



PLYMOUTH LEANDER

Early Spring

National Qualifier 2023

Long Course

Level 1



Friday 10th—Sunday 12th March 2023

SwimEngland License 1SW230453

In partnership with



The Plymouth Leander
Spring National & Regional Qualifier
Level 1

Long Course Open

Plymouth Life Centre,

Friday 10th March - Sunday 12th March 2023

**Held under Swim England Laws and Regulations and
Swim England Technical Rules of Racing**

- Venue** : Plymouth Life Centre, Plymouth, PL2 3DG
- Pool** :
- : 10-Lane 50m Racing Pool
 - : Backstroke Start Wedges available.
 - : 2 Metres throughout and 140mm FINA regulation lane lines
 - : Colorado Gen7 Electronic Timing
 - : Secondary strobes on all blocks (relay Judging)
 - : Constantly Available 2-Lane 25m Swim Down Pool
 - : Races will be livestreamed
 - : On Site Cafeteria & Parking

**This is a Level 1 Licensed Meet for Entry into
National Competitions & Regional Championships**

- Age Groups** : 9/10yrs, 11/ 12yrs, 13/14yrs, 15/16yrs, 17yrs & Over,
: **Open & Junior** Finals in 50m, 100m & 200m Events
: Ages as at 31st December 2023
- Awards** : Medals to 1st 3 in all Age Group Events
: Cash prizes for Top Overall swimmers in all events
- Events** : Swimmers may enter all events except;-
9yrs and 10yrs cannot enter 400m IM, 800m or 1500m events
- Fees** : Race Entry Fee £8.50 for all Events - (800m+ £11)
: Deck entries will incur a £1.50 supplement per event.
- Entries To** : Andy Hutchinson;- Meets@plymouthleander.com
- Closing Date** : Midnight on Friday 17th February 2023

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Meet Conditions

1. The event will be held at Plymouth Life Centre (50m pool) on Friday 10th, Saturday 11th & Sunday 12th March 2023
2. The event will be held under SwimEngland Laws and Regulations and SwimEngland Technical Rules of Racing. All British swimmers must be registered as 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.
3. The Meet will be run under Level 1 conditions.
4. Competitor's age groups shall be defined as at 31st December 2023, competitors must be at least 9 years old by the last day of the event (12th March 2023).
5. A competitor may enter all events (subject to Condition 6) in his/her age group;- see separate Age Group Qualifying Times attached.
6. 9 & 10 year old competitors may NOT swim 400m IM, 800m or 1500m events.
7. If the meet is oversubscribed the following criteria will be applied;-
 - I. 1500m will be limited to 4 Heats, 800m will be limited to 6 Heats.
 - II. 400m events may be limited to 5 Heats.
 - III. Accepted Entries will be chosen on a basis fastest swimmers first and a swimmers who are scratched will be offered races back from a reserve list.
8. For entry to this Meet, times will only be accepted with actual times from British Rankings or a recognised international Rankings. This should be from Level 1 –4 events.
9. Times must be fastest Long Course time or Short Course converted to Long Course– whichever is the faster.
10. 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, adhering to Conditions 5 and 6. See link to Para-qualifying times <https://www.swimwest.org.uk/file/summer-2022-para-qts.pdf>
11. All awards will be HDW results. Awards will be given in Age Group bands;- 9/10 years, 11/ 12 years, 13/14 years, 15/ 16 years/ 17+years.
12. Heats will be seeded slow to fast with all heats spearheaded.
13. Heats will be seeded slow to fast, however fastest heats for 50s, 100s and 200s will be swum first. The heats of all events will be spearheaded.
14. 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.

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16. 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.
17. 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 £10 per event.
18. 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 SwimEngland 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.
19. If the meet is oversubscribed the following criteria will be applied;-
 - I. 1500m will be limited to 4 Heats, 800m will be limited to 6 Heats.
 - II. 400m events May be limited to 5 Heats each.
 - III. Accepted Entries will be chosen on a basis fastest swimmers first and scratches / reserves will be proportionately cut across the entry Age Bands depending on numbers per age.
 - IV. Mixed gender events to be evenly Scratched by gender and then by Entry Age group.
20. 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.
21. 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.
22. 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

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months of the completion of the Meet results.

23. 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.
23. 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.
24. **Safeguarding:** Plymouth Leander follow SwimEngland Wavepower 2020-2023 guidelines. The event will be streamed live.
25. 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.
26. 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.
27. 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.
28. 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.
29. 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.
30. 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.
31. 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.
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, diving is strictly prohibited in the swim down pool.
34. The referee's decision is final.

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Programme of Events

Friday

Warm ups to start at 7pm

Event

101	1500m Freestyle
102	800m Freestyle

Saturday

Warm ups to start at 8.15am

Event	Format	M/F
201 200m Breaststroke	Heat	Girls
202 200m Backstroke	Heat	Boys
203 50m Butterfly	Heat	Girls
204 50m Freestyle	Heat	Boys
205 400m Freestyle	HDW	Girls
201F 200m Breaststroke - Finals	Final	Girls
202F 200m Backstroke - Finals	Final	Boys
203F 50m Butterfly - Finals	Final	Girls
204F 50m Freestyle - Finals	Final	Boys

Sunday

Warm ups to start at 8.15am

Day 3 Event	Format	M/F
501 200m Breaststroke	Heat	Boys
502 200m Backstroke	Heat	Girls
503 50m Butterfly	Heat	Boys
504 50m Freestyle	Heat	Girls
505 400m Freestyle	HDW	Boys
501F 200m Breaststroke - Finals	Final	Boys
502F 200m Backstroke - Finals	Final	Girls
503F 50m Butterfly - Finals	Final	Boys
504F 50m Freestyle - Finals	Final	Girls

Lunch

Event	Format	M/F
301 200m Freestyle	Heat	Boys
302 200m Medley	Heat	Girls
303 100m Breaststroke	Heat	Boys
304 100m Backstroke	Heat	Girls
305 400m Medley	HDW	Boys
301F 200m Freestyle - Finals	Final	Boys
302F 200m Medley - Finals	Final	Girls
303F 100m Breaststroke - Finals	Final	Boys
304F 100m Backstroke - Finals	Final	Girls

Lunch

Event	Format	M/F
601 200m Freestyle	Heat	Girls
602 200m Medley	Heat	Boys
603 100m Breaststroke	Heat	Girls
604 100m Backstroke	Heat	Boys
605 400m Medley	HDW	Girls
601F 200m Freestyle - Finals	Final	Girls
602F 200m Medley - Finals	Final	Boys
603F 100m Breaststroke - Finals	Final	Girls
604F 100m Backstroke - Finals	Final	Boys

Afternoon Break

Day 2 Event	Format	M/F
401 200m Butterfly	Heat	Girls
402 50m Backstroke	Heat	Boys
403 50m Breaststroke	Heat	Girls
404 100m Butterfly	Heat	Boys
405 100m Freestyle	Heat	Girls
401F 200m Butterfly - Finals	Final	Girls
402F 50m Backstroke - Finals	Final	Boys
403F 50m Breaststroke - Finals	Final	Girls
404F 100m Butterfly - Finals	Final	Boys
405F 100m Freestyle - Finals	Final	Girls

Afternoon Break

Event	Format	M/F
701 200m Butterfly	Heat	Boys
702 50m Backstroke	Heat	Girls
703 50m Breaststroke	Heat	Boys
704 100m Butterfly	Heat	Girls
705 100m Freestyle	Heat	Boys
701F 200m Butterfly - Finals	Final	Boys
702F 50m Backstroke - Finals	Final	Girls
703F 50m Breaststroke - Finals	Final	Boys
704F 100m Butterfly - Finals	Final	Girls
705F 100m Freestyle - Finals	Final	Boys

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Qualifying Times

	FEMALE								
Age	9	10	11	12	13	14	15	16	17+
50m Free	42.8	39.8	37.3	35.4	34.0	32.9	32.2	31.9	31.9
100m Free	01:38.3	01:26.2	01:19.3	01:15.2	01:12.7	01:10.7	01:09.6	01:08.8	01:08.1
200m Free	03:29.1	03:04.4	02:51.3	02:42.5	02:36.2	02:32.1	02:29.1	02:27.5	02:25.8
400m Free	07:20.7	06:27.4	05:56.4	05:38.8	05:26.3	5:18.0	05:12.8	05:09.2	05:06.3
800m Free			12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1
1500m Free			23:38.6	22:25.8	21:30.4	21:00.8	20:43.1	20:22.9	20:22.9
50m Breast	57.00	51.2	47.8	45.0	43.1	41.5	40.6	40.1	40.1
100m Breast	02:08.7	01:50.3	01:41.6	01:35.2	01:30.8	01:28.5	01:27.5	01:26.1	01:25.2
200m Breast	04:27.3	03:55.5	03:36.6	03:24.9	03:15.5	03:09.5	03:06.7	03:05.8	03:04.0
50m Fly	48.2	44.0	40.7	38.6	36.7	35.70	34.8	34.2	34.2
100m Fly	01:47.7	01:37.1	01:27.9	01:22.6	01:19.1	01:17.2	01:15.5	01:14.8	01:14.0
200m Fly	03:56.6	03:34.6	03:12.6	03:01.7	02:53.5	02:48.0	02:45.7	02:43.3	02:41.3
50m Back	50.2	46.0	43.1	40.9	39.4	38.0	37.0	36.6	36.6
100m Back	01:52.0	01:37.5	01:29.9	01:24.5	01:21.7	01:19.6	01:17.9	01:17.1	01:16.3
200m Back	03:52.7	03:26.3	03:11.0	03:00.6	02:54.3	02:49.8	02:45.8	02:43.9	02:42.8
200m IM	03:55.2	03:29.6	03:14.3	03:03.3	02:56.8	02:52.3	02:48.9	02:46.9	02:45.5
400m IM			06:47.3	06:24.9	06:10.6	06:02.0	05:55.2	05:50.8	05:48.7

	MALE								
Age	9	10	11	12	13	14	15	16	17+
50m Free	42.6	39.0	37.0	34.9	33.0	31.3	29.7	28.7	28.4
100m Free	01:38.2	01:24.8	01:18.8	01:13.7	01:09.8	01:06.9	01:04.4	01:02.6	01:01.5
200m Free	03:23.4	03:03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:20.7	02:16.3	02:13.7
400m Free	07:22.5	06:26.4	05:56.0	05:38.1	05:21.8	5:07.0	04:57.6	04:49.1	04:44.6
800m Free			12:44.6	11:47.1	11:12.8	10:42.5	10:21.8	10:05.0	09:55.5
1500m Free			24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0
50m Breast	56.8	51.6	48.2	44.6	41.8	39.7	37.8	36.8	35.8
100m Breast	02:07.7	01:50.7	01:41.5	01:34.7	01:28.8	01:24.6	01:21.4	01:18.9	01:17.0
200m Breast	04:20.5	03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:55.4	02:51.6	02:47.0
50m Fly	48.8	43.5	40.8	38.1	35.9	34.00	32.2	31.4	30.6
100m Fly	01:49.4	01:35.8	01:27.7	01:21.5	01:16.8	01:12.8	01:09.8	01:07.8	01:06.5
200m Fly	04:02.7	03:32.3	03:12.5	02:59.9	02:49.9	02:40.9	02:34.4	02:30.4	02:27.6
50m Back	50.3	46.0	43.2	40.5	38.2	36.1	34.5	33.5	32.7
100m Back	01:49.8	01:36.9	01:29.8	01:24.1	01:19.2	01:15.0	01:12.2	01:10.3	01:09.3
200m Back	03:46.7	03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:36.0	02:31.4	02:28.6
200m IM	03:52.0	03:29.6	03:14.2	03:02.8	02:52.7	02:44.8	02:38.4	02:33.9	02:31.0
400m IM			06:50.8	06:26.7	06:06.4	05:49.3	05:36.2	05:27.6	05:22.6



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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=731>

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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Club					
Surname		First Name		Middle Initial	
Preferred Name (for Programme)					
Date of Birth		Age as at 31st December 2023		M/F	
Address and Postcode					
Telephone Number / Mobile Number (Parent* - contact for entry queries)					
e-Mail Address (for confirmation of receipt of entry)					
SE Number		Para Swimmer Please Tick		S Class	
EVENT		SELECT	ENTRY TIME		
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					
200m Individual Medley					
400m Individual Medley					

Total No of Entries	Description	Cost per Event*	Total
	Individual Entries	£8.50	
	Long Distance Events	£11	
Cheques Payable to PLSA. Entries Close 17th February 2023: 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)			

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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 request to Andy meets@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		@	£8.50 each	=	
		@	£11 for long distance	=	
2 Day/ Weekend Coach Pass		@	£20.00 each	=	
1 Day Coach Pass;- Saturday/Sunday*		@	£12.00 each	=	
*Delete as Appropriate	Total £				
Closing Date: Midnight Friday 17th February 2023					

Entries 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