



PLYMOUTH LEANDER

The Mayflower Cup Series

Spring Regional Qualifier Long Course Level 1 & 3 Open 2020



Saturday 14th—Sunday 15th March 2020

ASA License 1SW200025

In partnership with



The Plymouth Leander
Spring Regional Qualifier Level 1/3
Long Course Open
Plymouth Life Centre,
Saturday 14th March -Sunday 15th March 2020
www.plymouthleander.com

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 3-Lane 25m Swim Down Pool
- : Electronic Timing & 10-Lane Video Display Screen
- : Secondary strobe lighting to be available on starter blocks
- : On Site Cafeteria & Parking

This is a Dual Level 1 Licensed Meet for Entry into National & Regional Level Competitions and Level 3 for entry into Regional Level Championships

Age Groups :

- : **Level 1**;- 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 15th March 2020 with a minimum age for competing as 9yrs on 15th March 2020.

Awards :

- : Medals to 1st 3 in all Age Group Events (both for level 1 & also for 3)
- : Top Male Athlete & Top Female Athlete Awards (15 yrs & Over)
- : Top Male Athlete & Top Female Athlete Awards (14yrs & Under)
- : Top Visiting Club Award The PL Spring Transatlantic Cup.

Events :

- : 50m, 100m & 200m All Strokes
- : 400m, 800m & 1500m Freestyle
- : 200m & 400m IM
- : (9 & 10yrs cannot enter 400m IM, 800m or 1500m events)

Fees :

- : Race Entry Fee £8.00 for all Events (No entrance Fee charged)
- : Deck entries £10

Payments :

- : Programmes £3 per day
- : 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 24th February 2020

The Plymouth Leander
Spring Regional Qualifier Level 1/3
Long Course Open
Plymouth Life Centre,
Saturday 14th March - Sunday 15th March 2020
www.plymouthleander.com

Meet Conditions

1. The event will be held at Plymouth Life Centre (50m pool) on Saturday 14th and Sunday 15th March 2020.
2. The event will be held under SwimEngland Laws and Regulations and SwimEngland 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 entire Meet will be run under Level 1 conditions.
4. Competitor's age groups shall be defined as at 15th March 2020, competitors must be 9 years old on the day of the event (15th March 2020)
5. A competitor may enter all events (subject to Condition 6) in his/her age group;- 9/10 yrs, 11/12 yrs; 13/14 yrs; 15/16 yrs; 17 & Over.
6. 9 and 10 year old competitors may NOT swim 400m IM, 800m or 1500m events.
7. For entry to Level 1, times will only be accepted with actual times from British Rankings.
8. Times must be fastest Long Course time on British Rankings or Short Course converted to Long Course– which ever is the faster.
9. Disability swimmers may enter and will be placed in a Heat appropriate to their entry time within the conditions of the Level 1 Qualifying criteria, or Level 3 if they don't meet the Qualifying time -adhering to Conditions 5 and 6. There will be separate Para-qualifying times.
10. Heats will be seeded with the fastest entrants swimming last with both Level 1 and 3 swum together in the time appropriate heats. The heats of all events will be spearheaded. All events are HDW (Heat Declared Winner).
11. All events are Heat Declared winners, and results will be separated for Level 1 and Level 3.
12. 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
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. Long distance events will be limited to 3 heats of 800m and 2 heats of 1500m.
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 Deck Entries will be £9 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 equally proportionate from each age group (priority given to Level 1 entries) 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 slower time in order to gain entry to this meet. Falsely entered times will be rejected without a refund.

17. No refunds for entries will be given after the entries have been processed, 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.
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.
20. The promoters reserve the right to refuse admission to any competitor or spectator. 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 or refusal of entry.
21. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings.
22. 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.
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. 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.
27. 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.
28. The referees decision is final.

Programme of Events

Day 1

Session 1 – Saturday 14 th March 2020				
Warm Up 1pm– Racing Starts 1.50pm				
NO	M/F	AGE	EVENT	LEVEL
101	M	9yrs+	400m Freestyle	1/3
102	F	9yrs+	200m Breaststroke	1/3
103	M	9yrs+	200m Backstroke	1/3
104	F	9yrs+	100m Freestyle	1/3
105	M	9yrs+	100m Butterfly	1/3
106	F	9yrs+	50m Butterfly	1/3
107	M	9yrs+	50m Freestyle	1/3
108	M/F	11yrs+	800m Freestyle	1/3

Session 2 – Saturday 14 th March 2020				
Warm Up TBC				
NO	M/F	AGE	EVENT	LEVEL
201	F	9yrs+	100m Backstroke	1/3
202	M	9yrs+	100m Breaststroke	1/3
203	M/F	9yrs+	200m Butterfly	1/3
204	F	9yrs+	50m Breaststroke	1/3
205	M	9yrs+	50m Backstroke	1/3
206	F	9yrs+	200m IM	1/3
207	M	9yrs+	200m IM	1/3



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

Programme of Events

Day 2

Session 1 – Sunday 15 th March 2020				
Warm Up 1pm– Racing Starts 1.50pm				
NO	M/F	AGE	EVENT	LEVEL
301	F	9yrs+	400m Freestyle	1/3
302	M	9yrs+	200m Breaststroke	1/3
303	F	9yrs+	200m Backstroke	1/3
304	M	9yrs+	100m Freestyle	1/3
305	F	9yrs+	100m Butterfly	1/3
306	M	9yrs+	50m Butterfly	1/3
307	F	9yrs+	50m Freestyle	1/3
308	M/F	11yrs+	1500m Freestyle	1/3

Session 2 – Sunday 15 th March 2020				
Warm Up TBC				
NO	M/F	AGE	EVENT	LEVEL
401	M	9yrs+	100m Backstroke	1/3
402	F	9yrs+	100m Breaststroke	1/3
403	M/F	11yrs+	400m Ind Medley	1/3
404	M	9yrs+	50m Breaststroke	1/3
405	F	9yrs+	50m Backstroke	1/3
406	M	9yrs+	200m Freestyle	1/3
407	F	9yrs+	200m Freestyle	1/3



Qualifying Times for Level 1.

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

Female						Male				
9/10 yrs	11/12 yrs	13/14yrs	15/16yrs	17yrs+	Age	9/10 yrs	11/12 yrs	13/14yrs	15/16yrs	17yrs+
3789	32.10	30.50	29.30	28.80	50m Free	37.10	31.50	30.60	28.10	25.20
1.19.00	1.11.20	1.05.80	1.02.80	1.02.10	100m Free	1.18.30	1.10.50	1.05.80	01.00.00	00.55.30
2.59.75	2.33.30	2.24.20	2.13.60	2.11.10	200m Free	3.01.75	2.36.80	2.27.80	2.11.30	2.04.00
6.12.15	5.26.30	5.08.70	4.41.20	4.41.20	400m Free	6.07.15	5.23.80	5.14.30	4.33.20	4.15.20
	10.50.00	10.10.00	10.00.00	10.00.00	800m Free		11.50.00	11.00.00	9.40.00	9.30.00
	21.15.00	19.45.00	19.00.00	19.00.00	1500m Free		20.15.00	19.15.00	17.45.00	17.30.00
49.65	43.80	41.70	38.50	38.20	50m Breast	50.45	44.30	41.80	37.40	32.60
1.45.47	1.34.80	1.28.60	1.24.10	1.22.10	100m Breast	1.47.15	1.34.80	1.33.10	1.19.40	1.12.30
3.48.30	3.18.00	3.04.50	2.56.60	2.56.10	200m Breast	3.50.35	3.20.00	3.11.00	2.49.60	2.43.80
47.46	36.90	33.80	32.50	31.60	50m Fly	45.75	38.30	35.50	30.10	27.40
1.46.25	1.25.00	1.18.00	1.12.60	1.11.70	100m Fly	1.42.95	1.25.20	1.21.90	1.11.10	1.01.90
4.10.30	3.09.50	3.09.00	2.42.40	2.40.60	200m Fly	4.00.35	3.15.00	3.09.70	2.36.70	2.21.30
42.50	37.40	35.40	33.80	32.80	50m Back	43.85	37.10	36.00	33.10	30.50
1.33.40	1.22.70	1.18.00	1.12.00	1.09.50	100m Back	1.30.85	1.23.00	1.19.00	1.10.60	1.03.40
3.36.15	2.50.00	2.44.70	2.29.90	2.26.30	200m Back	3.21.95	2.52.70	2.44.40	2.30.50	2.16.10
3.31.85	2.53.80	2.46.10	2.36.10	2.32.30	200m IM	3.32.15	2.52.10	2.46.00	2.31.80	2.22.30
	6.10.00	5.47.60	5.25.10	5.18.60	400IM		6.15.00	5.55.80	5.15.60	5.10.40

All qualification times are Long Course or converted to Long Course.

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		ASA Number	
Surname	First Name	Middle Initial	
Preferred Name (for Programme)			
Date of Birth		M/F	
Age as at 15th March 2020 and must be 9 years old on 15th march 2020			
Telephone Number / Mobile Number (Parent* - contact for entry queries)			
e-Mail Address - (for confirmation of receipt of entry)			
	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	
Cheques Payable to PLSA. Entries Close 24th February 2020 :			
Electronic Payment: Account details: Sort Code: 56-00-63 Account No: 46355588.			
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)			

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		@	£8.00 each	=	
Total No. of 800/1500 m Entries		@	£8.00 each	=	
2 Day Coach Pass		@	£20.00 each	=	
1 Day Coach Pass;- Saturday/Sunday*		@	£12.00 each	=	
*Delete as Appropriate					
Closing Date: 24th February 2020		Total Cheque Enclosed £			

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

Or can be emailed to meets@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

Please **do not** use recorded delivery or special delivery. If you are concerned about your entry reaching the destination on time please e-mail or call the contact and obtain a certificate of posting

PLYMOUTH LEANDER EVENTS

March 14th - 15th 2020
Spring National Qualifier
Long Course Level 1 & 3



IN PROUD ASSOCIATION WITH



WATER INSTINCT



April 11th - 13th 2020
Easter National Qualifier
Long Course Level 1

June 27th - 28th 2020
Long Course Open
Level 1 & 3

November 21st - 22nd 2020
Winter National Qualifier
Short Course - Level 2 & 3

December 5th & 6th 2020
Christmas Cracker Short Course Open
Short Course Level 3

Plymouth Leander, Swim Office,
Plymouth College, Ford Park Road,
Plymouth PL4 6RN

Ph: 01752 505121

Email: meets@plymouthleander.com

Meet packs downloads on www.plymouthleander.com