****

**No Frills Open Meet  
  
17th and 18th December 2022**

**(License 3ER22269269 Meet Held under Swim England Law and Technical Rules)**



**Events: 50m Freestyle, Backstroke, Breaststroke, Butterfly**

**100m Freestyle, Backstroke, Breaststroke, Butterfly, I.M.**

**200m Freestyle, Backstroke, Breaststroke, Butterfly, I.M.**

**400m Freestyle, 400m I.M.**

**No Frills = No Awards or Medals just Times.**

**County and Regional Qualifier Meet.**

**Entries on a first come first served basis.**

**Stowmarket Swimming Club**

Affiliated to Swim England East Region and Suffolk County

**No Frills open meet**

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 3ER22269**

**17th and 18th December 2022**

**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 17th and 18th December 2022 and is licensed by Swim England at Level 3 under Licence No. 3ER22269.
2. The meet will be run in accordance with 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, Marion Carter 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/ov
6. Ages are as at 18th December 2022.
7. No medals will be awarded at this meet.
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 will be used.
11. Cut-off times are provided and entries with No Time will not be accepted. Short course and converted long course times will be accepted.
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 electronic payment. Individual entries will only be accepted at the Promoter’s discretion.
13. Entry shall be by an Individual Entry Form. Where five 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-tekltd.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, entry forms should be emailed to Sandra Chapman at sscmeetsecretary@gmail.com.
15. Entries together with entry fees must be received by the Promoter by 25th November 2022. 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 the club in question. The number of heats for the 200m events will be initially limited to 4 and 400m events will initially be limited to 2.
17. Accepted and rejected entries will be posted on the club website within 2 weeks of the closing date.
18. Swimmers must withdraw from events that they no longer wish to swim. Withdrawals must be made by e-mail in advance, the deadline for withdrawals is 6pm on Friday 17th December. 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/Team Manager passes will be issued at a cost of £20 for the weekend, food included on Saturday. 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: 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.
21. Results will be posted on club website and results files emailed to clubs after the competition on request and 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.

1. All participants must observe the safety precautions in operation at Mid Suffolk Leisure Centre. Neither the Promoter nor Stowmarket Swimming Club Swimming Club will be responsible for any loss or damage occurring during the meet.
2. 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.
3. 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 wear the appropriate footwear whilst on poolside. 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 their 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.

**No Frills Open Meet On**

**17th and 18th December 2022**

**(License 3ER22269 Meet Level 3 Held under ASA Law and Technical Rules)**

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

**PROGRAMME OF EVENTS**

**Saturday 17th December 2022**

|  |  |
| --- | --- |
| **Session 1 - Warm-up 13:30pm for 14:15pm start** | |
| 1. Female 100m Freestyle  3. Female 200m Backstroke  5. Female 100m I.M.  7. Female 50m Breaststroke  9. Female 200m Butterfly | 2. Male 100m Freestyle  4. Male 200m Backstroke  6. Male 100m I.M.  8. Male 50m Breaststroke  10. Male 200m Butterfly |

|  |  |
| --- | --- |
| **Session 2 - Warm-up and start TBC** | |
| 11. Female 200m Breaststroke  13. Female 50m Freestyle  15. Female 100m Fly  17. Female 100m Backstroke  19. Female 400m I.M. | 12. Male 200m Breaststroke  14. Male 50 Freestyle  16. Male 100m Fly  18. Male 100m Backstroke  20. Male 400m I.M. |

**Sunday 18th December 2022**

|  |  |
| --- | --- |
| **Session 3 – Warm-up 9:00am, start TBC** | |
| 21. Female 200m Freestyle  23. Female 50m Butterfly  25. Female 200m I.M.  27. Female 100m Breaststroke  29. Female 50m Backstroke  31. Female 400m Freestyle | 22. Male 200m Freestyle  24. Male 50m Butterfly  26. Male 200m I.M.  28. Male 100m Breaststroke  30. Male 50m Backstroke  32. Male 400m Freestyle |

(Please note all events except the 400IM are open to 9 year olds plus, 400IM is open to 11 year olds plus)

**No Frills Open Meet (No Awards/Medals)**

**17th and 18th December 2022**

**(License 3ER22269 Level 3 Meet Held under ASA Law and Technical Rules)**

**Individual Entry Form**

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

Address:........................................................................................................................................................

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

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

Swim England Number:……………..…………Date of Birth: ......./....../...... Age at 18/12/2022:...........

Saturday 17th December – Session 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | Female | Entry Time | Event | Male | Entry Time |
| 3 | 100m Freestyle |  | 4 | 100m Freestyle |  |
| 5 | 200m Backstroke |  | 6 | 200m Backstroke |  |
| 7 | 100m I.M. |  | 8 | 100m I.M |  |
| 9 | 50m Breaststroke |  | 10 | 50m Breaststroke |  |
| 11 | 200m Butterfly |  | 12 | 200m Butterfly |  |

Saturday 17th December – Session 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | Female | Entry Time | Event | Male | Entry Time |
| 11 | 200m Breaststroke |  | 12 | 200m Breaststroke |  |
| 13 | 50m Freestyle |  | 14 | 50m Freestyle |  |
| 15 | 100m Butterfly |  | 16 | 100m Butterfly |  |
| 17 | 100m Backstroke |  | 18 | 100m Backstroke |  |
| 19 | 400m I.M. (11 yrs +) |  | 20 | 400m I.M. (11 yrs +) |  |

Sunday 18th December – Session 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | Female | Entry Time | Event | Male | Entry Time |
| 21 | 200m Freestyle |  | 22 | 200m Freestyle |  |
| 23 | 50m Butterfly |  | 24 | 50m Butterfly |  |
| 25 | 200m I.M. |  | 26 | 200m I.M. |  |
| 27 | 100m Breaststroke |  | 28 | 100m Breaststroke |  |
| 29 | 50m Backstroke |  | 30 | 50m Backstroke |  |
| 31 | 400m Freestyle |  | 32 | 400m Freestyle |  |

|  |  |  |
| --- | --- | --- |
| Entry Fee is £5.00 per event | Total Entry Fee = | £ |
| **Admin Fee £5.00 (paper entries only)** | **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 **MONDAY 25th NOVEMBER 2022**, LATE ENTRIES WILL NOT BE ACCEPTED WITHOUT PRIOR AUTHORISATION.

**No Frills Open Meet 17th & 18th December 2022 – 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 | 28.00 | 27.00 | 26.50 | 25.50 | 24.00 |  | 31.00 | 29.50 | 28.50 | 28.00 | 27.00 | 26.00 | 25.00 |
| 100m Free | 1.11.00 | 1.07.00 | 1.04.00 | 1.01.50 | 59.00 | 56.50 | 53.00 |  | 1.11.00 | 1.08.00 | 1.05.50 | 1.02.50 | 1.01.00 | 59.00 | 57.00 |
| 200m Free | 2.30.00 | 2.25.00 | 2.18.50 | 2.13.00 | 2.07.00 | 2.00.00 | 1.54.00 |  | 2.30.00 | 2.25.00 | 2.20.00 | 2.14.00 | 2.10.50 | 2.08.50 | 2.00.00 |
| 400m Free | 5.20.00 | 5.10.00 | 4.58.00 | 4.52.00 | 4.40.00 | 4.28.00 | 4.10.00 |  | 5.20.00 | 5.10.00 | 5.00.00 | 4.55.00 | 4.45.00 | 4.35.00 | 4.25.00 |
| 50m Back | 35.00 | 33.00 | 32.50 | 31.50 | 29.50 | 28.50 | 27.50 |  | 35.00 | 33.50 | 32.50 | 31.50 | 30.00 | 29.50 | 28.00 |
| 100m Back | 1.20.00 | 1.15.50 | 1.13.00 | 1.10.00 | 1.06.00 | 1.03.50 | 59.00 |  | 1.20.00 | 1.15.50 | 1.13.00 | 1.10.00 | 1.08.00 | 1.06.00 | 1.04.00 |
| 200m Back | 2.42.00 | 2.36.50 | 2.32.00 | 2.28.00 | 2.24.00 | 2.18.50 | 2.08.00 |  | 2.42.00 | 2.36.50 | 2.32.00 | 2.28.00 | 2.25.00 | 2.21.00 | 2.20.00 |
| 50m Breast | 40.50 | 39.00 | 38.00 | 36.00 | 35.00 | 32.00 | 29.00 |  | 41.00 | 39.50 | 38.50 | 37.50 | 36.50 | 35.50 | 34.50 |
| 100m Breast | 1.35.00 | 1.28.50 | 1.23.50 | 1.20.00 | 1.16.00 | 1.14.00 | 1.06.00 |  | 1.33.00 | 1.29.00 | 1.24.00 | 1.20.50 | 1.17.50 | 1.16.50 | 1.15.50 |
| 200m Breast | 3.18.00 | 3.11.00 | 3.05.00 | 2.55.00 | 2.45.00 | 2.40.00 | 2.25.00 |  | 3.18.00 | 3.11.00 | 3.05.00 | 2.55.00 | 2.50.00 | 2.45.00 | 2.40.00 |
| 50m Fly | 34.00 | 33.00 | 32.00 | 29.00 | 28.50 | 26.00 | 25.00 |  | 35.00 | 33.50 | 32.00 | 31.00 | 30.00 | 29.00 | 27.00 |
| 100m Fly | 1.22.00 | 1.18.00 | 1.15.00 | 1.11.50 | 1.08.00 | 1.04.00 | 57.50 |  | 1.22.00 | 1.18.00 | 1.15.00 | 1.13.00 | 1.10.00 | 1.05.00 | 1.02.50 |
| 200m Fly | 3.00.00 | 2.55.00 | 2.50.00 | 2.45.00 | 2.35.00 | 2.20.00 | 2.08.00 |  | 3.05.00 | 3.00.00 | 2.55.00 | 2.50.00 | 2.45.00 | 2.35.50 | 2.22.00 |
| 100m IM | 1.20.00 | 1.12.00 | 1.09.00 | 1.07.00 | 1.05.00 | 1.02.00 | 58.00 |  | 1.20.00 | 1.14.50 | 1.10.00 | 1.08.50 | 1.06.50 | 1.05.50 | 1.03.50 |
| 200m IM | 3.00.00 | 2.46.00 | 2.39.00 | 2.32.50 | 2.24.00 | 2.19.00 | 2.12.00 |  | 3.00.00 | 2.50.00 | 2.40.00 | 2.35.00 | 2.28.00 | 2.24.00 | 2.20.00 |
| 400m IM |  |  | 5.50.00 | 5.40.00 | 5.30.00 | 5.20.00 | 4.40.00 |  |  |  | 5.50.00 | 5.45.00 | 5.35.00 | 5.25.00 | 5.19.00 |

Notes:

Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry form.

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.

No time entries are not permitted for this meet.

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

Age as at 18th December 2022.

**No Frills Open Meet On**

**17th and 18th December 2022**

**(License 3ER22269 Level 3 Meet Held under ASA Law and Technical Rules)**

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

**Officials Details**

CLUB:..................................................................................................................

**Saturday 17th December 2022**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name of Official (Session 1**  **(Warm-up 13:30 for 14:30 start)** | **Referee** | **Starter** | **Judge L2** | **Judge L1** | **T/Keeper** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**Sunday 18th December 2022**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name of Official Session 2**  **(Warm-up 08:15 for 09:15 start)** | **Referee** | **Starter** | **Judge L2** | **Judge L1** | **T/Keeper** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name of Official Session 3**  **(Warm-up time TBC)** | **Referee** | **Starter** | **Judge L2** | **Judge L1** | **T/Keeper** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

CLUB CONTACT NAME:….....................................................................................................

Telephone number:…….......................................................................................................

E-Mail Address:…..............................................................................................................

Return to: Sue Duszynska at stowswimofficials@gmail.com

**No Frills Open Meet On**

**17th and 18th December 2022**

**(License 3ER22269 Level 3 Meet Held under ASA Law and Technical Rules)**

***Mid-Suffolk Leisure Centre, Stowmarket Suffolk***

**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/Team Manager Pass for weekend (incl. food on Saturday) |  | @ £20.00 each | £ |

Total money in one payment: £

Please return summary with Hytek file to: Sandra Chapman, 49 Hazel Rise, Claydon, Suffolk IP6 0DB or by email at sscmeetsecretary@gmail.com

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

Meet queries please email Sandra at [sscmeetsecretary@gmail.com](mailto:sscmeetsecretary@gmail.com)

Official queries please email Sue at stowswimofficials@gmail.com

**CLOSING DATE for Entries Monday 25th November 2022. Late entries will not be accepted without prior agreement.**