

Stowmarket Swimming Club

Founded 1888

www.stowmarketswimmingclub.co.uk



Sprint into Summer Open Meet

10th June 2023

(License 3ER230821 Meet Held under SWIM ENGLAND Law and Technical Rules)

Events: 50m Freestyle, Backstroke, Breaststroke, Butterfly
100m Freestyle, Backstroke, Breaststroke, Butterfly
100m Individual Medley

Age Groups: 9, 10, 11, 12, 13, 14, 15 & over
All events are timed finals with medals for 1st, 2nd and 3rd in each age group

Entries on a first come first served basis,
deadline date Friday 19th May 2023.

Sprint into Summer Open Meet on 10th June 2023

Held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming and to the Swim England Open Meet Licensing Criteria

Level 3 Licence 3ER230821

Mid Suffolk Leisure Centre, Stowmarket, Suffolk

MEET CONDITIONS AND INFORMATION

1. The meet will take place at Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket on 10th June 2023 and is licensed by Swim England at Level 3 under Licence No. 3ER230821.
2. The meet will be run in accordance with held under Swim England Laws, Swim England Technical Rules of Swimming, and these conditions.
3. Competitors must be Category 2 members of an affiliated club, eligible to compete and registered in accordance with Swim England Laws and Technical Rules, 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 competitors from a country affiliated to FINA.
4. The promoters are Sandra Chapman and Claire Harrison on behalf of Stowmarket Swimming Club.
5. The age groups for boys and girls are: 9, 10, 11, 12, 13, 14, 15/over
6. Ages are as at 10th June 2023.
7. Medals will be awarded for 1st, 2nd and 3rd place for each event in each age group.
8. The pool is 25m, 6 lanes with anti-wave devices in place and AOE will be used. The depth of the shallow end is 0.9m. A secondary strobe for the starting system is available.
9. Heats will be swum as mixed age with swimmers seeded by entry times.
10. Over the top starts may be used at the referee's discretion.
11. Cut-off times are provided and entries with No Time will be accepted. Short course and converted long course times will be accepted. Times submitted should be for the events entered and be personal best times achieved since 1st January 2022.
12. Valid entries (which must include payment) will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are required together with a single cheque or electronic payment. Individual entries will only be accepted at the Promoter's discretion.
13. Entry shall be by an Individual Entry Form. Where two or more competitors enter from the same club, entry shall be made using HYTEK Team Manager Lite and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the HYTEK website http://www.hy-tek.com/Demos/Swim_Team_Manager_Lite.exe and the required Entry File for the meet will be available on the club website.
14. If electronic entries are not being made, paper entry forms should be emailed to Sandra Chapman at sscmeetsecretary@gmail.com and payment made to by BACS, details: Sort code: 20 82 75 Account No. 83953130. An administration fee of £5.00 should be added to all individual entries.
15. Entries together with entry fees must be received by the Promoter by Friday 19th May 2023. The entry fee is £5.00 per event

16. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In the event that entries are rejected, fees will be refunded by a single payment to club in question.
17. Accepted and rejected entries will be posted on the club website within 1 week of the closing date.
18. Swimmers must withdraw from events that they no longer wish to swim before the accepted entry lists are published. Each club will be provided with a check in sheet of their accepted entries on arrival. Withdrawals must be made by e-mail in advance. On the day withdrawals must be made prior to the warm up start time for each session, these will leave empty lanes. Refunds are not available for withdrawals after the accepted entries have been posted.
19. Coach and Team Manager passes will be issued at a cost of £10.00 with food. Each team will receive one free Team Manager pass which will not include food, to allow for the supervision of your swimmers in the waiting area. There will be no entry to poolside without a pass and passes must be worn at all times. All those poolside must be DBS checked.
20. Warm up protocol: The first 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. The second warm up is an open warm up primarily for those swimmers arriving for the second session.
21. Results will be published and results files emailed to clubs after the competition on request. Results will be supplied to British Swimming for entry into the national rankings database.
22. In accordance with the 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 as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter.

Participants and spectators 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). <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>. 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.
23. All participants must observe the safety precautions in operation at Mid Suffolk Leisure Centre. Neither the Promoter nor Stowmarket Swimming Club will be responsible for any loss or damage occurring during the meet.
24. 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.
25. Any matter not covered by these conditions will be determined by the Promoters and Referee, subject to Swim England Laws, Regulations and Technical Rules of Racing.

General information

Competitors must be suitably dressed and with the appropriate footwear whilst on poolside and in the swimmer waiting areas. No exterior footwear is allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers walking elsewhere in the building must be wearing poolside shoes and warm clothing.

Spectators, officials and competitors are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management. There is a free car park available at the leisure centre. However, the spectator area is limited and as a result spectators will need to be cooperative with the organisers and may be restricted to comply with the health and safety requirements of the venue.

Coaches or Team Managers are responsible for the swimmers conduct at all times. By submitting an entry, competitors and coaches are agreeing to be bound by these rules. The promoters reserve the right to refuse admission to any person.

Stowmarket Swimming Club accepts no responsibility for loss or damage to personal property and requests that all persons remove their belongings if they leave the premises at any time. Any lost property not claimed from the announcer during the meet will be handed to Mid-Suffolk leisure centre Management for collection by the owner.

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(Affiliated to Swim England and East Region Swim England)

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Mid-Suffolk Leisure Centre, Stowmarket, Suffolk. IP14 1LH

PROGRAMME OF EVENTS

Saturday 10th June 2023

Session 1 – Warm-up 13:15pm for 14:15pm	
1. Female 100m Freestyle	2. Male 100m Freestyle
3. Female 50m Backstroke	4. Male 50m Backstroke
5. Female 100m Breaststroke	6. Male 100m Breaststroke
7. Female 50m Butterfly	8. Male 50m Butterfly
9. Female 100m IM	

Session 2 - Warm-up time to be confirmed	
	10. Male 100m IM
11. Female 100m Backstroke	12. Male 100m Backstroke
13. Female 50m Freestyle	14. Male 50 Freestyle
15. Female 100m Butterfly	16. Male 100m Butterfly
17. Female 50m Breaststroke	18. Male 50m Breaststroke

(Please note all events are open to 9 year olds plus)

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Individual entry form – age at 10th June 2023

Surname:..... Forename:.....MALE / FEMALE

Address:.....

Postcode:.....Contact Number:.....

E-mail Address:.....Club:.....

Swim England Number:.....Date of Birth:/...../..... Age at 10/06/2023:.....

Saturday 10th June – Session 1

Event	Female	Entry Time	Event	Male	Entry Time
1	100m Freestyle		2	100m Freestyle	
3	50m Backstroke		4	50m Backstroke	
5	100m Breaststroke		6	100m Breaststroke	
7	50m Butterfly		8	50m Butterfly	
9	100m IM				

Session 2

Event	Female	Entry Time	Event	Male	Entry Time
			10	100m IM	
11	100m Backstroke		12	100m Backstroke	
13	50 Freestyle		14	50 Freestyle	
15	100m Butterfly		16	100m Butterfly	
17	50m Breaststroke		18	50m Breaststroke	

(Please note all events are open to 9 year olds plus)

Entry Fee is £5.00 per event plus £5 admin fee	Total Entry Fee =	
Cheques payable to Stowmarket Swim Club	TOTAL =	

I confirm that the above information is correct:.....(signature of club official)
Forms to be returned to: Sandra Chapman at sscmeetsecretary@gmail.com

CLOSING DATE FOR ENTRIES IS **FRIDAY 19TH MAY 2023**, LATE ENTRIES WILL NOT BE ACCEPTED WITHOUT PRIOR AUTHORISATION.



Stowmarket Swim Club

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Sprint into Summer Open Meet 10th June 2023 - Upper Limit Times

Event	9 yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs		9 yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs
Male									Female						
50m Free	30.50	29.00	27.50	27.00	26.00	25.00	23.00		30.50	29.50	29.00	28.00	27.50	26.00	25.00
100m Free	1.11.00	1.07.00	1.04.00	1.01.50	58.00	55.00	52.00		1.11.00	1.08.00	1.05.50	1.02.50	1.01.00	59.50	57.50
50m Back	35.00	31.50	30.50	29.50	29.00	28.50	27.50		35.00	33.50	32.50	31.50	30.00	29.50	28.00
100m Back	1.19.00	1.15.50	1.11.00	1.09.50	1.05.00	1.02.00	58.00		1.20.00	1.15.50	1.13.00	1.10.00	1.08.00	1.06.00	1.03.00
50m Breast	40.50	35.00	34.00	32.00	31.00	30.00	29.00		41.00	39.50	38.50	37.00	35.50	34.50	33.00
100m Breast	1.30.00	1.26.50	1.22.50	1.18.00	1.13.00	1.09.00	1.05.00		1.33.00	1.29.00	1.24.00	1.20.50	1.16.50	1.14.00	1.11.50
50m Fly	34.00	29.00	28.00	27.00	26.50	26.00	24.50		35.00	33.50	32.00	31.00	30.00	29.00	27.00
100m Fly	1.19.00	1.15.00	1.13.00	1.09.50	1.06.00	1.02.00	57.00		1.20.00	1.16.50	1.14.00	1.11.00	1.08.50	1.06.00	1.03.50
100m IM	1.16.00	1.12.00	1.10.50	1.07.00	1.04.50	1.02.50	58.00		1.18.00	1.14.50	1.11.50	1.08.50	1.07.00	1.05.50	1.03.50

Notes:

Times submitted should be for the events entered and be personal best times achieved since 1 January 2022.

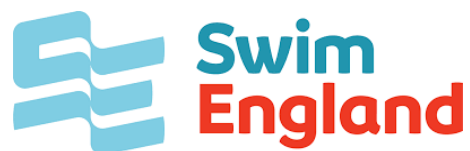
Times submitted should be no faster than the limits shown in the table.

The Promoter has the right to accept swimmers with times outside these if there are good reasons.

Please refer to the rules in conjunction with these limit times.

Age as at 10th June 2023.

No time entries will be accepted for this meet.



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Officials

This year we will be collating all the data for the officials via our online form

<https://www.swim-meet.com/Availability/?m=1470>

Please do not hesitate to contact Sue Duszynska at stowswimofficials@gmail.com should you have any queries.

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Summary

CLUB:.....

CLUB CONTACT NAME:.....

Address:.....

Town:..... County:.....

Postcode:..... Contact Number:.....

Email Address:

	No.		Total
Male Entries		@ £5.00 each	£
Female Entries		@ £5.00 each	£
Coach Pass (incl. food)		@ £10.00 each	£

Total money in one payment: £

Please return summary and Hytek file to: Sandra Chapman, by email to sscmeetsecretary@gmail.com

Please make payment by BACS, details: Sort code: 20 82 75 Account No. 83953130, thank you.

Meet queries please email Claire Harrison at sscmeetpromoter@gmail.com

Entry submission and queries please email Sandra Chapman at

sscmeetsecretary@gmail.com

Official queries please email Sue Duszynska stowswimofficials@gmail.com

CLOSING DATE for Entries FRIDAY 19TH MAY 2023. Late entries will not be accepted without prior agreement.

