



PLYMOUTH LEANDER
National Qualifier 2023
Long Course
Level 1



Friday 19th—Sunday 21st May 2023
License 1SW230898

In partnership with



**The Plymouth Leander
National Qualifier
Level 1
Long Course Open
Plymouth Life Centre,
Friday 19th May - Sunday 21st May 2023
www.plymouthleander.com**

**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 6-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**

- Age Groups** : 9/10yrs, 11/ 12yrs, 13/14yrs, 15/16yrs, 17yrs & Over,
: **A & B** Finals in 50m, 100m & 200m Events
: Ages as at 31st December 2023
- Awards** : Medals to 1st 3 in all Age Group Events
- Events** : Swimmers may enter all events except;-
9yrs and 10yrs cannot enter 200m Fly, 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 Tuesday 9th May 2023

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Meet Conditions

1. The event will be held at Plymouth Life Centre (50m pool) on Friday 19th, Saturday 20th & Sunday 21st May 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 (21st May 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 200m Fly, 400m IM, 800m or 1500m events.
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 heat for 50s, 100s and 200s will be swum first.
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.
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 may not be re-seeded. The Deck entries must meet the con-

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ditions 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.
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 offered back where spaces become available to the fastest swimmers.
 - IV. Mixed gender events to be evenly Scratched by gender and then by slowest entry.
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 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.

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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

Session 1

Friday		Distance	Event	Sex
1	HDW	400m	Freestyle	Boys
2	HDW	400m	Individual Medley	Girls
3	Heat	100m	Freestyle	Boys
4	Heat	100m	Freestyle	Girls

Saturday Warm ups to start at 8.15am

Session 2

Saturday		Distance	Event	Sex
5	HDW	200m	Butterfly	Girls
6	Heat	200m	Individual Medley	Boys
7	Heat	200m	Backstroke	Girls
8	Heat	50m	Butterfly	Boys
9	Heat	50m	Butterfly	Girls
10	Heat	100m	Breaststroke	Boys
11	Heat	100m	Breaststroke	Girls

Session 3

Saturday		Distance	Event	Sex
3F	Final	100m	Freestyle	Boys
4F	Final	100m	Freestyle	Girls
12	HDW	800m	Freestyle	Mix
6F	Final	200m	Individual Medley	Boys
7F	Final	200m	Backstroke	Girls
8F	Final	50m	Butterfly	Boys
9F	Final	50m	Butterfly	Girls
10F	Final	100m	Breaststroke	Boys
11F	Final	100m	Breaststroke	Girls

Session 4

Saturday		Distance	Event	Sex
13	Heat	200m	Freestyle	Boys
14	Heat	200m	Individual Medley	Girls
15	Heat	50m	Breaststroke	Boys
16	Heat	50m	Breaststroke	Girls
17	Heat	100m	Backstroke	Boys

Session 5

Saturday		Distance	Event	Sex
18	HDW	400m	Freestyle	Girls
15F	Final	50m	Breaststroke	Boys
16F	Final	50m	Breaststroke	Girls
17F	Final	100m	Backstroke	Boys
14F	Final	200m	Individual Medley	Girls
13F	Final	200m	Freestyle	Boys

Sunday Warm ups to start at 8.15am

Session 6

Sunday		Distance	Event	Sex
19	HDW	200m	Butterfly	Boys
20	Heat	200m	Breaststroke	Girls
21	Heat	200m	Breaststroke	Boys
22	Heat	50m	Backstroke	Girls
23	Heat	50m	Backstroke	Boys
24	Heat	100m	Butterfly	Girls
25	Heat	100m	Butterfly	Boys

Session 7

Sunday		Distance	Event	Sex
26	HDW	1500m	Freestyle	Mix
20F	Final	200m	Breaststroke	Girls
21F	Final	200m	Breaststroke	Boys
22F	Final	50m	Backstroke	Girls
23F	Final	50m	Backstroke	Boys
24F	Final	100m	Butterfly	Girls
25F	Final	100m	Butterfly	Boys

Session 8

Sunday		Distance	Event	Sex
27	Heat	200m	Freestyle	Girls
28	Heat	200m	Backstroke	Boys
29	Heat	50m	Freestyle	Girls
30	Heat	50m	Freestyle	Boys
31	Heat	100m	Backstroke	Girls

Session 9

Sunday		Distance	Event	Sex
32	HDW	400m	Individual Medley	Boys
29F	Final	50m	Freestyle	Girls
30F	Final	50m	Freestyle	Boys
31F	Final	100m	Backstroke	Girls
27F	Final	200m	Freestyle	Girls
28F	Final	200m	Backstroke	Boys

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Qualifying Times

50m Free	Open	Open	Open	Open	Open	Open	Open	Open	Open
100m Free	01:15.2	01:15.2	01:15.2	01:15.2	01:12.7	01:10.7	01:09.6	01:08.8	01:08.1
200m Free	02:42.5	02:42.5	02:42.5	02:42.5	02:36.2	02:32.1	02:29.1	02:27.5	02:25.8
400m Free	05:38.8	05:38.8	05:38.8	05:38.8	05:26.3	5:18.0	05:12.8	05:09.2	05:06.3
800m Free			11:39.0	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1
1500m Free			22:25.8	22:25.8	21:30.4	21:00.8	20:43.1	20:22.9	20:22.9
50m Breast	Open	Open	Open	Open	Open	Open	Open	Open	Open
100m Breast	01:35.2	01:35.2	01:35.2	01:35.2	01:30.8	01:28.5	01:27.5	01:26.1	01:25.2
200m Breast	03:24.9	03:24.9	03:24.9	03:24.9	03:15.5	03:09.5	03:06.7	03:05.8	03:04.0
50m Fly	Open	Open	Open	Open	Open	Open	Open	Open	Open
100m Fly	01:22.6	01:22.6	01:22.6	01:22.6	01:19.1	01:17.2	01:15.5	01:14.8	01:14.0
200m Fly			03:01.7	03:01.7	02:53.5	02:48.0	02:45.7	02:43.3	02:41.3
50m Back	Open	Open	Open	Open	Open	Open	Open	Open	Open
100m Back	01:24.5	01:24.5	01:24.5	01:24.5	01:21.7	01:19.6	01:17.9	01:17.1	01:16.3
200m Back	03:00.6	03:00.6	03:00.6	03:00.6	02:54.3	02:49.8	02:45.8	02:43.9	02:42.8
200m IM	03:03.3	03:03.3	03:03.3	03:03.3	02:56.8	02:52.3	02:48.9	02:46.9	02:45.5
400m IM			06:24.9	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	Open	Open	Open	Open	Open	Open	Open	Open	Open
100m Free	01:13.7	01:13.7	01:13.7	01:13.7	01:09.8	01:06.9	01:04.4	01:02.6	01:01.5
200m Free	02:40.8	02:40.8	02:40.8	02:40.8	02:32.6	02:25.6	02:20.7	02:16.3	02:13.7
400m Free	05:38.1	05:38.1	05:38.1	05:38.1	05:21.8	5:07.0	04:57.6	04:49.1	04:44.6
800m Free			11:47.1	11:47.1	11:12.8	10:42.5	10:21.8	10:05.0	09:55.5
1500m Free			22:20.5	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0
50m Breast	Open	Open	Open	Open	Open	Open	Open	Open	Open
100m Breast	01:34.7	01:34.7	01:34.7	01:34.7	01:28.8	01:24.6	01:21.4	01:18.9	01:17.0
200m Breast	03:25.2	03:25.2	03:25.2	03:25.2	03:12.5	03:02.5	02:55.4	02:51.6	02:47.0
50m Fly	Open	Open	Open	Open	Open	Open	Open	Open	Open
100m Fly	01:21.5	01:21.5	01:21.5	01:21.5	01:16.8	01:12.8	01:09.8	01:07.8	01:06.5
200m Fly			02:59.9	02:59.9	02:49.9	02:40.9	02:34.4	02:30.4	02:27.6
50m Back	Open	Open	Open	Open	Open	Open	Open	Open	Open
100m Back	01:24.1	01:24.1	01:24.1	01:24.1	01:19.2	01:15.0	01:12.2	01:10.3	01:09.3
200m Back	03:00.7	03:00.7	03:00.7	03:00.7	02:50.3	02:42.3	02:36.0	02:31.4	02:28.6
200m IM	03:02.8	03:02.8	03:02.8	03:02.8	02:52.7	02:44.8	02:38.4	02:33.9	02:31.0
400m IM			06:26.7	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=1452>

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.

Officials@plymouthleander.com



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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 9th May 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 SWIMENGLAND 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 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 Tuesday 9th May 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

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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
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	Long Distance Events	£11	
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Electronic Payment: Account details:			
Sort Code: 56-00-63		Account No: 46355588	Amount Due £
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Signature of Parent*(if under 18).....			



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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	=	
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(Team Manager) Date

