



**PLYMOUTH  
LEANDER  
SWIMMING**

# **PLYMOUTH LEANDER**

**Summer Long Course**

**Level 3 Open 2023**



**Saturday 8th – Sunday 9th July 2023**

**Licence 3SW23231265**

*In partnership with*



**PLYMOUTH  
COLLEGE**



**Plymouth Life Centre,  
Saturday 8<sup>th</sup> July -Sunday 9<sup>th</sup> July 2023  
[www.plymouthleander.com](http://www.plymouthleander.com)**

**Held under SwimEngland Laws and Regulations & Technical Rules of Racing**

**Venue** : Plymouth Life Centre, Plymouth, PL2 3DG  
**Pool** : 10-Lane 25m 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  
: Secondary Strobe on all start blocks  
: On Site Cafeteria & Parking

**This is a Level 3 event for entry into the Winter Regional Championships 2023**

**Age Groups** : 9, 10, 11, 12, 13, 14, 15, 16, 17 yrs & Over.  
: All Events HDW– No finals.  
: Ages as at 9<sup>th</sup> July 2023 with a minimum age for competing as 9yrs

**Awards** : Medals for Top 3 in each Age Group.  
: Top Male Athlete & Top Female Athlete (11+) Awards  
: Top 9/10 Male Athlete & Top 9/10 Female Athlete Award

**Events** : 50m, 100m & 200m All Strokes  
: 400m Freestyle  
: 100m, 200m & 400m IM  
: (9 & 10yrs cannot enter 400m IM, 200m Fly)

**Fees** : Race Entry Fee £7.50 for all Events  
-Deck entries £10

**Payments** : Cheques made payable to PLSA, Electronic Payment:  
Account details: Sort Code: 56-00-63 Account No: 46355588

**Entries To** : [meets@plymouthleander.com](mailto:meets@plymouthleander.com)

**Hy-tek File** : Available on request from [meets@plymouthleander.com](mailto:meets@plymouthleander.com)

**Closing Date** : Midnight on Wednesday 28<sup>th</sup> June 2023

**Plymouth Life Centre,  
Saturday 8<sup>th</sup> July -Sunday 9<sup>th</sup> July 2023  
[www.plymouthleander.com](http://www.plymouthleander.com)**

### **Meet Conditions**

1. The event will be held at the Plymouth Life Centre on 8<sup>th</sup> and 9<sup>th</sup> of July 2023.
2. The event will be held under SwimEngland Laws and Regulations & 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 9<sup>th</sup> July 2023
5. A competitor may enter all events in his/her age group, except 9/ 10yr olds who cannot swim 200m Butterfly & the 400m Individual Medley.
6. Swimmers should use their Ranked times, either Long Course or converted from Short Course if they have them. Entries must not exceed the No Faster Times stated in the pack. Athletes with no Ranked times will be accepted, however **these should be supplied with estimated times provided by the Club Coach and entered onto the Hy-Tek file else will be rejected as NTs will not be accepted.**
7. 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 £10 per race and subject to all Meet Conditions. These will not take priority over those who entered prior to the closing date.
8. No Exhibition swims are permitted.
9. 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 those who are aged 11 and above and then the fastest swimmers who entered before publication of the Accepted Entries.
10. 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 £10 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.
11. 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.
12. 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.
13. 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.

14. 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.
15. Swimmer sign in will be required for all 400m & 200m Fly 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.
16. 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).
17. 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 Male Athlete & Top Female Athlete (11+) Awards
  - : Top 9/10 Male Athlete & Top 9/10 Female Athlete Awards
18. 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.
19. **Payment** must be made by/ within 48 hours of the publication of the Accepted Entries or the places may be withdrawn.
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 & the venue operators 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. Plymouth Leander Swimming Association 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 Act 2018, to the holding of personal information on computer. Personal data handled such as name, age, club, recorded and entered times may be made public during or after the meet. Please refer to our Privacy Policy available on request.
27. 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.
28. 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.

29. 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.
30. The swim down pool will be operated at a depth of 1.5 meters to ensure the safety of swimmers during cool down.
31. Safeguarding: Plymouth Leander follow SwimEngland Wavepower 2020-2023 guidelines. The event may be streamed live and separate details will be supplied after the closing date.
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. 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.
34. 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.
35. 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.
36. Diving is strictly prohibited in the swim down pool.
37. The referee's decision is final.
38. All conditions may be superseded by any Covid restrictions that may be imposed at the time.
39. Closing date for entries midnight on Wednesday 28<sup>th</sup> June 2023.

**Plymouth Life Centre,**  
**Saturday 1st April -Sunday 2nd April 2023**

[www.plymouthleander.com](http://www.plymouthleander.com)

**Programme of Events**

**Day 1**

| Session 1 – Saturday 8 <sup>th</sup> July 2023 |     |       |                   |
|--|-----|-------|-------------------|
| Warm Up 1pm– Start 1.50pm                      |     |       |                   |
| NO   | M/F | AGE   | EVENT             |
| 101  | F   | 9yrs+ | 200m Backstroke   |
| 102  | M   | 9yrs+ | 100m Backstroke   |
| 103  | F/M | 9yrs+ | 400m Freestyle    |
| 104  | F   | 9yrs+ | 200m Breaststroke |
| 105  | M   | 9yrs+ | 100m Butterfly    |
| 106  | F   | 9yrs+ | 50m Freestyle     |
| 107  | M   | 9yrs+ | 50m Breaststroke  |

| Session 2 – Saturday 8 <sup>th</sup> July 2023 |     |        |                        |
|--|-----|--------|------------------------|
| Warm Up TBC                                    |     |        |                        |
| NO   | M/F | AGE    | EVENT                  |
| 201  | F/M | 11yrs+ | 200m Butterfly         |
| 202  | M   | 9yrs+  | 100m Freestyle         |
| 203  | F   | 9yrs+  | 100m Breaststroke      |
| 204  | M   | 9yrs+  | 50m Butterfly          |
| 205  | F   | 9yrs+  | 50m Backstroke         |
| 206  | M   | 9yrs+  | 200m Freestyle         |
| 207  | F   | 9yrs+  | 200m Individual Medley |

**Day 2**

| Session 1 – Sunday 9 <sup>th</sup> July 2023 |     |        |                   |
|--|-----|--------|-------------------|
| Warm Up 12pm– Start 12.45pm                  |     |        |                   |
| NO   | M/F | AGE    | EVENT             |
| 301  | M   | 9yrs+  | 200m Backstroke   |
| 302  | F   | 9yrs+  | 100m Backstroke   |
| 303  | F/M | 11yrs+ | 400m Ind Medley   |
| 304  | M   | 9yrs+  | 200m Breaststroke |
| 305  | F   | 9yrs+  | 100m Butterfly    |
| 306  | M   | 9yrs+  | 50m Freestyle     |
| 307  | F   | 9yrs+  | 50m Breaststroke  |

| Session 2 – Sunday 9 <sup>th</sup> July 2023 |     |       |                        |
|--|-----|-------|------------------------|
| Warm Up TBC                                  |     |       |                        |
| NO   | M/F | AGE   | EVENT                  |
| 401  | F   | 9yrs+ | 100m Freestyle         |
| 402  | M   | 9yrs+ | 100m Breaststroke      |
| 403  | F   | 9yrs+ | 50m Butterfly          |
| 404  | M   | 9yrs+ | 50m Backstroke         |
| 405  | F   | 9yrs+ | 200m Freestyle         |
| 406  | M   | 9yrs+ | 200m Individual Medley |

**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 can you ask your Officials to provide details of what they can help with using the booking link;-

**[Officials Online Booking Form](#)**

| Events            | No Faster than Cut-Off Times (50mtr) - Female |         |         |         |         |         |         |          |         |
|-------------------|---|---------|---------|---------|---------|---------|---------|----------|---------|
|                   | Time Standard                                 | 9       | 10      | 11      | 12      | 13      | 14      | 15       | 16+     |
| 50m Freestyle     | No Faster Than                                | 33.16   | 30.94   | 29.26   | 28.55   | 28.00   | 27.50   | 27.25    | 27.05   |
| 100m Freestyle    | No Faster Than                                | 1.14.75 | 1.08.30 | 1.03.95 | 1.01.15 | 59.25   | 58.50   | 0.57.00  | 0.56.85 |
| 200m Freestyle    | No Faster Than                                | 2.40.77 | 2.26.60 | 2.16.30 | 2.11.20 | 2.07.10 | 2.04.75 | 2.064.25 | 2.04.00 |
| 400m Freestyle    | No Faster Than                                | 5.25.20 | 5.11.56 | 4.50.30 | 4.40.15 | 4.33.10 | 4.28.85 | 4.26.00  | 4.25.00 |
| 50m Backstroke    | No Faster Than                                | 35.40   | 34.41   | 33.25   | 32.00   | 31.07   | 30.18   | 29.50    | 29.30   |
| 100m Backstroke   | No Faster Than                                | 1:16.10 | 1.14.12 | 1.11.58 | 1.08.45 | 1.06.40 | 1.05.00 | 1.02.00  | 1.01.00 |
| 200m Backstroke   | No Faster Than                                | 2.55.00 | 2.42.90 | 2.33.15 | 2.26.70 | 2.22.00 | 2.18.45 | 2.15.00  | 2.13.50 |
| 50m Breaststroke  | No Faster Than                                | 44.00   | 40.18   | 37.44   | 35.94   | 35.18   | 34.40   | 34.00    | 33.65   |
| 100m Breaststroke | No Faster Than                                | 1.35.80 | 1.27.20 | 1.21.84 | 1.18.40 | 1.15.90 | 1.15.10 | 1.12.20  | 1.10.00 |
| 200m Breaststroke | No Faster Than                                | 3.23.00 | 3.09.05 | 2.55.24 | 2.49.50 | 2.43.60 | 2.38.40 | 2.34.00  | 2.30.50 |
| 50m Butterfly     | No Faster Than                                | 38.00   | 34.40   | 32.12   | 30.70   | 30.50   | 29.40   | 28.35    | 27.50   |
| 100m Butterfly    | No Faster Than                                | 1.29.70 | 1.18.82 | 1.11.62 | 1.08.65 | 1.06.70 | 1.05.45 | 1.04.85  | 1.04.00 |
| 200m Butterfly    | No Faster Than                                |         |         | 2.41.00 | 2.33.00 | 2.28.45 | 2.26.65 | 2.24.95  | 2.24.10 |
| 200m Ind. Med.    | No Faster Than                                | 3.00.70 | 2.47.10 | 2.34.10 | 2.29.90 | 2.26.60 | 2.24.70 | 2.22.90  | 2.21.00 |
| 400m Ind. Med.    | No Faster Than                                |         |         | 5.34.10 | 5.22.10 | 5.14.75 | 5.08.15 | 5.04.15  | 5.01.00 |
| Events            | No Faster than Cut-Off Times (50mtr)- Male    |         |         |         |         |         |         |          |         |
|                   | Time Standard                                 | 9       | 10      | 11      | 12      | 13      | 14      | 15       | 16+     |
| 50m Freestyle     | No Faster Than                                | 33.16   | 30.64   | 28.70   | 27.50   | 26.50   | 25.22   | 25.00    | 24.80   |
| 100m Freestyle    | No Faster Than                                | 1.14.75 | 1.07.60 | 1.02.95 | 59.00   | 0.56.50 | 0.54.75 | 0.53.15  | 52.00   |
| 200m Freestyle    | No Faster Than                                | 2.41.75 | 2.25.50 | 2.17.30 | 2.09.25 | 2.03.25 | 2.00.30 | 1.57.55  | 1.56.00 |
| 400m Freestyle    | No Faster Than                                | 5.14.00 | 5.09.80 | 4.48.40 | 4.34.65 | 4.21.95 | 4.17.80 | 4.14.25  | 4.12.25 |
| 50m Backstroke    | No Faster Than                                | 37.95   | 35.30   | 33.25   | 31.31   | 29.65   | 28.82   | 28.30    | 28.05   |
| 100m Backstroke   | No Faster Than                                | 1.22.90 | 1.15.65 | 1.11.85 | 1.07.05 | 1.03.70 | 1.01.30 | 59.50    | 0.58.65 |
| 200m Backstroke   | No Faster Than                                | 2.54.55 | 2.42.50 | 2.33.30 | 2.23.70 | 2.16.90 | 2.13.55 | 2.11.25  | 2.09.80 |
| 50m Breaststroke  | No Faster Than                                | 43.99   | 40.81   | 37.40   | 35.03   | 33.38   | 32.29   | 31.55    | 31.25   |
| 100m Breaststroke | No Faster Than                                | 1.34.80 | 1.29.41 | 1.21.80 | 1.16.30 | 1.13.10 | 1.08.50 | 1.05.15  | 1.01.15 |
| 200m Breaststroke | No Faster Than                                | 3.23.00 | 3.11.80 | 2.56.55 | 2.44.85 | 2.36.60 | 2.32.50 | 2.28.45  | 2.26.90 |
| 50m Butterfly     | No Faster Than                                | 36.62   | 34.00   | 31.89   | 29.80   | 28.45   | 27.53   | 27.50    | 26.55   |
| 100m Butterfly    | No Faster Than                                | 1.24.15 | 1.17.70 | 1.12.20 | 1.06.85 | 1.02.85 | 1.01.15 | 1.00.50  | 59.90   |
| 200m Butterfly    | No Faster Than                                |         |         | 2.36.00 | 2.30.05 | 2.23.55 | 2.18.95 | 2.14.85  | 2.11.45 |
| 200m Ind. Med.    | No Faster Than                                | 3.00.70 | 2.45.70 | 2.35.95 | 2.27.05 | 2.19.60 | 2.16.45 | 2.14.70  | 2.13.90 |
| 400m Ind. Med.    | No Faster Than                                |         |         | 5.26.00 | 5.13.50 | 5.00.40 | 4.44.90 | 4.31.10  | 4.25.00 |

**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)

|   |  |                     |  |                           |  |                |  |
|---|--|---------------------|--|---------------------------|--|----------------|--|
| <b>Club</b>   |  |                     |  | <b>SwimEngland Number</b> |  |                |  |
| <b>Surname</b>  |  |                     |  | <b>First Name</b>         |  |                |  |
|   |  |                     |  | <b>Middle Initial</b>     |  |                |  |
| <b>Preferred Name (for Programme)</b>   |  |                     |  |                           |  |                |  |
| <b>Date of Birth</b>  |  |                     |  |                           |  | <b>M/F</b>     |  |
|   |  |                     |  |                           |  |                |  |
| <b>Age as at 3<sup>rd</sup> April 2022</b>                                    |  |                     |  |                           |  |                |  |
| <b>Telephone Number / Mobile Number (Parent* - contact for entry queries)</b> |  |                     |  |                           |  |                |  |
| <b>e-Mail Address - (for confirmation of receipt of entry)</b>                |  |                     |  |                           |  |                |  |
|   |  | <b>Para Swimmer</b> |  |                           |  | <b>S Class</b> |  |
|   |  | Please Tick         |  |                           |  |                |  |
| <b>EVENT</b>  |  | <b>SELECT</b>       |  | <b>ENTRY TIME</b>         |  |                |  |
| 50m Freestyle   |  |                     |  |                           |  |                |  |
| 100m Freestyle  |  |                     |  |                           |  |                |  |
| 200m Freestyle  |  |                     |  |                           |  |                |  |
| 400m 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 | £7.50           |       |

Cheques Payable to PLSA. **Entries Close 28th June 2023:**

Electronic Payment: Account details: Sort Code: 56-00-63 Account No: 46355588.

|              |               |  |             |
|--------------|---------------|--|-------------|
| Please Tick: | <b>Cheque</b> |  | <b>BACS</b> |
|--------------|---------------|--|-------------|

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. 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.

|                            |  |
|----------------------------|--|
| <b>Club</b>                |  |
| <b>Contact Name</b>        |  |
| <b>Address</b>             |  |
| <b>Telephone (Day)</b>     |  |
| <b>Telephone (Evening)</b> |  |
| <b>Mobile</b>              |  |
| <b>E-Mail</b>              |  |

**PLEASE REMEMBER WE NEED THE HELP OF YOUR OFFICIALS**

|   |  |   |                                |   |  |
|---|--|---|--------------------------------|---|--|
| Total No. of Individual Entries               |  | @ | £7.50 each                     | = |  |
| 2 Day Coach Pass                              |  | @ | £20.00 each                    | = |  |
| 1 Day Coach Pass;-<br>Saturday/Sunday*        |  | @ | £12.00 each                    | = |  |
| *Delete as Appropriate                        |  |   | <b>Total Cheque Enclosed £</b> |   |  |
| <b>Closing Date: Wednesday 28th June 2023</b> |  |   |                                |   |  |

**Entries To:** to [meets@plymouthleander.com](mailto: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 .....