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PL

**PLYMOUTH
LEANDER
SWIMMING**



PLYMOUTH LEANDER

The Leiden Cup Series

Winter National Qualifier SC Level 2 & 3 Open 2019



Saturday 16th—Sunday 17th November 2019

ASA License 2SW190503

In partnership with





PLYMOUTH
LEANDER
SWIMMING

**The Plymouth Leander
Winter National Qualifier Level 2/3
Short Course Open**

**Plymouth Life Centre,
Saturday 16th - Sunday 17th November 2019**

www.plymouthleander.com



WATER INSTINCT

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

Venue : Plymouth Life Centre, Plymouth, PL2 3DG

Pool : 10-Lane 50m Racing Pool with ROMA09-TRK Starting Blocks
: 2 Metres throughout and 140mm FINA regulation lane lines
: Constantly Available 2-Lane 25m Swim Down Pool
: Electronic Timing & 10-Lane Video Display Screen
: On Site Cafeteria & Parking

This is a Dual Level 2 Licensed Meet for Entry into National & Regional Level Competitions and Level 3 for entry into County Level Championships

Age Groups : **Level 2**;- 9 /10 yrs, 11 /12 yrs,13 /14 yrs,15/16 yrs, 17 yrs & Over.
: **Level 3**;- 9 /10 yrs, 11 /12 yrs,13 /14 yrs,15/16 yrs, 17 yrs & Over.
: All Events HDW- No finals.
: Ages as at 17th November 2019 with a minimum age for competing as
9yrs .

Awards : Medals to 1st 3 in all Age Group Events (Both Levels)
: Awards for Top 3 finalists
: Top Male Athlete & Top Female Athlete Awards
: Top Visiting Club Award

Events : 50m, 100m & 200m All Strokes
: 400m, 800m, 1500m Freestyle (800m limited to 4 & 1500m to 3 Heats
(9yrs and 10 yrs cannot enter 800m/ 1500m)
: 200m IM & 400m IM
(9 yrs and 10yrs cannot enter 400m IM)

Fees : Race Entry Fee £8 for all Events (Free Spectator Entry)
: Deck entries will be £8.50 per event.
: Cheques made payable to PLSA,
: Electronic Payment:
Account details: Sort Code: 56-00-63 Account No: 46355588

Entries To : Andy Hutchinson
13 Wolseley Road
Milehouse,
Plymouth, PL 2 3AA

Please do not use Recorded or Special Delivery to post your entry forms.

Enquiries : Can be e-mailed to meets@plymouthleander.com

Closing Date : 12.00 Midnight on Monday 28th October 2019

Meet Conditions

1. The event will be held at Plymouth Life Centre (25m pool) on Saturday 16th- Sunday 17th November 2019
2. The event will be held under ASA Laws and Regulations and ASA Technical Rules of Racing. All British swimmers must be registered ASA members of an ASA affiliated club and amateurs as defined by ASA Law.
3. The Meet will be run under Level 2 conditions.
4. Competitor's age groups shall be defined as at 17th November 2019, competitors must be at least 9 years old by the last day of the event (17th November 2019)
5. A competitor may enter all events (subject to Condition 6) in his/her age group;- 9yrs, 10/11yrs, 12/13 yrs; 14/15 yrs, 16yrs & Over.
6. 9 & 10 year old competitors may NOT swim 400m IM, 800m or 1500m free.
7. For entry to this Meet into L2, times will only be accepted with actual times from British Rankings. All submitted entry times must either be:
 - i) Times achieved in a 25m pool
 - ii) Times which have been converted to a 25m pool time(Meet Qualification times have been set at minimum Level 2 accepted times by British Swimming)
8. Swimmers who enter will be placed in a Heat appropriate to their entry time within the conditions of the Level 2 Qualifying criteria, or Level 3 if they don't meet the Qualifying time -adhering to Conditions 5 and 6.
9. Disability swimmers may enter and will be placed in a Heat appropriate to their entry time within the conditions of the Level 2 Qualifying criteria, adhering to Conditions 5 and 6. There will be no separate Para-qualifying times.
10. All events are Heat Declared winners awarded separately for Level 2 & Level 3 Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded.
11. Entries of 5 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration.
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. If events are under-subscribed acceptance of additional entries will be at the Promoters discretion. These will be offered after the competition's closing date for entry. However, these competitors must still enter within the stated qualification times and will be accepted on the basis of the fastest entries first rule, by age group.

Meet Conditions

14. A system of Deck Entries will operate however extra swims will be slotted into empty lanes if space is available and the events will not be re-seeded. The Deck entries must meet the conditions of the Meet, including point 5 and 6 and must be in by the beginning of the warm up of each session. Cost of Late or Deck Entries will be £8.50 per event.
15. If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted on the basis of times submitted to enable the competition to meet ASA licensing requirements. Any deletions made will be slowest first and proportionate and will endeavour to ensure an equal balance of swimmers across the age groups and events.
16. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times could result in the athlete being scratched from the specific race(s) affected without refund of fees.
17. No refunds for entries will be given after the publication of the Accepted Entries, except in the case of:
 - a swimmer being subsequently selected to swim for their country on the same day
 - the production of a Doctor's note confirming the athlete is unfit to compete.
 - Notification of withdrawals before publication of Accepted Entries will receive a 50% refund
18. Plymouth Leander Swimming 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 Bill 2018 (GDPR), 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. All Personal Data will be retained in a confidential manner and access to such Data will be restricted by the Meet Promoter and limited to only those operating the Meet Software in order to process results. All supporting paper **entry** details will be destroyed within 3 months of the completion of the Meet results. Further information on Plymouth Leander Swimming Association Data Protection and GDPR compliance and policy can be requested by contacting the Club Data Protection Officer, Andy Hutchinson.
19. 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.

Meet Conditions

20. 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.
21. Swimmers, coaches and volunteers must not change poolside or in the spectator area and should use the facilities provided in the changing village. Failure to do so could result in sanctions for the offender or their Club.
22. The promoters do not accept responsibility for any property. Lockers are available in the changing village or main corridor and should be used for the safe keeping of all belongings. The Life Centre operators, Everyone Active and Plymouth Leander SC accept no responsibility for accidents around the pool.
23. **Safeguarding:** Plymouth Leander follow ASA Wavepower 2016-2019 guidelines.
24. 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.
25. 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.
26. All Clubs will be permitted to purchase up to 3 Coach Passes per Club (regardless of entrant numbers) and one additional Coach Pass per 10 athletes over 30 swimmers. Coach Passes will not be sold on the day. Admission to pool deck will be refused to non-pass holders.
27. 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.
28. The swim down pool will be operated at a depth of 1.5 meters to ensure the safety of swimmers during cool down, diving is strictly prohibited in the swim down pool.
29. The referee's decision is final.



Programme of Events

Day 1

Session 1 – Saturday 16 th November 2019				
Warm Up 12.30pm– Start 1.15pm				
NO	M/F	AGE	EVENT	LEVEL
101	M	9yrs+	400m Freestyle	2/3
102	F	9yrs+	200m Breaststroke	2/3
103	M	9yrs+	200m Backstroke	2/3
104	F	9yrs+	100m Freestyle	2/3
105	M	9yrs+	100m Butterfly	2/3
106	F	9yrs+	50m Butterfly	2/3
107	M	9yrs+	50m Freestyle	2/3
108	M/F	11yrs+	800m Freestyle	2/3

Session 2 – Saturday 16 th November 2019				
Warm Up TBC				
NO	M/F	AGE	EVENT	LEVEL
201	F	9yrs+	100m Backstroke	2/3
202	M	9yrs+	100m Breaststroke	2/3
203	F	9yrs+	50m Breaststroke	2/3
204	M	9yrs+	50m Backstroke	2/3
205	M/F	11yrs+	400m Ind Medley	2/3
206	F	9yrs+	200m Freestyle	2/3
207	M	9yrs+	100m IM	2/3
208	F	9yrs+	100m IM	2/3



Programme of Events

Day 2

Session 1 – Sunday 17 th November 2019				
Warm Up 11.30pm– Start 12.15pm				
NO	M/F	AGE	EVENT	LEVEL
301	F	9yrs+	400m Freestyle	2/3
302	M	9yrs+	200m Breaststroke	2/3
303	F	9yrs+	200m Backstroke	2/3
304	M	9yrs+	100m Freestyle	2/3
305	F	9yrs+	100m Butterfly	2/3
306	M	9yrs+	50m Butterfly	2/3
307	F	9yrs+	50m Freestyle	2/3
308	M/F	11yrs+	1500m Freestyle	2/3

Session 2 – Sunday 17 th November 2019				
Warm Up TBC				
NO	M/F	AGE	EVENT	LEVEL
401	M	9yrs+	100m Backstroke	2/3
402	F	9yrs+	100m Breaststroke	2/3
403	M	9yrs+	50m Breaststroke	2/3
404	F	9yrs+	50m Backstroke	2/3
405	M/F	9yrs+	200m Butterfly	2/3
406	M	9yrs+	200m Freestyle	2/3
407	F	9yrs+	200m IM	2/3
408	M	9yrs+	200m IM	2/3





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 the support given 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, to include the following details;

-
- Name and Club
- ASA number & Qualification
- License Expiry Date

L2 Qualifying times

Any entries not meeting these Qualifying Times will be deemed as entry into Level 3 only.

	FEMALE							
Age	9	10	11	12	13	14	15	16+
50m Free	41.00	41.00	38.75	37.25	35.25	33.95	31.75	30.95
100m Free	1.22.00	1.22.00	1.19.00	1.17.95	1.15.25	1.10.00	1.08.55	1.07.00
200m Free	3.10.00	3.10.00	3.06.00	2.57.75	2.43.50	2.37.00	2.29.00	2.27.15
400m Free	6.25.00	6.25.00	6.18.00	6.08.25	5.44.25	5.26.10	5.17.15	5.12.00
800m Free			12.45.00	12.35.00	12.25.25	11.43.35	11.30.50	11.01.35
1500m Free			23.55.00	23.35.00	23.05.00	23.03.75	21.05.00	20.45.00
50m Breast	52.25	52.25	50.25	48.95	47.25	44.25	43.45	42.98
100m Breast	1.50.00	1.50.00	1.47.50	1.44.17	1.40.00	1.35.50	1.34.00	1.32.25
200m Breast	4.02.00	4.02.00	3.53.00	3.46.00	3.32.00	3.22.00	3.17.00	3.12.85
50m Fly	50.00	50.00	48.5	46.96	43.25	42.45	37.55	35.25
100m Fly	1.50.00	1.50.00	1.48.00	1.45.45	1.38.25	1.28.10	1.25.95	1.24.75
200m Fly	4.30.00	4.30.00	4.20.00	4.09.00	3.38.55	3.29.39	3.07.25	2.57.00
50m Back	46.00	46.00	44.00	42.00	39.55	38.50	37.98	36.95
100m Back	1.42.00	1.42.00	1.37.50	1.32.50	1.26.95	1.20.15	1.19.25	1.18.00
200m Back	3.46.00	3.46.00	3.40.00	3.34.55	3.07.15	2.54.95	2.51.00	2.46.13
100m IM	1.44.50	1.44.50	1.40.50	1.36.75	1.28.15	1.22.09	1.20.15	1.18.00
200m IM	3.45.00	3.45.00	3.39.00	3.29.95	3.07.75	2.57.25	2.50.00	2.48.35
400m IM			6.30.00	6.25.00	6.18.52	6.12.00	6.05.22	5.58.55

	MALE							
Age	9	10	11	12	13	14	15	16
50m Free	41.00	41.00	38.75	36.5	34.25	33.25	31.2	29.50
100m Free	1.22.00	1.22.00	1.19.00	1.17.25	1.14.50	1.10.25	1.06.75	1.02.05
200m Free	3.10.00	3.10.00	3.06.00	2.59.75	2.45.65	2.34.15	2.24.00	2.20.15
400m Free	6.25.00	6.25.00	6.18.00	6.03.25	5.40.25	5.25.00	4.58.36	4.52.25
800m Free			12.45.00	12.35.00	12.25.25	11.43.35	11.30.50	11.01.35
1500m Free			23.55.00	23.35.00	23.05.00	23.03.75	21.05.00	20.45.00
50m Breast	52.25	52.25	50.25	49.75	47.45	45.25	42.35	40.33
100m Breast	1.50.00	1.50.00	1.47.50	1.45.95	1.44.25	1.36.95	1.29.25	1.26.00
200m Breast	4.02.00	4.02.00	3.53.00	3.47.95	3.35.00	3.21.25	3.08.10	3.03.25
50m Fly	50.00	50.00	48.50	45.25	42.55	41.75	37.10	34.25
100m Fly	1.50.00	1.50.00	1.48.00	1.42.15	1.41.55	1.34.50	1.25.25	1.19.10
200m Fly	4.30.00	4.30.00	4.20.00	4.09.00	3.48.50	3.36.15	3.20.25	2.58.98
50m Back	46.00	46.00	44.00	43.35	42.75	40.95	36.75	35.45
100m Back	1.42.00	1.42.00	1.37.50	1.29.95	1.25.50	1.21.65	1.17.00	1.15.98
200m Back	3.46.00	3.46.00	3.40.00	3.20.25	3.08.25	2.59.25	2.40.75	2.35.75
100m IM	1.44.50	1.44.50	1.40.50	1.38.75	1.27.75	1.20.92	1.14.64	1.12.89
200m IM	3.45.00	3.45.00	3.39.00	3.30.25	3.07.95	2.59.15	2.47.35	2.37.25
400m IM			6.32.00	6.27.00	6.21.98	6.05.45	5.50.47	5.32.85



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WATER INSTINCT

Entry Form COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL
Individual Payment Details (see Summary Sheet for Grouped Payment and Coaches Pass Details)

Club					
Surname		First Name		Middle Initial	
Preferred Name (for Programme)					
Date of Birth				M/F	
Age as at 17th November 2019					
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					
1500m or 800m Freestyle					
50m Butterfly					
100m Butterfly					
200m Butterfly					
50m Breaststroke					
100m Breaststroke					
200m Breaststroke					
50m Backstroke					
100m Backstroke					
200m Backstroke					
200m Individual Medley					
400m Individual Medley					
Total No of Entries	Description		Cost per Event*		Total
	Individual Entries		£8.00		
Entries Close Monday 28th October 2019:					
			Total Payable		
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).....					



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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	3
	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.