



PLYMOUTH  
LEANDER  
SWIMMING



# Plymouth Leander Christmas Open

## Level 3 Short Course

Life Centre, Plymouth:  
Saturday 3rd, Sunday 4th & Sunday 11th December 2022

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

**ASA No: 3SW222145/222146**



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**Venue** : Plymouth Life Centre, Plymouth PL2 3DG

**Pool** :

- : 10-Lane 25m Racing Pool, 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
- : Integrated Strobe light on each Starting block.
- : On Site Cafeteria

**This is a Meet Licensed at Level 3 for entry into Regional and County Competitions\*  
& Championships in 2023**

**\*Subject to individual County Qualification windows.**

**Age Groups:** 9yrs, 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15 yrs, 16 yrs, 17 yrs +

: Ages as at 11<sup>th</sup> December 2022

**Awards** :

- : Top 3 Podium Finishes
- : Top Male & Female Athlete (11+)
- : Top 9/10 Male & Female Athlete

**Fees** :

- : Race Entry Fee £6.50 per Event (£7.50 for non- Hy-Tek)
- : Spectator entry fee Free
- : Live streaming of events – Fee tbc
- : Free car parking on site

**Entries To** : Andy Hutchinson  
meets@plymouthleander.com

**Entries Close** : Midnight on Friday 18<sup>th</sup> November 2022



## Meet Conditions

1. The event will be held at the Plymouth Life Centre on 3<sup>rd</sup>, 4<sup>th</sup> and 11<sup>th</sup> of December 2022.
2. The event will be held under SwimEngland Laws and Regulations and SwimEngland Technical Rules of Racing.
3. All British swimmers must be registered. All swimmers must be members of a club affiliated to the Swim England, Swim Wales or Scottish Swimming and registered as Club Compete, or the relevant national governing body if this is not one of the above.
4. Competitors' ages shall be as at 11<sup>th</sup> **December 2022**
5. A competitor may enter all events in his/her age group, except 9 yr & 10 yr olds who cannot swim 400m Individual Medley, 800m or 1500m event.
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 and entered onto the Hy-Tek file,**
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 £7.50 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.
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. Swimmer sign in will be required for **all 400m, 800m & 1500m** events. This must be completed before commencement of each session warmup in which the event is swam. Failure to sign in before warmup has commenced will result in the swimmer being removed from the event.

### **Meet Conditions (cont...)**

17. 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).
18. 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
19. 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.
20. Swimmers and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and/or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.
21. Competitors are reminded that sensible footwear should be worn when off the pool deck at all times.
22. Changing on poolside is forbidden and the Changing Village must be used. Team Managers and Coaches are expected to enforce this rule. Any swimmer found changing poolside may be disqualified from further events.
23. No LARGE BAGS ARE PERMITTED POOLSIDE. Lockers must be used for all swim bags – only small food bags will be permitted on poolside – together with swimmers' poolside footwear, club shirt, towel and water bottles.
24. 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.
25. 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.
26. The promoters do not accept responsibility for any property. Lockers are available in the Swimming Village or main corridor.
27. **Data Protection Statement** - Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 2018 and in line with GDPR 2018, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal Data will be available for inspection during the Meet on application to the Promoters.
28. **Safeguarding:** Please refer to your Club Welfare officer for further guidance on photography or live streaming detailed within the SwimEngland wavepower 2020-2023 guidelines. To support all visiting, local and club swimmers as well as Child Safeguarding 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.
29. **Safeguarding:** Plymouth Leander follow SwimEngland Wavepower 2020-2023 guidelines. The event may be streamed live.
30. **Photography & Video Recording:-** In line with Swim England & Wavepower guidance, anyone wishing to take images (photo or video) are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. The full Swim England guidance on Photography can be found in Wavepower, the Swim England Child safeguarding policy and procedures, available at <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>

### **Meet Conditions (Cont...)**



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31. 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.
32. 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.
33. The swim down pool will be operated at a depth of 1.5 meters to ensure the safety of swimmers during cool down.
34. 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.
35. If participating Competitors or other Club members on poolside suffer injury or damage as a result of any failure by any person to follow the regulations set out, then neither the Promoter nor Everyone Active will accept any liability in respect of any such injury or damage.
36. All participating competitors are deemed to be aware of these conditions and it is each participating Clubs responsibility to make their members aware of these conditions.
37. Diving is strictly prohibited in the swim down pool.
38. The referee's decision is final.

Closing date for entries midnight on Friday 18<sup>th</sup> November 2022



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## Age Groups & Events

**Male & Female: 9yrs, 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15 yrs, 16 yrs & 17yrs+**

9 & 10 yrs may enter all events other than 400m Individual Medley, 800m and 1500m events.

## Programme Of Events

Saturday 3 <sup>rd</sup> December				Saturday 3 <sup>rd</sup> December			
Session 1				Session 2			
Warm Up TBC– Start TBC				Warm Up – TBC			
No	M/F	Event		No	M/F	Event	
101	F	200m Backstroke	HDW	201	F	50m Butterfly	HDW
102	M	100m Freestyle	HDW	202	M	50m Backstroke	HDW
103	F	100m Individual Medley	HDW	203	F	100m Breaststroke	HDW
104	M	100m Individual Medley	HDW	204	M	100m Butterfly	HDW
105	Mix	400m Freestyle	HDW	205	Mix	800m Freestyle	HDW

Sunday 4 <sup>th</sup> December				Sunday 4 <sup>th</sup> December			
Session 1				Session 2			
Warm Up TBC– Start TBC				Warm Up – TBC			
No	M/F	Event		No	M/F	Event	
301	M	200m Freestyle	HDW	401	M	50m Butterfly	HDW
302	F	200m Freestyle	HDW	402	F	50m Backstroke	HDW
303	M	100m Breaststroke	HDW	403	M	200m Backstroke	HDW
304	F	50m Breaststroke	HDW	404	F	100m Freestyle	HDW
305	Mix	200m Butterfly	HDW	405	Mix	400m IM	HDW

Sunday 11 <sup>th</sup> December				Sunday 11 <sup>th</sup> December			
Session 1				Session 2			
Warm Up TBC– Start TBC				Warm Up – TBC			
No	M/F	Event		No	M/F	Event	
501	F	200m IM	HDW	601	F	200m Breaststroke	HDW
502	M	200m IM	HDW	602	M	200m Breaststroke	HDW
503	F	100m Butterfly	HDW	603	F	50m Freestyle	HDW
504	M	50m Breaststroke	HDW	604	M	50m Freestyle	HDW
505	F	100m Backstroke	HDW	605	Mix	1500m Freestyle	HDW
506	M	100m Backstroke	HDW				





**No Faster than Times**

BOYS							
Events	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15+ Yrs
50m Free	00:37.1	00:33.7	00:31.2	00:29.2	00:27.5	00:26.1	00:24.8
100m Free	01:19.2	01:15.2	01:09.3	01:04.8	00:59.9	00:57.2	00:50.5
200m Free	03:10.1	02:43.3	02:28.5	02:19.6	02:10.9	02:05.7	01:49.9
400m Free	07:55.2	05:53.4	05:14.8	04:55.0	04:39.2	04:27.3	03:57.6
800m Free			10:48.1	10:05.0	09:48.3	09:15.4	08:28.1
1500m Free			20:56.5	19:41.3	18:48.1	18:05.1	16:45.0
50m Back	00:43.8	00:39.2	00:36.1	00:33.8	00:31.5	00:30.1	00:25.8
100m Back	01:38.0	01:24.8	01:18.2	01:12.5	01:08.3	01:04.3	00:55.4
200m Back	03:38.8	02:59.2	02:46.8	02:36.4	02:26.5	02:19.6	02:01.8
50m Breast	00:50.8	00:45.3	00:41.1	00:38.2	00:35.4	00:33.7	00:28.7
100m Breast	01:52.9	01:39.0	01:30.1	01:24.1	01:18.1	01:13.6	01:02.4
200m Breast	04:08.5	03:27.9	03:14.0	03:01.2	02:49.3	02:41.4	02:17.6
50m Butterfly	00:44.6	00:38.0	00:34.6	00:32.7	00:30.1	00:28.7	00:25.2
100m Butterfly	01:52.9	01:44.0	01:19.2	01:13.3	01:07.8	01:03.9	00:55.4
200m Butterfly	03:57.6	03:40.8	03:02.2	02:48.3	02:34.4	02:23.6	02:02.8
100m Ind.	01:37.0	01:26.6	01:19.7	01:15.2	01:09.9	01:06.3	00:57.4
200m Ind.	03:47.7	03:04.7	02:49.3	02:38.4	02:28.5	02:20.6	02:03.8
400m Ind.			05:26.7	05:06.9	04:47.1	04:32.2	04:17.4

GIRLS							
Events	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15+ Yrs
50m Free	00:37.1	00:33.7	00:31.1	00:29.7	00:28.6	00:27.9	00:26.0
100m Free	01:25.1	01:17.2	01:09.3	01:05.3	01:01.9	01:00.4	00:55.4
200m Free	03:10.1	02:43.3	02:28.5	02:20.6	02:14.6	02:10.4	02:01.8
400m Free	07:55.2	05:53.4	05:14.8	04:57.0	04:43.1	04:34.4	04:15.4
800m Free			10:48.1	10:09.2	09:51.3	09:35.0	08:55.0
1500m Free			20:56.5	20:05.0	18:55.0	18:35.0	17:25.0
50m Back	00:43.6	00:38.6	00:36.1	00:34.0	00:32.2	00:31.2	00:28.7
100m Back	01:38.0	01:24.8	01:18.2	01:12.8	01:09.3	01:06.9	01:01.4
200m Back	03:38.8	02:59.2	02:46.3	02:38.4	02:29.5	02:23.6	02:13.7
50m Breast	00:50.8	00:45.3	00:41.1	00:38.6	00:36.2	00:35.4	00:32.5
100m Breast	01:52.9	01:39.0	01:30.1	01:24.1	01:19.2	01:16.2	01:10.3
200m Breast	04:08.5	03:27.9	03:13.0	03:01.2	02:50.3	02:44.3	02:32.5
50m Butterfly	00:44.6	00:38.0	00:34.6	00:33.2	00:31.0	00:30.1	00:27.7
100m Butterfly	01:52.9	01:44.0	01:19.2	01:14.2	01:09.7	01:07.1	01:01.1
200m Butterfly	03:57.6	03:42.7	03:02.2	02:53.2	02:36.9	02:29.5	02:15.6
100m Ind.	01:37.0	01:26.6	01:19.2	01:15.6	01:11.7	01:09.5	01:04.3
200m Ind.	03:47.7	03:04.7	02:48.3	02:39.4	02:33.5	02:26.5	02:15.6
400m Ind.			05:30.0	05:10.0	05:00.0	04:55.0	04:50.0



<b>Club</b>					
<b>Surname</b>		<b>First Name</b>		<b>Middle Initial</b>	
<b>Preferred Name (for Programme)</b>					
<b>Date of Birth</b>		<b>Age as at 11<sup>th</sup> December 2022</b>		<b>M/F</b>	
<b>Address and Postcode</b>					
<b>Telephone Number / Mobile Number (Parent* - contact for entry queries)</b>					
<b>e-Mail Address (for confirmation of receipt of entry)</b>					
<b>SE Number</b>		<b>Para Swimmer</b> Please Tick		<b>S Class</b>	
<b>EVENT</b>		<b>SELECT</b>	<b>ENTRY TIME</b>		
50m Freestyle					
100m Freestyle					
200m Freestyle					
400m Freestyle					
800m Freestyle					
1500m 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					
<b>Total No of Entries</b>	<b>Description</b>	<b>Cost per Event*</b>		<b>Total</b>	
	Individual Entries	£7.50			
<p>Cheques Payable to PLSA. <b>Entries Close 18th November 2022:</b></p> <p>Electronic Payment: Account details:</p> <p>Sort Code: 56-00-63 Account No: 46355588 <b>Amount Due £</b></p>					
<b>Please Tick:</b>	<b>Cheque</b>		<b>BACS</b>		
<p>I DECLARE THAT THE ABOVE DETAILS ARE CORRECT &amp; THAT I AM ELIGIBLE TO COMPETE IN ACCORDANCE WITH ASA LAW &amp; THAT I UNDERSTAND &amp; ACCEPT THE MEET CONDITIONS</p> <p>Signature of Competitor .....</p> <p>Signature of Parent*(if under 18).....</p>					





## **Officials Requirement**

### **Officials Requirement**

To ensure we comply with Licensing requirements and deliver a successful gala, we require SwimEngland 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 use the following link on Swim Meet to register your availability:-

<https://swim-meet.com/Availability/?m=1146>

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.



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## 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.com](http://www.plymouthleander.com). We would appreciate this method of entry and this is **mandatory** for 5 or more entries from the same Club. Please note that we are using Meet Manager 8.0.

**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		@	£6.50 each (£7.50 for paper entries)	=	
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 18th Nov 2022					

**Entries To:** *Andy Hutchinson*

emailed to [meets@plymouthleander.com](mailto:meets@plymouthleander.com)



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