestyle

Session 5

Start TBA

Girls	100m Backstroke
Boys	200m Butterfly
Girls	200m Freestyle
Boys	1500m Freestyle
Girls	1500m Freestyle

1 hour warm up

Session 3

Start TBA

Boys	200m Ind Medley
Girls	200m Backstroke
Boys	200m Breaststroke
Girls	50m Freestyle
Boys	50m Butterfly

Session 6

Start TBA

Girls	200m Ind Medley
Boys	200m Backstroke
Girls	200m Breaststroke
Boys	50m Freestyle
Girls	50m Butterfly



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PASSES FOR ENTRY TO POOLSIDE

**PLEASE NOTE THAT PASSES MUST BE ORDERED IN ADVANCE AND WILL BE ISSUED ON THE DAY
PASSES MUST BE WORN AT ALL TIMES AS ENTRY TO THE POOLSIDE WILL NOT BE PERMITTED WITHOUT THEM**

The cost of a pass including a programme, start lists, a full set of results, breakfast, lunch and refreshments will be £20.00 per day per pass, or £35 for the weekend. Requests for passes should be sent with entries with a cheque for the relevant amount made payable to Team Luton Swimming Club.

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REQUEST FOR POOLSIDE PASSES – PLEASE COMPLETE DETAILS AND TICK BOXES FOR PASSES REQUIRED

Name of pass holder	Saturday 19 March	Sunday 20 March

Name of Club

Cheque in favour of Team Luton Swimming Club for £

Signed

Position in Club.....

Please send to: Fiona Walmsley, 16 Roundwood Park, Harpenden, Hertfordshire. AL5 3AB



Team Luton Swimming Club March Long Course Meet 2022

(Under Swim England Laws and Technical Rules)

Licensed by the ASA for entry into Regional and National Championships at Level 1 under No. 1ER220159

Saturday 19 & Sunday 20 March 2022
at Inspire: Luton Sports Village
Hitchin Road, Luton, LU2 8DD

ENTRY FORM

Full Name			DoB		Male / Female
Age at 31 December 2022		Club			
e-mail					
Tel No			ASA Reg. No.		

EVENT	ENTRY TIME
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
800m Freestyle @ £16	
1500m Freestyle @ £16	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m Ind Medley	
400m Ind Medley	
TOTAL ENTRY FEE @£7.50 per EVENT ENCLOSED	£.....

I declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by Team Luton Swimming Club for this competition. I consent to the use of my personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings.

Signature of competitor Date

Cheques made payable to: Team Luton Swimming Club

Closing date for entries: Noon Saturday 26 February 2022. Late or incomplete entries WILL NOT be accepted.

E-mail electronic entry to galas@teamluton.com

Payment by BACS to: Team Luton Swimming Club, Co-op bank, Sort Code 08-90-13, Account No. 50352724
Please use "ML22" and swimmer/club name as a reference

Or post to: Fiona Walmsley. 16 Roundwood Park, Harpenden. Herts. AL5 3AB



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SUMMARY OF ENTRIES

(to be submitted with club entries)

Club

		Total
No. of entries @ £7.50		
No. of entries @ £16.00		
No. of coach passes @ £20.00 (1 day)		
No. of coach passes @ £35.00 (2 day)		
	GRAND TOTAL £	

Cheques made payable to: Team Luton Swimming Club.

Closing date for entries is Saturday 26 February 2022. Late or incomplete entries may not be accepted.

E-mail electronic entry files to: galas@teamluton.com

Payment by BACS to: Co-op bank, 2-6 Alma Street, Luton LU12PL

Team Luton Swimming Club, Sort Code 08-90-13, Account number 50352724

(Please use "ML22" and your ASA Club Code as reference)

or post with a cheque to: Fiona Walmsley. 16 Roundwood Park, Harpenden. Herts. AL5 3AB



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Minimum Qualifying Standard (25m)

Ages are as at 31 December 2022

GIRLS							EVENT	BOYS						
11 years	12 years	13 years	14 years	15 years	16 years	17 years +		11 years	12 years	13 years	14 years	15 years	16 years	17 years +
00:39.0	00:37.5	00:36.2	00:35.2	00:34.9	00:34.4	00:33.8	50 Freestyle	00:39.00	00:37.66	00:34.92	00:33.48	00:32.41	00:31.30	00:30.08
01:24.6	01:22.1	01:19.3	01:16.3	01:15.1	01:14.3	01:12.6	100 Freestyle	01:24.00	01:22.21	01:18.16	01:14.51	01:10.14	01:08.70	01:05.80
02:58.2	02:57.1	02:50.8	02:45.4	02:43.2	02:40.1	02:38.3	200 Freestyle	03:00.60	02:59.52	02:51.34	02:41.04	02:33.16	02:30.79	02:24.84
06:10.2	06:08.7	05:57.0	05:49.8	05:40.1	05:37.0	05:32.0	400 Freestyle	06:16.80	06:15.17	05:56.41	05:44.09	05:27.37	05:18.19	05:06.04
12:49.8	12:47.0	12:18.8	12:00.2	11:42.1	11:39.9	11:36.5	800 Freestyle	12:51.00	12:48.60	12:17.64	11:50.52	11:27.24	11:07.32	10:51.96
24:32.4	24:30.0	23:47.0	23:00.2	22:37.8	22:18.2	22:12.4	1500 Freestyle	24:42.00	24:36.00	23:35.16	22:08.83	21:27.72	21:06.00	20:37.20
00:51.0	00:49.8	00:47.0	00:45.6	00:45.3	00:45.0	00:44.5	50 Breaststroke	00:51.60	00:49.98	00:46.22	00:43.56	00:42.30	00:41.40	00:39.12
01:49.2	01:47.7	01:41.1	01:40.6	01:39.0	01:38.0	01:36.7	100 Breaststroke	01:52.80	01:51.08	01:43.40	01:37.80	01:32.18	01:29.88	01:25.22
03:51.6	03:49.2	03:39.4	03:34.7	03:32.9	03:30.3	03:29.1	200 Breaststroke	03:56.40	03:54.32	03:43.74	03:32.56	03:18.97	03:13.72	03:08.76
00:43.2	00:42.0	00:39.9	00:38.4	00:38.1	00:37.9	00:37.1	50 Butterfly	00:44.40	00:42.48	00:39.38	00:37.60	00:36.08	00:34.58	00:33.20
01:41.4	01:37.2	01:32.4	01:28.4	01:26.3	01:26.2	01:21.7	100 Butterfly	01:39.60	01:38.04	01:32.20	01:26.11	01:20.04	01:17.60	01:13.52
03:46.8	03:44.3	03:40.3	03:23.5	03:18.5	03:15.9	03:10.7	200 Butterfly	03:51.00	03:48.89	03:37.60	03:20.29	03:02.99	02:57.73	02:48.36
00:46.2	00:43.2	00:41.6	00:40.3	00:39.7	00:38.9	00:38.7	50 Backstroke	00:44.40	00:43.70	00:41.04	00:38.87	00:37.57	00:36.62	00:34.92
01:35.4	01:32.5	01:28.7	01:26.1	01:25.0	01:23.7	01:22.7	100 Backstroke	01:36.60	01:34.61	01:29.66	01:25.31	01:20.95	01:18.43	01:14.88
03:18.0	03:15.8	03:11.0	03:07.8	03:03.7	03:01.0	02:58.5	200 Backstroke	03:20.40	03:18.25	03:11.89	03:02.45	02:53.00	02:48.11	02:42.49
03:21.6	03:19.7	03:15.7	03:07.8	03:05.2	03:02.6	03:00.9	200 Individual Medley	03:28.80	03:25.84	03:14.36	03:04.80	02:55.24	02:50.22	02:43.76
07:09.7	07:08.0	06:56.0	06:44.0	06:41.4	06:38.7	06:34.9	400 Individual Medley	07:18.00	07:15.65	06:55.67	06:35.56	06:15.44	06:09.22	05:50.35