



# Plymouth Leander

Early Spring National Qualifier

Level 1 Long Course

Life Centre Plymouth 8th-10th March 2024

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

License No: 1SW240330



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## MEET OVERVIEW

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

- ♦ 10-Lane 50m Racing Pool, ROMA09-TRK Starting Blocks
- ♦ 2 Metres throughout and 140mm FINA regulation lane lines
- ♦ Constantly Available 6-Lane 25m Swim Down Pool
- ♦ Electronic Timing & 10-Lane Video Display Screen
- ♦ Integrated Strobe light on each Starting block.
- ♦ On Site Cafeteria

**Meet License:** Level 1

**Entry Times:** Entries must meet the qualifying times for each event.

**Main Purpose:** Entry into National Competitions\* & Regional Championships in 2024

\* Subject to individual Regional and National Qualification windows.

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

\* A & B Junior Finals in 50m, 100m & 200m Events

**Ages as at:** 31<sup>st</sup> December 2024

**Awards:**

- ♦ Medals to first 3 in all Age Group Events
- ♦ Awards to Top 3 finalists
- ♦ Top Male/Open & Female Athlete Awards

**Fees:**

- ♦ Race Entry Fee £8 for all Events (800m + £10)
- ♦ Deck entries will incur a £2 supplement per event.
- ♦ No Spectator entry fee
- ♦ Cheques made payable to PLSA Electronic Payment:  
Account details: Sort Code: 56-00-63 Account No: 46355588
- ♦ Event may be live streamed – Fee tbc
- ♦ Free car parking on site

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

\* 13 Wolseley Road, Milehouse, Plymouth, PL2 3AA ([Do not send by Signed for delivery service](#))

**Entries Close:** Midnight on Friday 16<sup>th</sup> February 2024



## SCHEDULE OF EVENTS

### Friday

Warm ups to start at 7pm

Day 1 Event	Format
101 400m Freestyle	HDW Mixed
102 100m Freestyle	Heat Boys/ Open
103 100m Freestyle	Heat Girls
104 100m Backstroke	Heat Boys/ Open
105 100m Breaststroke	Heat Girls

### Saturday

Warm ups to start approx 8am

Day 2 Event	Format
201 200m Backstroke	Heat Girls
202 200m Breaststroke	Heat Boys
203 50m Butterfly	Heat Girls
204 50m Freestyle	Heat Boys
205 200m Butterfly	HDW Mixed
<b>Break</b>	
102F 100m Freestyle - Finals	Final Boys
103F 100m Freestyle - Finals	Final Girls
104F 100m Backstroke - Finals	Final Boys
105F 100m Breaststroke - Finals	Final Girls
202F 200m Breaststroke - Finals	Final Boys
201F 200m Backstroke - Finals	Final Girls
800m Freestyle - Fastest Heats	HDW Mixed

### Lunch

Event	Format
206 800m Freestyle	HDW Mixed
301 200m Freestyle	Heat Boys
302 200m Individual Medley	Heat Girls
303 100m Breaststroke	Heat Boys
304 100m Backstroke	Heat Girls
305 50m Backstroke	Heat Boys
306 50m Breaststroke	Heat Girls
<b>Break</b>	
303F 100m Breaststroke - Finals	Final Boys
304F 100m Backstroke - Finals	Final Girls
204F 50m Freestyle - Finals	Final Boys
203F 50m Butterfly Finals	Final Girls
305F 50m Backstroke - Finals	Final Boys
306F 50m Breaststroke - Finals	Final Girls
301F 200m Freestyle - Finals	Final Boys
302F 200m Medley - Finals	Final Girls

Finish Time up to 4pm

### Sunday

Warm ups to start approx 8am

Day 3 Event	Format
401 200m Backstroke	Heat Boys
402 200m Breaststroke	Heat Girls
403 50m Butterfly	Heat Boys
404 50m Freestyle	Heat Girls
405 400m Individual Medley	HDW Mixed
<b>Break</b>	
401F 200m Backstroke - Finals	Final Boys
402F 200m Breaststroke - Finals	Final Girls
403F 50m Butterfly - Finals	Final Boys
404F 50m Freestyle - Finals	Final Girls
406 1500m Freestyle - Fastest Heats	HDW Mixed

### Lunch

Event	Format
406 1500m Freestyle	HDW Mixed
501 50m Backstroke	Heat Girls
502 50m Breaststroke	Heat Boys
503 200m Freestyle	Heat Girls
504 200m Individual Medley	Heat Boys
505 100m Butterfly	Heat Girls
506 100m Butterfly	Heat Boys
<b>Break</b>	
505F 100m Butterfly - Finals	Final Girls
506F 100m Butterfly - Finals	Final Boys
501F 50m Backstroke - Finals	Final Girls
502F 50m Breaststroke - Finals	Final Boys
503F 200m Freestyle - Finals	Final Girls
504F 200m Medley - Finals	Final Boys

Finish Time up to 7pm



## MEET CONDITIONS

1. The event will be held at the Plymouth Life Centre on 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> of March 2024.
2. The event will be held under Swim England Laws and Regulations and Swim England 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 Cat 2, or the relevant national governing body if this is not one of the above.
4. The Meet will be run under Level 1 conditions.
5. Competitor's age groups shall be defined as at 31<sup>st</sup> December 2024, competitors must be at least 9 years old by the last day of the event (10<sup>th</sup> March 2024).
6. A competitor may enter all events (subject to Condition 6) in his/her age group;- see separate Age Group Qualifying Times attached.
7. 9 & 10 year old competitors may NOT swim 400m IM, 800m or 1500m events.
8. 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 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.
10. ***In line with SwimEngland, the Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.***
11. 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.
12. Times must be fastest Long Course time or Short Course converted to Long Course – whichever is the faster.
13. 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.





14. 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 however, there will be finals; Open (A/B) and a Junior Age (15 & Under) across all 50m, 100m and 200m events.
15. Finals will be run as fastest 10 swimmers from the Heats with a limit of 3 reserves for each final. Awards will be awarded for the Top 3 from each final.
16. Heats will be seeded slow to fast, however fastest two heats for 50s, 100s and 200s will be swum first. The heats of all events will be spearheaded.
17. Entries of 5 or less swimmers from the same Club may be made using the official meet entry form, however there will be a £1 supplement per race. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration.
18. 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.
19. 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.
20. 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 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 £9 per event.
21. 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.
22. 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.
24. 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.



25. 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.
26. 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.
27. **Safeguarding:** Plymouth Leander follow SwimEngland Wavepower 2020-2023 guidelines. The event will be streamed live.
28. 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.
29. 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.
30. 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.
31. 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.
32. 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.
33. Changing on poolside or spectator area 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.
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. 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.
36. 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.
37. The referee's decision is final.



## 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/Open								
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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## Entry Form (Paper version)

COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL

Club					
Surname		First Name		Middle Initial	
Preferred Name (for Programme)					
Date of Birth		Age as at 31 <sup>st</sup> December 2024		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		SELECTION	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					

**Individual Payment Details** (see Summary Sheet for Grouped Payment and Coaches Pass Details)

Total No of Entries	Description	Cost per Event*	Total
	Individual Entries	£8	
	Long Distance Events	£10	
Cheques Payable to PLSA. <b>Entries Close 16<sup>th</sup> February 2024:</b> Electronic Payment: Account details: Sort Code: 56-00-63 Account No: 46355588 <b>Amount Due £</b>			
Please Tick:	<input type="checkbox"/> Cheque	<input type="checkbox"/> 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](mailto:Andy.meets@plymouthleander.com). We would appreciate this method of entry

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		@	£8each £10 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 16th February 2024					

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

Or can be emailed 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 .....



## 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 SwimMeet to register your availability:

<https://swim-meet.com/Availability/?m=2160>

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.

Plymouth Leander value the support of officials at our competitions and Galas. In recognition of your hard work and dedication, our policy is to reimburse you for reasonable & proportionate expenses. We have made every attempt to make this a fair and equitable policy. Thank you for supporting us in delivering a successful well managed competition.

## Officials Travel & Expenses Policy

### GDPR Statement

By completing an expense form you understand that Plymouth Leander will be gathering personal data/information about you. We do this in order to provide an accurate record of expenditure for accounting purposes and to enable us to accurately process your claim for expenses, we do not share your data with third parties. We will hold the information securely and access will be controlled by the appointed Plymouth Leander Officials Coordinator, this will include sharing certain information with the Club Treasurer for payment purposes. The information will be retained for a minimum of 12 months from the date of the form. If you have any complaint or questions in respect of the use of your data, please contact:

[Officials@plymouthleander.com](mailto:Officials@plymouthleander.com)

### Mileage

Mileage will be checked and verification may be requested before payment is made. Mileage will be paid at an agreed rate of 45 pence per mile. Mileage will normally be paid for one return journey between the home address and the venue and for complete sessions only. Up to a maximum of £60 for officials attending a whole day. Officials not completing full days will be reimbursed on a pro rata basis (relevant to the number of sessions worked, up to £20 per session). Total mileage claims must not exceed £120 unless by prior agreement with the promoter. If the journey starting point differs from the home address payment will be made for whichever is the shorter distance.

Where an official has a competing swimmer at boarding school, mileage will normally only be paid from swimmer's home club/school. Please check with the officials coordinator before claiming, whichever is the shorter. Officials who work incomplete sessions (e.g. half of one session) will not be reimbursed for that session.



## Accommodation

Journey must be in excess of 1 hour. Any event with consecutive days; a maximum claim of 1 night per weekend, unless by prior agreement with the promoter/coordinator. Claims for accommodation on the night prior to competition (e.g Friday night) are not normally claimable, unless with prior agreement. Please check with the officials coordinator. Officials must work complete sessions or a combination of sessions and more than one day. Accommodation to be shared where possible.

Officials who have a swimmer participating in the competition or are accompanied by other persons may claim 50% of the cost of one nights accommodation; up to a maximum of £40 per night. Officials will need to book their own accommodation and claim on production of a receipt. To ensure officials are eligible to claim; they must ensure they pre-register their intention to officiate with the officials coordinator.

Where an official has a competing swimmer at boarding school, mileage will normally only be paid from swimmer's home club/school. Please check with the officials coordinator before claiming, whichever is the shorter. Officials who work incomplete sessions (e.g. half of one session) will not be reimbursed for that session.

## Evening Meal

This is normally paid for those who have approval for overnight accommodation where an evening meal is **not** provided. A detailed receipt **MUST** be attached to the claim form. The current rate is a maximum of £17.50 per night (can include one alcoholic drink).

## Additional information

If we are in the fortunate circumstance where the number of available volunteer officials exceeds licensing requirements; the promoter reserves the right to select/de-select officials. Those who fulfil club duties requested by the Events Management Secretary are not entitled to claim expenses. Trainee Officials being mentored by qualified officials cannot normally claim expenses, in these cases, please check with the officials coordinator first.

Plymouth Leander may provide Friday night accommodation for Referees by prior agreement to enable the event to be ready to start without delay. Officials not claiming mileage expenses (including PL club Officials) can claim the following for complete sessions only:

- 1 Session £5
- 2 Sessions £10
- 3 Sessions £20
- 4 Sessions £30
- 5 Sessions £40
- 6 Sessions £50

Plymouth Leander reserves the right to make exceptions under unusual or extraordinary circumstances.

The meet promoters decision is final but we welcome your feedback