

**WEST SUFFOLK SWIMMING CLUB**

(Affiliated to Swim England East Region & Suffolk)

**26<sup>th</sup> Masters & Senior Age Group (16-24)**

**Valentines Open Meet**

(Held Under Swim England Laws & Regulations and Swim England Masters Technical Rules of Racing)

**Sunday 26<sup>th</sup> February 2023**

Abbeycroft Leisure Centre, Bury St Edmunds

**26<sup>th</sup> Masters & Senior Age Group**

**Valentines Open Meet**

**Sponsored by Sudbury & District SC**

**Incorporating the  
Swim England Suffolk Masters  
& Senior Age Group Championships**

Sunday 26<sup>th</sup> February 2023



**ENTRY PACK**

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Dear Swimmer

Please find enclosed details about the Programme of Events and Entry Form for the 26<sup>th</sup> Masters & Senior Age Group Valentines Open Meet incorporating the Swim England Suffolk Masters & Senior Age Group Championships for 2023, to be held at the Abbeycroft Leisure Centre, Bury St Edmunds, Suffolk.

All Suffolk swimmers, if eligible, will be automatically entered in the Swim England Suffolk Masters & Senior Age Group Championships with medals on offer for the first three in each age group category and each event.

Please note that the Seniors Age Group at this meet is 16 – 24 years.

This meet is an absolute must for Masters new to the sport and for those looking to improve their times and maybe break a record or two along the way.

We know you will enjoy a great day with us and we look forward to receiving your entry.

**Sharon Perry**

Email: [masters@westsuffolkswimming.co.uk](mailto:masters@westsuffolkswimming.co.uk)

**Conditions**

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- 1** All entrants must be Club Compete (category 2) members of a Swim England, SASA or WASA affiliated club or competitors from a country affiliated to FINA.
- 2** Age as at 31<sup>st</sup> December in the year of competition.
- 3** Entries will be accepted on a 'first come – first served' basis, based on day of receipt.
- 4** Results will be split into the following age groups 16-24, 25-29 and then 5 year age groups as necessary with the final group being 70yrs+.
- 5** All events will be Heat Declared Winners.
- 6** Awards will be made to the fastest 3 swimmers in each age group and each event as follows: Commemorative medals for non Suffolk swimmers, Suffolk County medals for eligible Suffolk swimmers. There will be awards for the Top Visiting Club, Top Male and Top Female based on 6 points for 1<sup>st</sup> place down to 1 point for 6<sup>th</sup> place. In the event of a tie, the Promoters decision will be final.
- 7** To be eligible for Suffolk County Medals, swimmers must have a Suffolk club as their Ranked Club and must not represent another County or compete in another County's Championships in the same calendar year.
- 8** 'Over the top' starts will be used wherever possible.
- 9** Events may be swum with men & women seeded together, depending on the number of entries received, but there will be separate results produced for all combined events.
- 10** Heats for each event will cover all age groups and competitors. Events will be seeded slowest to fastest, based on entry time submitted. Each heat will be spearheaded. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
- 11** 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 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.
- 12** Results will be posted on the club website and will be supplied to British Swimming for entry into the Masters rankings database.
- 13** The pool is a 25m 6 lane pool with anti-turbulence lane ropes and full electronic timing. The depth of water at the starting end is 1.4m and at the turn end is 0.9m. The height of the starting blocks above the surface of the water is 650mm. A secondary strobe for the starting system is not available.
- 14** Entries and payment to be made online via the following link: <https://bsbasa.org/meet/wsutws23>
- 15** Accepted entries will be posted on the club's website soon after the closing date.
- 16** We will be using a secondary signing in system on the day for the first event only (400m free). We would appreciate it if you notify us of any additional withdrawals either by email before the competition or at the entry desk on the day. Unfortunately, we will not be able to make refunds for withdrawals.

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**17** Entry fees will be **£5.50** per event.

**18 CLOSING DATE FOR ENTRIES IS MONDAY 13<sup>TH</sup> FEBRUARY 2023 or when the meet is full, all entries and payment must be received by the closing date.**

19 Contact [masters@westsuffolkswimming.co.uk](mailto:masters@westsuffolkswimming.co.uk) if further information is required.

20 In accordance with 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/swimmer as much as reasonably possible and to avoid including other children/swimmers 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 and filming at this event then please bring them to the attention of the Promoter.

The Swim England Child Safeguarding Policy & 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-forclubs/>

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.

21 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.

22 All participants must observe the safety precautions in operation at Abbeycroft Leisure Centre. Neither the Promoter nor West Suffolk S.C will be responsible for any loss or damage occurring during this meet.

23 Any matter not covered by these conditions will be determined by the Promoters – West Suffolk S.C and the Referee, subject to Swim England Laws, Regulations and Technical Rules of Racing. The Promoters decision is final.

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## **Programme of Events**

**Session 1** WARM UP - 8.00am START - 8.30am

Event 1 Mixed 400m Freestyle

**Session 2** WARM UP - TBA START - TBA

Event 2 Male 50m Backstroke

Event 3 Female 50m Backstroke

Event 4 Male 100m Breaststroke

Event 5 Female 100m Breaststroke

Event 6 Mixed 200m Butterfly

Event 7 Male 100m Freestyle

Event 8 Female 100m Freestyle

**Session 2** WARM UP – TBA START - TBA

Event 9 Mixed 200m Individual Medley

Event 10 Male 50m Freestyle

Event 11 Female 50m Freestyle

Event 12 Male 100m Backstroke

Event 13 Female 100m Backstroke

Event 14 Mixed 200m Breaststroke

Event 15 Male 100m Butterfly

Event 16 Female 100m Butterfly

**Session 4** WARM UP – TBA START - TBA

Event 17 Mixed 200m Backstroke

Event 18 Male 50m Butterfly

Event 19 Female 50m Butterfly

Event 20 Male 100m Individual Medley

Event 21 Female 100m Individual Medley

Event 22 Male 50m Breaststroke

Event 23 Female 50m Breaststroke

Event 24 Mixed 200m Freestyle