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PLYMOUTH
LEANDER
SWIMMING

Plymouth Leander Swimming

www.plymouthleander.co.uk



WATER INSTINCT



The Plymouth Leander Summer

Level 3 Short Course Open 2018

Southampton Cup Series

Life Centre, Plymouth: Saturday 14th July – Sunday 15th July 2018

Held under ASA Laws and Regulations and ASA Technical Rules of Racing



WATER INSTINCT





- Venue** : Plymouth Life Centre, Plymouth
- Pool** : 10-Lane 25m Racing Pool With ROMA09-TRK Starting Blocks
: 2 Metres throughout and 140mm FINA regulation lane lines
: Constantly Available 6-Lane 25m Swim Down Pool
: Electronic Timing & 10-Lane Video Display Screen
: On Site Cafeteria & Parking

This is a Meet Licensed at Level 3 for entry into County Championships in 2019

- Age Groups:** **9yrs, 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15+ yrs**
: Ages as at 15th July 2018
- Awards** : Awards to Podium Finishes
: Top Visiting Male Athlete & Top Female Athlete (11+) Awards
: Top Visiting 9/10 Male Athlete & Top 9/10 Female Athlete Awards
: Top Visiting Club Award
- Events** : Full Programme of 400m, 200m, 100m & 50m Events
- Fees** : Race Entry Fee £7 per Event
Free Spectator Entry
- : Cheques made payable to PLSA,
Electronic Payment:
Account details: **Sort Code: 56-00-63 Account No: 46355588**
- Entries To** : Andy Hutchinson;- entries@plymouthleander.com

13 Wolseley Road,
Milehouse,
Plymouth, PL2 3AA
- Closing** : Midnight Friday 22nd June 2018

SPIRIT OF





Meet Conditions

1. The event will be held at the Plymouth Life Centre on 14th and 15th July 2018
2. The event will be held under ASA Laws and ASA Technical Rules of racing
3. Entries may only be accepted from competitors registered as members of the ASA, SASA or WASA or competitors from one of the countries affiliated to FINA
4. Competitors' ages shall be as at **15th July 2018**
5. A competitor may enter all events in his/her age group excluding 9 yr olds who cannot swim 400m free and 400m Individual Medley, whilst 10yr olds cannot swim 400m Individual Medley.
6. Swimmers should use their Ranked times, converted to Short Course, however, athletes with no Ranked Time may still enter the races. Entries must not exceed the No Faster Times stated in the pack.
7. No Time entries will be allowed, however these should be supplied with estimated times provided by the Club Coach.
8. If events are under-subscribed following publication of Accepted Entries, further entries will be accepted at the Promoters discretion and on a first come basis, the fee will be £7 per race and subject to all Meet Conditions. These will not take priority over those who entered prior to the closing date. No further late entries will be accepted after the programme goes to print and swimmers will need to refer to point 11 for any further opportunity.
9. No Exhibition swims are permitted.
10. If the number of entries within the qualifying times is high the promoters reserve the right to limit entries to enable the gala to meet licensing requirements. Any deletions required will ensure an equal balance of swimmers across the age groups and events based on entry time. Priority will be given to the fastest swimmers who entered before publication of the Accepted Entries.
11. A system of 'Deck Entry' will operate at the meet to offer swimmers an opportunity to compete if lane space becomes available on the day. This will be for empty lanes in a pre-seeded heat/ event. Sign up for deck entries will be available at the recorders table, on a first come first served basis. Payment of the £7.50 entry fee **MUST** be paid at time of sign up. All entries (including Deck entries) must comply with meet cut-off times. Deck entries will close for each event at the time warm-up commences prior to the event the swimmer is requesting to swim in.
12. Clubs are responsible for their swimmer's entries. If, after publication of Accepted Entries or the programme a Club notes an error on an entry from their submission, the Promoter cannot guarantee that the swimmer will then be able to swim the preferred event or in an appropriate heat.
13. Disability swimmers will be seeded in this meet according to achieved time standards and with able bodied or disability swimmers of appropriate times, there will be no specific para events.
14. No refunds for entries will be given after the entries have been processed except when a swimmer has been selected to swim for a higher swimming body on the same day. Refunds will also be given for medical reasons on production of a Doctor's note. Notification of withdrawals, for these reasons, will be entitled to claim a refund of fees.

Meet Conditions

15. Competitors must report to the stewards in the marshalling area at least two events prior to their own where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event, and their lane space offered to a reserve swimmer.
16. Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded. All events are HDW (Heat Declared Winner).
17. The top three swimmers in each age group will receive an award in all events. A competitor who has been disqualified will not receive an award. There will also be the following awards:-
 - : Top Visiting Male Athlete & Top Female Athlete (11+) Awards
 - : Top Visiting 9/10 Male Athlete & Top 9/10 Female Athlete Awards
 - : Top Visiting Club Award
18. On acceptance of entries, the swimmer and any supporters agree that their behaviour will be of an appropriate and respectful manner, abiding by the rules of the competition and venue. Failure to do so could result in removal from the meet.
19. All swimmers and coaches are expected to use the changing facilities provided and not to change poolside. Failure to do so could result in rejection from all events including Disqualification of those already swum.
20. The promoters do not accept responsibility for any property. Lockers are available in the Swimming Village or main corridor.
21. Plymouth Leander Swimming Association uses a computer to manage entries and results. By submitting and accepting entries to the meet, consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.
22. **Safeguarding:** Please refer to your Club Welfare officer for further guidance on photography or live streaming detailed within the ASA Wavepower 2016-2019 guidelines. To support all visiting, local and club swimmers as well as Child Safe Guarding criteria Plymouth Leander reserves the right to designate seating within the viewing balcony for swimmer use, visitors and parents are kindly requested not to occupy designated seating.
23. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter. Competitors are reminded that sensible footwear should be worn when off the pool deck at all times.
24. Any swimmer unable to execute a safe dive from the starting blocks into shallow water are reminded that they should start from the side of the pool.
25. The referee's decision is final.
26. Closing date for entries midnight on Friday 22nd June 2018.

Age Groups & Events

- Male & Female: 9yrs, 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15+ yrs
- 9 yrs may enter all events other than 400m Events. 10 yrs. may enter all events other than 400m Individual Medley.

Programme Of Events

Saturday 14 th July Session 1 Warm Up 12.30pm – Start 1.15pm			Saturday 14 th July Session 2 Warm Up – TBC		
No	M/F	Event	No	M/F	Event
101	M/F	400m IM (HDW)	201	F	100m Breaststroke (HDW)
102	M	100m Freestyle (HDW)	202	M	100m Backstroke (HDW)
103	F	50m Butterfly Open (HDW)	203	F	50m Freestyle (HDW)
104	M	50m Backstroke (HDW)	204	M	50m Breaststroke (HDW)
105	F	200m Breaststroke (HDW)	205	F	200m Backstroke (HDW)
106	M	200m Freestyle (HDW)	206	M	100m IM (HDW)
107	F	100m Butterfly (HDW)	207	F	100m IM (HDW)
108	M	200m IM (HDW)			

Sunday 15 th July Session 3 Warm Up 11.30am – Start 12.15pm			Sunday 15 th July Session 4 Warm Up - TBC		
No	M/F	Event	No	M/F	Event
301	F	200m IM (HDW)	401	F	100m Backstroke (HDW)
302	M	50m Butterfly (HDW)	402	M/F	200m Butterfly (HDW)
303	F	100m Freestyle (HDW)	403	M	100m Breaststroke (HDW)
304	M	200m Breaststroke (HDW)	404	F	200m Freestyle (HDW)
305	F	50m Backstroke (HDW)	405	M	200m Backstroke (HDW)
306	M	100m Butterfly (HDW)	406	F	50m Breaststroke (HDW)
307	M/F	400m Freestyle (HDW)	407	M	50m Freestyle (HDW)

No Faster than Times

Events	Cut-Off Times- Female							
	Time Standard	9	10	11	12	13	14	15+
50m Freestyle	No Faster Than	36.60	33.66	31.44	29.76	29.05	28.50	28.00
100m Freestyle	No Faster Than	1.20.00	1.15.75	1.09.30	1.04.95	1.02.15	1.00.25	0.59.50
200m Freestyle	No Faster Than	2.55.00	2.43.77	2.29.60	2.19.30	2.14.20	2.10.10	2.07.75
400m Freestyle	No Faster Than		5.35.00	5.15.56	4.54.30	4.44.15	4.37.10	4.32.85
50m Backstroke	No Faster Than	42.50	35.90	35.91	33.75	32.50	31.57	30.68
100m Backstroke	No Faster Than	1.34.00	1:17.10	1.17.12	1.12.58	1.09.45	1.07.40	1.06.00
200m Backstroke	No Faster Than	3:26.00	2.57.00	2.44.90	2.35.15	2.28.70	2.24.00	2.20.45
50m Breaststroke	No Faster Than	48.00	44.50	40.68	37.94	36.44	35.68	34.90
100m Breaststroke	No Faster Than	1:40.00	1.35.80	1.27.20	1.22.84	1.19.40	1.16.90	1.16.10
200m Breaststroke	No Faster Than	3.32.00	3.25.00	3.11.05	2.57.24	2.51.50	2.45.60	2.40.40
50m Butterfly	No Faster Than	40.40	38.50	34.90	32.62	31.20	30.55	29.90
100m Butterfly	No Faster Than	1.32.40	1.30.70	1.19.82	1.12.62	1.09.65	1.07.70	1.06.45
200m Butterfly	No Faster Than	3.05.00	3.19.60	2.44.00	2.39.00	2.35.00	2.30.45	2.28.65
100m Ind.Med.	No Faster Than	1.34.00	1.25.15	1.19.95	1.14.30	1.11.40	1.09.80	1.09.05
200m Ind. Med.	No Faster Than	3.31.00	3.02.70	2.49.10	2.36.10	2.31.90	2.28.60	2.26.70
400m Ind. Med.	No Faster Than			5.50.00	5.38.10	5.26.10	5.18.75	5.12.15
Events	Cut-Off Times- Male							
	Time Standard	9	10	11	12	13	14	15+
50m Freestyle	No Faster Than	36.00	33.66	31.14	29.20	27.57	26.57	25.72
100m Freestyle	No Faster Than	1.20.00	1.15.75	1.08.60	1.03.95	1.00.00	0.57.50	0.55.75
200m Freestyle	No Faster Than	2.55.00	2.43.75	2.27.50	2.19.30	2.11.25	2.05.25	2.02.30
400m Freestyle	No Faster Than		5.35.00	5.13.80	4.52.40	4.38.65	4.25.95	4.21.80
50m Backstroke	No Faster Than	42.50	38.45	35.80	33.75	31.81	30.15	29.32
100m Backstroke	No Faster Than	1.34.00	1.23.90	1.16.65	1.12.85	1.08.05	1.04.70	1.02.30
200m Backstroke	No Faster Than	3.26.00	2.56.55	2.44.50	2.35.30	2.25.70	2.18.90	2.15.55
50m Breaststroke	No Faster Than	48.00	44.49	41.31	37.90	35.53	33.88	32.79
100m Breaststroke	No Faster Than	1.40.00	1.35.80	1.30.41	1.22.80	1.17.30	1.14.10	1.09.50
200m Breaststroke	No Faster Than	3.32.00	3.25.00	3.13.80	2.58.55	2.46.85	2.38.60	2.36.00
50m Butterfly	No Faster Than	40.40	37.12	34.50	32.39	30.30	28.95	28.03
100m Butterfly	No Faster Than	1.32.40	1.25.15	1.18.70	1.13.20	1.07.85	1.03.85	1.02.15
200m Butterfly	No Faster Than	3.05.00	2.50.00	2.43.00	2.38.00	2.32.05	2.25.55	2.20.95
100m Ind. Med.	No Faster Than	1.34.00	1.25.15	1.19.15	1.14.10	1.09.40	1.06.15	1.04.55
200m Ind. Med.	No Faster Than	3.31.00	3.02.70	2.47.70	2.37.95	2.29.05	2.21.60	2.18.45
400m Ind. Med.	No Faster Than			5.50.00	5.30.00	5.17.50	5.04.40	4.48.90



Entry Form

COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL

Club					
Surname		First Name		Middle Initial	
Preferred Name (for Programme)					
Date of Birth		Age as at 15th July 2018		M/F	
Address and Postcode					
Telephone Number / Mobile Number (Parent* - contact for entry queries)					
e-Mail Address (for confirmation of receipt of entry)					
ASA Number		Para Swimmer Please Tick		S Class	
EVENT		SELECT	ENTRY TIME		
50m Freestyle					
100m Freestyle					
200m Freestyle					
400m Freestyle					
50m Butterfly					
100m Butterfly					
200m Butterfly					
50m Breaststroke					
100m Breaststroke					
200m Breaststroke					
50m Backstroke					
100m Backstroke					
200m Backstroke					
100m Individual Medley					
200m Individual Medley					
400m Individual Medley					

Individual Payment Details (see Summary Sheet for Grouped Payment and Coaches Pass Details)

Total No of Entries	Description	Cost per Event*	Total
	Individual Entries	£7.00	
Cheques Payable to PLSA. Entries Close 22nd June 2018:			
Electronic Payment: Account details: Sort Code: 56-00-63 Account No: 46355588.			Amount Due £
Please Tick:	Cheque	BACS	

I DECLARE THAT THE ABOVE DETAILS ARE CORRECT & THAT I AM ELIGIBLE TO COMPETE IN ACCORDANCE WITH ASA LAW & THAT I UNDERSTAND & ACCEPT THE MEET CONDITIONS

Signature of Competitor

Signature of Parent*(if under 18)

Officials Requirement

To ensure we comply with licensing requirements and deliver a successful gala we require ASA qualified officials who are willing to assist. In recognition of this we offer expenses in line with our expenses policy, details are available from the below email, in addition lunch and refreshments will be supplied. Please provide details of your officials to officials@plymouthleander.com as soon as possible and include the following details:

Name;			
Club;			
ASA Number;			
Qualification Level;			
Licence Expiry Date;			
Sessions Available;-		<u>Please tick the boxes</u>	
		1	2
	Saturday		
	Sunday		

We are grateful for your support to ensure the best possible conditions for all our swimmers, thank you.

However In the event that insufficient officials are available, the promoter reserves the right to reduce lanes, scratch swimmers and or cancel sessions to ensure we meet licensing requirements.

Team Entry Summary Sheet

Cheques should be made payable to 'PLSA'. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek entry file for this meet will be available on www.plymouthleander.co.uk We would appreciate this method of entry and this is **mandatory** for 10 or more entries from the same Club. Please note that we are using Meet Manager 7.0.

PLEASE NOTE: Coach Passes CANNOT be purchased on the day of meet and must be bought in advance.

Club	
Contact Name	
Address	
Telephone (Day)	
Telephone (Evening)	
Mobile	
E-Mail	

PLEASE REMEMBER WE NEED THE HELP OF YOUR OFFICIALS

Total No. of Individual Entries		@	£7.00 each	=	
2 Day Coach Pass		@	£20.00 each	=	
1 Day Coach Pass;- Saturday/Sunday*		@	£12.00 each	=	
*Delete as Appropriate			Total Cheque Enclosed £		
Closing Date: Midnight Friday 22 nd June 2018					

Entries To: **Andy Hutchinson, 13 Wolseley Road, Milehouse, Plymouth PL2 3AA,**

Or can be emailed to entries@plymouthleander.com

Electronic entries can be on e-mailed but please also submit a printout with this form

I certify that all the above details are correct and that our Club understand and will abide by the meet conditions. Signed on behalf of all swimmers:

(Team Manager) Date