

The Two Counties Spring Open Meet 2022

License 3SW220232



SwimMark



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

Present

The Two Counties Spring Open Meet

License 3SW220232

To be held under Swim England Laws and Regulations
and Technical Rules of Racing

Licensed by Swim England at level 3 for inclusion in British Swimming Rankings

License Number 3SW220232

PLYMOUTH LIFE CENTRE

Saturday & Sunday

19th & 20th March 2022

50m, 100m, 200m All strokes plus 400m Freestyle,
100m IM, 200m IM, a Medley relay and Freestyle relay

9yrs (50m, 200m all strokes, 100m IM & 200m IM only),
10yrs (50m, 100m, 200m all strokes, 400m F/S, 100m IM & 200m IM only),
11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over – all events

(Ages as of March 20th 2022)

Heat Declared Winners

Awards to first 6 in each age group 13 and under

Awards to first 3 in each age group 14 and over

PRIZES FOR THE RELAY EVENTS

Entry Administrator: Andrew Rickards, 35 Sycamore Drive, TORPOINT PL11 2NA

Email: caradondinnaton@gmail.com

<http://www.dinnatonswimming.co.uk/> & <http://www.caradon-swimming.org.uk/>

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Entry will be strictly first come first served and will open on January 2nd 2022

Closing date on or before Tuesday 1st March 2022



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THE TWO COUNTIES SPRING OPEN MEET 2022 AT PLYMOUTH LIFE CENTRE					
Promoted by CARADON SC & DINNATON SC					
This is a Level 3 Event and is Licensed by Swim England for entry into District Competitions					
LICENSE NUMBER: 3SW220232					
Ages as at 20th March 2022 (Last day of competition)					
SATURDAY 19th March & SUNDAY 20th March 2022					
Held under Swim England Laws and Regulations and Technical Rules of Racing					
SCHEDULE OF EVENTS – 25 metre SHORT COURSE					
SESSION 1 - DATE: 19th March - Warm up 1230-Start TBA					
3	400M FREESTYLE	M	4	400M FREESTYLE	F
5	50M BACKSTROKE	M	6	50M BACKSTROKE	F
7	100M INDIVIDUAL MEDLEY	M	8	100M INDIVIDUAL MEDLEY	F
9	200M BUTTERFLY	M	10	200M BUTTERFLY	F
INTERVAL					
SESSION 2 - DATE: 19th March - Warm Up No Earlier than TBA - Start No Earlier than TBA					
13 & UNDER MEDLEY RELAY EVENT No Earlier than TBA Est Finish TBA					
14 & OVER FREESTYLE RELAY EVENT					
11	200M INDIVIDUAL MEDLEY	M	12	200M INDIVIDUAL MEDLEY	F
13	100M FREESTYLE	M	14	100M FREESTYLE	F
15	50M BREASTSTROKE	M	16	50M BREASTSTROKE	F
17	100M BACKSTROKE	M	18	100M BACKSTROKE	F
SESSION 3 - DATE: 20th March - Warm Up 1230 - Start TBA					
19	200M BACKSTROKE	M	20	200M BACKSTROKE	F
21	50M FREESTYLE	M	22	50M FREESTYLE	F
23	100M BUTTERFLY	M	24	100M BUTTERFLY	F
25	200M BREASTSTROKE	M	26	200M BREASTSTROKE	F
INTERVAL					
SESSION 4 - DATE: 20th March - Warm Up No earlier than TBA – Start No earlier than TBA					
14 & OVER MEDLEY RELAY EVENT Start no earlier than TBA Est Finish TBA					
13& UNDER FREESTYLE EVENT					
27	200M FREESTYLE	M	28	200M FREESTYLE	F
29	50M BUTTERFLY	M	30	50M BUTTERFLY	F
31	100M BREASTSTROKE	M	32	100M BREASTSTROKE	F

Saturday March 19th & Sunday March 20th

Ages as at March 20th 2022

Any swimmer having an entry time faster than any of the

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Upper limit times will not be able to compete in this event.

FEMALE TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/Ov
50m Free	36.37	33.22	30.06	29.27	27.52	26.59	26.48	26.00
100m Free		1.14.55	1.06.07	1.04.33	59.06	58.14	56.75	56.00
200m Free	2.45.00	2.28.32	2.23.24	2.19.47	2.11.70	2.05.98	2.01.00	1.59.50
400m Free	5.25.00	5.17.29	5.01.43	4.53.49	4.33.85	4.25.84	4.14.39	4.10.15
50m Breast	49.15	44.88	40.60	39.53	37.20	35.20	35.05	34.12
100m Breast		1.38.50	1.29.12	1.26.77	1.20.85	1.17.57	1.14.77	1.13.52
200m Breast	3.35.25	3.27.56	3.07.80	3.02.85	2.52.18	2.42.77	2.37.92	2.35.24
50m Back	42.73	39.02	35.30	34.37	32.43	31.31	30.60	29.78
100m Back		1.24.59	1.16.53	1.14.52	1.09.40	1.06.47	1.03.63	1.01.98
200m Back	3.01.25	2.56.05	2.39.29	2.35.09	2.25.10	2.22.17	2.14.17	2.12.33
50m Fly	40.25	36.75	33.25	32.38	31.45	30.33	29.27	28.96
100m Fly		1.26.82	1.18.55	1.16.49	1.12.27	1.08.26	1.04.94	1.03.65
200m Fly	3.15.22	3.09.00	2.51.00	2.46.50	2.40.76	2.34.93	2.22.65	2.19.35
100m I M	1.29.19	1.23.92	1.19.92	1.13.25	1.10.50	1.07.65	1.04.57	1.02.12
200m I M	3.02.18	2.55.62	2.38.90	2.34.72	2.31.10	2.25.71	2.20.09	2.18.56
800m Free			14.20.00	12.30.00	12.30.00	12.00.00	11.45.00	11.45.00
1500m Free			25.30.00	23.30.00	23.30.00	22.30.00	21.30.00	21.30.00

MALE TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/Ov
50m Free	36.75	33.56	30.36	29.56	27.43	25.60	24.95	24.50
100m Free		1.13.94	1.06.90	1.05.14	1.01.17	55.67	55.38	54.95
200m Free	2.45.00	2.39.81	2.24.59	2.20.79	2.13.59	2.02.31	1.57.10	1.55.50
400m Free	5.25.00	5.16.89	5.01.05	4.53.12	4.43.43	4.15.24	4.04.49	4.01.25
50m Breast	49.31	45.02	40.74	39.66	37.31	35.34	32.60	31.95
100m Breast		1.39.55	1.30.07	1.27.70	1.23.45	1.15.99	1.10.20	1.08.52
200m Breast	3.35.25	3.26.49	3.06.83	3.01.91	2.50.45	2.40.68	2.32.17	2.28.65
50m Back	43.51	39.91	36.11	35.16	33.32	30.22	29.58	28.24
100m Back		1.26.11	1.17.91	1.15.86	1.11.52	1.05.00	1.03.05	59.95
200m Back	3.03.26	2.59.19	2.42.13	2.37.86	2.28.66	2.15.29	2.11.73	2.09.26
50m Fly	41.52	37.91	34.30	33.39	30.80	29.42	28.14	27.38
100m Fly		1.30.75	1.22.11	1.19.95	1.13.36	1.06.92	1.02.07	1.00.26
200m Fly	3.35.00	3.21.77	3.02.55	2.57.75	2.43.62	2.29.40	2.16.62	2.16.80
100m I M	1.30.54	1.25.19	1.17.60	1.11.36	1.08.54	1.05.14	1.02.25	1.01.28
200m I M	3.20.54	3.11.69	2.45.56	2.41.20	2.34.47	2.20.96	2.15.78	2.12.39
800m Free			12.30.00	12.30.00	12.30.00	12.00.00	12.00.00	11.30.00
1500m Free			23.30.00	22.45.00	22.45.00	22.30.00	22.30.00	22.00.00

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INDIVIDUAL PAPER ENTRY FORM	
CLUB:	MALE / FEMALE
Given Name:	
Family Name:	
DOB:	
ASA Reg No:	

<u>STROKE</u>	<u>TIME - mm:ss.00</u>
50m Freestyle	
100m Freestyle (not 9yrs)	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke (not 9yrs)	
200m Backstroke	
50m Breaststroke	
100m Breaststroke (not 9yrs)	
200m Breaststroke	
50m Butterfly	
100m Butterfly (not 9yrs)	
200m Butterfly	
100m IM – All Age Groups	
200m IM	

CONTACT NAME:	E-MAIL:
TELEPHONE NUMBER:	
NUMBER OF ENTRIES	All events @ £7.50 = £
ADD PAPER ENTRY SURCHARGE OF £1 - TOTAL ENCLOSED OR PAID BY BACS = £	

TWO COUNTIES OPEN MEET, 35 Sycamore Drive, TORPOINT PL11 2NA

Payment by BACS (PREFERRED) to: Sort Code: 20-50-40 Account No: 33058972

Cheques PAYABLE TO: CARADON SWIMMING CLUB

CLOSING DATE – Tuesday 1st March 2022

or when full on a first come first served basis

If using Hy-Tek Entry Manger entry forms are not required.

Email: caradondinnaton@gmail.com

<http://www.dinnatonswimming.co.uk/> & <http://www.caradon-swimming.org.uk/>

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Entry Fees Summary Sheet

Please e-mail completed Entry Fees Summary Sheet, Hy-Tek files (or paper entry form/s), Hy-Tek entry reports and Coach Pass Application Form to: caradondinnaton@gmail.com
(Hard copy not required if paying by BACS.)

Please send cheques with hard copy of fees summary sheet and hard copies of paper entry forms to **Andrew Rickards 35 Sycamore Drive, TORPOINT PL11 2NA**
(Entry acknowledgment is via the website and/or the person named on this form)

CLUB:	
CONTACT NAME & ADDRESS:	
TEL NO:	
E-MAIL	

NUMBER OF ENTRIES:		@ £7.50	£
NUMBER OF PAPER ENTRY SURCHARGES:		@£1	£
NUMBER OF POOLSIDE PASSES:		@ £15	£
NUMBER OF POOLSIDE PASSES:		@5	£
TOTAL AMOUNT DUE			£

PAYMENT DETAILS:

PREFERRED METHOD IS BY BACS to: Sort Code: 20-50-40 Account No: 33058972

Please use the reference **TWO COUNTIES**

Cheques payable to: CARADON SWIMMING CLUB

Entries will be returned if payment is not made seven days before the closing date (01/03/22)

Please note: Poolside passes will only be issued to persons registered with the ASA and have a current DBS. Passes must be applied for in advance, include the fee of £15 with your swimmers entries. Clubs can apply for 3 passes@ £15 each and further passes at £5 each

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PROMOTERS CONDITIONS THE TWO COUNTIES LEVEL 3 SPRING OPEN MEET

LICENCE NUMBER:

1. The Promoters **Caradon SC & Dinnaton SC**.
2. The meet will be held under Swim England Laws and Regulations and Technical Rules of Racing and licensed by the ASA at level 3 for inclusion in British Swimming Rankings.
3. Competitor's age groups shall be defined as at **March 20th 2022**.
4. **Age Groups: 9, 10, 11, 12, 13, 14, 15, 16 & Over including Masters.**
5. **Awards:** All events will be HDW and awards will be made to the Top 6 in each Age Group 13 and Under. Awards to top 3 in each age group 14 and over
6. **Events:** 50m, 100m & 200m – all strokes + 400m Freestyle, 200m IM & 100m IM. **Please note, swimmers aged 9 years cannot enter 100m stroke events. Entry to the 100m IM is permitted.**
7. Additionally, there will be **Mixed Relay Events** – 13 years & Under & 14 Years & Over There will be no times from the Relay event sent to rankings. Swimmers aged under 14 will be allowed to swim up, but **not** vice versa. Can clubs confirm if they are going to enter Relay Teams at the time of entering meet to allow for planning timings, names of team not required until on the day.
8. Entries will be first come first served, **no deck entries will be accepted on the day of the competition, no exhibition swimmers will be accepted.**
9. All events will include all age groups with heats seeded slowest to fastest. All heats will be spearheaded. 'Over the top' starts will be used wherever possible.
10. All communication will be via the website and email. Accepted entries will be notified by email. Should any rejections be necessary these will be notified by email.
11. The promoters do not accept responsibility for any loss of property or damage. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings.
12. The promoters use a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the **General Data Protection Regulations 2018**, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet.
13. In accordance with the recommendations of the Swim England WAVE POWER 2016-2019 child safeguarding policy <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> any person wishing to use video, zoom or close-range photography should focus on their child as much as reasonably practicable. **You are reminded that flash photography is not permitted at the start of any heat.**
14. Photographs may be taken during the meet for publicity purposes and unless you notify the promoter that you do not wish your child to be included in such photography, you should notify the promoter or their representative (**Andrew Rickards**) in writing or by e-mail (caradondinnaton@gmail.com).

Email: caradondinnaton@gmail.com

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15. Any matters concerning the Meet not covered in these Terms & Conditions will be dealt with according to the laws of the sport and at the discretion of the Promoters. The Promoters reserve the right to change the Meet Terms & Conditions to ensure the smooth running of the at the express wish of the Referee. This will only apply due to unforeseen circumstances on the day of the meet
16. Closing date for entries is **Monday March 1st 2022**.
17. The promoter reserves the right to accept or reject entries and to restrict entries to complete the meet within the time available.
18. Refunds will also be given for medical reasons on production of a Doctor's note no later than 72 hours prior to Meet.
17. Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. The Meet Promoter will make every effort to run the event. In any situation that the meet must be cancelled competitors are not eligible for full refunds of their entry fees. Proportionate refunds may be made but only after the promoter has covered all incurred costs.
18. There will currently not be a second strobe available for the Two Counties 2022 Meet

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VOLUNTEER OFFICIALS

This is a level 3 licensed meet so the requirement is for officials to be qualified.

Benefits:

- Free admission
- Refreshments and food
- Travel allowance of 35p per mile
- Ring side view of the action.
- Complimentary bottle of wine if you last the whole weekend! 😊
- Please sign up at the link <https://swim-meet.com/Availability/?m=713>
- Trainee officials are welcome please sign up on swim meet

WE DO NEED AND APPRECIATE YOUR HELP

THANK YOU