



**SHIVERERS SWIMMING CLUB**  
*Fun, friendly and fast since 1920.*



## **SHIVERERS SC LONG DISTANCE CLUB TRIALS 2019**

Affiliated to Swim England South East Region and Sussex County

Friday 4<sup>th</sup> January 2019

King Alfred Leisure Centre, Hove

**ASA Level 4 Licence xxxxxxxxx**

### **Information Sheet and Rules of the Meet**

#### **MEET LEVEL/AFFILIATION**

Shiverers Swimming Club is affiliated to Swim England South East Region. The long-distance club trials will be held under Swim England Laws & Technical Rules and these promoter's conditions. A licence for level 4 has been applied for.

#### **VENUES**

The trial will be held at King Alfred Leisure Centre. The pool is 6 lanes, 25m long with anti-wave lane ropes. Depths vary but are clearly marked.

#### **AGE GROUPS**

Age Groups-The club trial will be open to all ages 12 years and above-ages as at 31<sup>st</sup> December 2019 as specified on entry form to be issued to membership.

#### **ENTRIES**

**Closing date will be 11th December 2018.** Entries are only open to Shiverers SC members and must be made on the official individual entry form. Entry forms must be completed in full and returned no later than closing date 11<sup>th</sup> December..

**Entries will be accepted at discretion of promoter until 4 heats of 800m and 3 heats of 1500m are filled.** Priority will be given to all applicants who do not currently have a County qualifying time in 800/1500m events for 2019 county championships. All swimmers entering the trials must sign in before the stated time on entry form. Failure to sign in by the stated time may mean they are unable to swim.

**Additional time trial heats/late entries will be allowed at the discretion of the promoter so long as these can be completed within the published estimated finish time detailed on the programme.**

#### **ENTRY FEES**

There will be no entry fees for these time trials .

## **EVENTS**

Seeding will be undertaken slowest to fastest. Exceptions to this swimming order may only be made at the discretion of the Promoter. It is the responsibility of the swimmer to report to the stewarding area in sufficient time for each event.

## **AWARDS/RESULTS**

No awards will be made for these time trial events and results will be posted on the Shiverers web site.

## **STARTS**

Coaches must be responsible for ensuring that all their swimmers are competent to perform a shallow racing dive to the standards of the Swim England competitive starts award. In the event of a competitor overbalancing they should continue with a safe shallow racing dive and not fall into the water. Competitors may start in the water. Over the top starts may be operated at the discretion of the Referee.

## **WARM UP/SWIM DOWN**

All swimmers must be supervised by coaches during the warm ups. No diving is allowed except from the blocks after sprint lanes have been announced. Swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated by the lane direction cards or as instructed by club officials. Any instructions given by Pool Lifeguards or others in authority must be obeyed immediately. There are no swim down facilities.

## **SAFETY**

Everyone attending the time trial event must familiarise themselves with the location of the emergency exits, which must be kept clear always. Everyone is asked to observe all normal precautions in the pool area and when moving around the venue, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to one of the Sports Centre management or the Meet Organiser. Team managers/coaches are responsible for the safety of their swimmers at all times. Swimmers must not leave poolside unless they are wearing clothes and shoes, having dried themselves.

## **DATA PROTECTION**

Swim meet entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be publicly available during the Meet.

## **BEHAVIOUR**

Shiverers Swimming Club reserve the right to remove any person from the pool area whose behaviour is either against the pool rules or the efficient and safe running of the time trial.

## **SECURITY**

Competitors and spectators are advised not to leave their belongings unattended and to ensure that valuables are placed in a locked locker (if available) or left with another person. Shiverers Swimming Club cannot accept any responsibility for property lost or stolen.

## **PHOTOGRAPHY**

It is requested that all mobile phones are switched off or to silent mode during the competition and that there is no flash photography at the start of each race.

## **GENERAL INFORMATION**

No person will be allowed on to the poolside except those persons nominated by Shiverers coaches, swimmers and officials. No outdoor shoes may be worn on poolside.

## **QUALIFYING TIMES:**

There are no qualifying times but priority to swim in the time trial will be given to those who do not have a current County qualifying time in the time trial events..

Any eventuality, situation or dispute not covered in the above conditions shall be determined by the Promoter.