



Sprint into Spring Open Meet

22nd and 23rd February 2020

(License 3ER200543 Meet Held under Swim England Law and Technical Rules)

**Events: 50m Freestyle, Backstroke, Breaststroke, Butterfly
100m Freestyle, Backstroke, Breaststroke, Butterfly,
100m I.M.
200m Freestyle, Backstroke, Breaststroke, Butterfly,
200m I.M.
400m Freestyle & 400m I.M.**

Regional and County Development Qualifier Meet.

Entries on a first come first served basis.

Stowmarket Swimming Club

Affiliated to Swim England East Region and Suffolk County

SPRINT INTO SPRING OPEN MEET

Held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming

and to the Swim England Open Meet Licensing Criteria

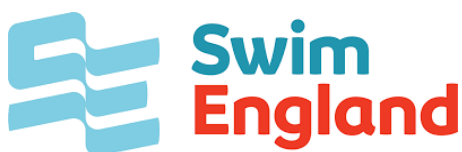
Level 3 Licence 3ER200543

22nd and 23rd February 2020

Mid Suffolk Leisure Centre, Stowmarket, Suffolk

MEET CONDITIONS AND INFORMATION

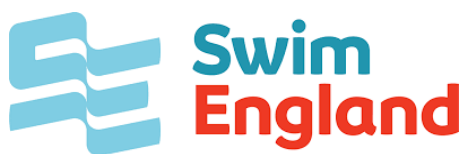
1. The meet will take place at Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket on 22nd and 23rd February 2020 and is licensed by Swim England at Level 3 under Licence No. 3ER200543.
2. The meet will be run in accordance with held under Swim England Laws, Swim England Technical Rules of Swimming, and these conditions.
3. Competitors must be Category 2 members of an affiliated club, eligible to compete and registered in accordance with Swim England Laws and Technical Rules, and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of Swim England, SASA or WASA or competitors from a country affiliated to FINA.
4. The promoter is Sandra Chapman on behalf of Stowmarket Swimming Club.
5. The age groups for boys and girls are: 9, 10, 11, 12, 13, 14, 15, 16 & over
6. Ages are as at 23rd February 2020.
7. Medals will be awarded to the top 3 swimmers in each age group.
8. The pool is 25m, 6 lanes with anti-wave devices in place and AOE will be used. The depth of the shallow end is 0.9m. A secondary strobe for the starting system is not available
9. Heats will be swum as mixed age with swimmers seeded by entry times.
10. Over the top starts may be used at the referee's discretion.
11. Cut-off times are provided and entries with No Time will be accepted. Short course and converted long course times will be accepted.
12. Valid entries (which must include payment) will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are required together with a single cheque or electronic payment. Individual entries will only be accepted at the Promoter's discretion.
13. Entry shall be by an Individual Entry Form. Where five or more competitors enter from the same club, entry shall be made using HYTEK Team Manager Lite and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the HYTEK website http://www.hy-tek ltd.com/Demos/Swim_Team_Manager_Lite.exe and the required Entry File for the meet will be available on the club website.
14. If electronic entries are not being made, paper entry forms and cheques should be posted to: Sandra Chapman 49 Hazel Rise, Claydon, Suffolk IP6 0DB or emailed to sscmeetsecretary@gmail.com.
15. Entries together with entry fees must be received by the Promoter by 10th FEBRUARY 2020. The entry fee is £5.00 per event.



16. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In the event that entries are rejected, fees will be refunded by a single payment to club in question.
17. Accepted and rejected entries will be posted on the club website within 2 weeks of the closing date.
18. Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a check in sheet of their accepted entries on arrival. Withdrawal may be made on the day, or can be e-mailed in advance, but must be made prior to the warm up start time for each session. Refunds are not available for withdrawals after the accepted entries have been posted, other than for medical reasons.
19. Coaches' passes will be issued at a cost of £15.00/£10.00 on Saturday and Sunday with or without food. There will be no entry to poolside without a pass and passes must be worn at all times. All those poolside must be DBS checked.
20. Warm up protocol: Each warm up session will be divided into equal length sessions. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. Odd lanes will swim clockwise and even lanes will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads.
21. Results will be posted on club website and results files emailed to clubs after the competition on request and will be supplied to British Swimming for entry into the national rankings database.
22. In accordance with the Swim England Child Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter.

Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Child Safeguarding Policy and Procedures, Wavepower 2016-19 Section 2 provides guidance on the use of social networking (page 72-75) and guidance on photography (page 76-77). <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>. Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.
23. All participants must observe the safety precautions in operation at Mid Suffolk Leisure Centre. Neither the Promoter nor Stowmarket Swimming Club Swimming Club will be responsible for any loss or damage occurring during the meet.
24. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
25. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and Technical Rules of Racing.

General information



Competitors must be suitably dressed and with the appropriate footwear whilst on poolside. No exterior footwear is allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers are not allowed elsewhere in the building with wet swimwear.

Spectators, officials and competitors are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management. There is a free car park available at the leisure centre. However, the spectator area is limited and as a result spectators will need to be cooperative with the organisers and may be restricted to comply with the health and safety requirements of the venue.

Coaches or Team Managers are responsible for the swimmers' conduct at all times. By submitting an entry, competitors and coaches are agreeing to be bound by these rules. The promoters reserve the right to refuse admission to any person.

Stowmarket Swim Club

(Affiliated to Swim England and East Region Swim England)

Sprint into Spring Open Meet On

22nd and 23rd February 2020

(License 3ER200543 Meet Level 3 Held under Swim England Law and Technical Rules)

Mid-Suffolk Leisure Centre, Stowmarket, Suffolk. IP14 1LH

PROGRAMME OF EVENTS

Saturday 22nd February – Session 1 Warm up 13:15 for 14:05 Start

Event	Female	Event	Male
1	200 Freestyle	2	200m Freestyle
3	100m Backstroke	4	100m Backstroke
5	50m Butterfly	6	50m Butterfly
7	100m Breaststroke	8	100m Breaststroke
9	200m I.M.	10	200m I.M.

Saturday 22nd February – Session 2 Warm up & Start tbc

Event	Female	Event	Male
11	100m Freestyle	12	100m Freestyle
13	200m Backstroke	14	200m Backstroke
15	50m Breaststroke	16	50m Breaststroke
17	200m Butterfly	18	200m Butterfly

Sunday 23rd February – Session 3 Warm up & Start tbc

Event	Female	Event	Male
19	400m Freestyle	20	400m Freestyle
21	400m I.M.	22	400m I.M.

Sunday 23rd February – Session 4 Warm up & Start tbc

Event	Female	Event	Male
23	50m Freestyle	24	50m Freestyle
25	100m Butterfly	26	100m Butterfly
27	200m Breaststroke	28	200m Breaststroke
29	50m Backstroke	30	50m Backstroke
31	100m I.M.	32	100m I.M.

(Please note 400m events are open to 11 years plus, all other events are open to 9 year olds plus)

Stowmarket Swim Club

(Affiliated to Swim England and East Region Swim England)

Sprint into Spring Open Meet 22nd and 23rd February 2020

(License 3ER200543 Level 3 Meet Held under Swim England Law and Technical Rules)

Individual Entry Form

Surname:..... Forename:.....MALE / FEMALE

Address:.....

Postcode:.....Contact Number:.....

E-mail Address:.....Club:.....

Swim England Number:.....Date of Birth:/...../..... Age at 23.02.2020:.....

Saturday 22nd February – Session 1

Event	Female	Entry Time	Event	Male	Entry Time
1	200 Freestyle		2	200m Freestyle	
3	100m Backstroke		4	100m Backstroke	
5	50m Butterfly		6	50m Butterfly	
7	100m Breaststroke		8	100m Breaststroke	
9	200 I.M.		10	200m I.M.	

Saturday 22nd February – Session 2

Event	Female	Entry Time	Event	Male	Entry Time
11	100m Freestyle		12	100m Freestyle	
13	200m Backstroke		14	200m Backstroke	
15	50m Breaststroke		16	50m Breaststroke	
17	200m Butterfly		18	200m Butterfly	

Sunday 23rd February – Session 3

Event	Female	Entry Time	Event	Male	Entry Time
19	400m Freestyle		20	400m Freestyle	
21	400m I.M.		22	400m I.M.	

Sunday 23rd February – Session 4

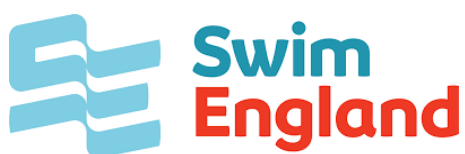
23	50m Freestyle		24	50m Freestyle	
25	100m Butterfly		26	100m Butterfly	
27	200m Breaststroke		28	200m Breaststroke	
29	50m Backstroke		30	50m Backstroke	
31	100m I.M.		32	100m I.M.	

Entry Fee is £5.00 per event	Total Entry Fee =	
Admin Fee £2.00 (paper/email entries only)	TOTAL =	

I confirm that the above information is correct:.....(signature of club official)

Forms to be returned to: Sandra Chapman 49 Hazel Rise, Claydon, Suffolk IP6 0DB

CLOSING DATE FOR ENTRIES IS **MONDAY 10th FEBRUARY 2020**, LATE ENTRIES WILL NOT BE ACCEPTED WITHOUT PRIOR AUTHORISATION.



Stowmarket Swim Club

(Affiliated to Swim England and East Region Swim England)



Sprint into Spring Open Meet 22nd & 23rd

February 2020 – Upper Limit Times

EVENT	BOYS							
	9	10	11	12	13	14	15	16/ov
50 Freestyle	00:33.55	00:31.95	00:30.43	00:29.69	00:27.46	00:25.98	00:25.14	00:24.03
100 Freestyle	01:13.54	01:10.04	01:06.70	01:05.08	01:00.41	00:56.00	00:54.64	00:52.25
200 Freestyle	02:39.21	02:31.63	02:24.41	02:20.88	02:11.39	02:05.08	02:00.44	01:54.00
400 Freestyle			05:08.92	05:01.39	04:41.82	04:26.56	04:16.35	04:03.20
50 Breaststroke	00:43.48	00:41.41	00:39.44	00:38.48	00:36.10	00:33.42	00:32.33	00:29.93
100 Breaststroke	01:35.87	01:31.30	01:26.96	01:24.83	01:20.06	01:13.89	01:10.69	01:06.50
200 Breaststroke	03:23.12	03:13.45	03:04.23	02:59.74	02:51.95	02:39.88	02:37.52	02:27.25
50 Butterfly	00:37.28	00:35.51	00:33.82	00:32.99	00:30.82	00:28.69	00:27.39	00:25.65
100 Butterfly	01:24.79	01:20.75	01:16.91	01:15.03	01:09.64	01:05.59	01:01.41	00:57.95
200 Butterfly	03:20.90	03:11.33	03:02.22	02:57.77	02:44.13	02:30.12	02:22.76	02:12.05
50 Backstroke	00:38.23	00:36.41	00:34.68	00:33.83	00:31.26	00:29.64	00:29.00	00:27.07
100 Backstroke	01:22.56	01:18.63	01:14.88	01:13.06	01:07.93	01:02.89	01:01.22	00:58.05
200 Backstroke	02:56.49	02:48.09	02:40.08	02:36.18	02:27.25	02:18.72	02:14.03	02:07.30
100 Individual Medley	01:21.50	01:17.00	01:12.50	01:10.80	01:05.20	01:00.50	00:58.00	00:55.00
200 Individual Medley	03:00.89	02:52.28	02:44.08	02:40.08	02:30.57	02:21.99	02:17.99	02:08.25
400 Individual Medley			05:53.51	05:44.89	05:26.23	05:01.44	04:57.23	04:44.05

EVENT	GIRLS							
	9	10	11	12	13	14	15	16/ov
50 Freestyle	00:33.33	00:31.75	00:30.23	00:29.50	00:27.98	00:27.53	00:27.11	00:26.35
100 Freestyle	01:12.47	01:09.01	01:05.73	01:04.12	01:01.28	01:00.25	00:58.85	00:57.00
200 Freestyle	02:39.82	02:32.21	02:24.96	02:21.43	02:13.76	02:10.19	02:07.68	02:03.60
400 Freestyle			04:59.16	04:51.86	04:42.25	04:33.60	04:29.51	04:22.87
50 Breaststroke	00:43.19	00:41.13	00:39.17	00:38.22	00:36.03	00:35.19	00:34.51	00:33.25
100 Breaststroke	01:34.15	01:29.67	01:25.40	01:23.32	01:19.36	01:16.52	01:14.95	01:13.15
200 Breaststroke	03:24.73	03:14.98	03:05.69	03:01.16	02:51.28	02:46.34	02:43.05	02:39.60
50 Butterfly	00:36.75	00:35.00	00:33.33	00:32.52	00:30.94	00:30.01	00:29.61	00:28.50
100 Butterfly	01:25.15	01:21.10	01:17.24	01:15.35	01:10.88	01:07.58	01:06.66	01:04.12
200 Butterfly	03:11.63	03:02.51	02:53.81	02:49.57	02:45.00	02:35.85	02:33.40	02:24.55
50 Backstroke	00:38.12	00:36.31	00:34.58	00:33.73	00:32.46	00:31.20	00:30.69	00:29.93
100 Backstroke	01:22.56	01:18.63	01:14.88	01:13.06	01:09.93	01:07.05	01:06.50	01:04.60
200 Backstroke	02:55.07	02:46.73	02:38.79	02:34.92	02:31.09	02:25.52	02:22.11	02:20.13
100 Individual Medley	01:22.00	01:18.00	01:13.50	01:11.80	01:08.00	01:05.00	01:04.00	01:01.00
200 Individual Medley	02:58.66	02:50.15	02:42.05	02:38.10	02:32.76	02:27.81	02:24.43	02:19.65
400 Individual Medley			05:44.32	05:35.92	05:26.58	05:18.22	05:12.44	04:59.03

Notes:

Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry form.

Times submitted should be no faster than the limits shown in the table.

The Promoter has the right to accept swimmers with times outside these if there are good reasons.

No time entries are permitted for this meet.

Please refer to the rules in conjunction with these limit times.

Age as at 23rd February 2020.

Stowmarket Swim Club

(Affiliated to Swim England and East Region Swim England)

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(License 3ER200543 Level 3 Meet Held under Swim England Law and
Technical Rules)

Mid-Suffolk Leisure Centre, Stowmarket, Suffolk. IP14 1LH

Officials Details

CLUB:.....

Saturday 22nd February 2020

Name of Official (Session 1 (Warm-up 13:30 for 14:20 start))	Referee	Starter	Judge L2	Judge L1	T/Keeper

Saturday 23rd February 2020

Name of Official Session 2 (Warm-up & Start tbc)	Referee	Starter	Judge L2	Judge L1	T/Keeper

Sunday 23rd February 2020

Name of Official Session 3 (Warm-up & Start tbc)	Referee	Starter	Judge L2	Judge L1	T/Keeper

Sunday 23rd February 2020

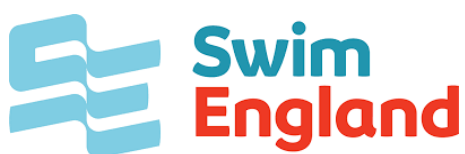
Name of Official Session 4 (Warm-up & Start tbc)	Referee	Starter	Judge L2	Judge L1	T/Keeper

CLUB CONTACT NAME:.....

Telephone number:.....

E-Mail Address:.....

Return to: Sue Duszynska at sue@fabis.plus.com



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Mid-Suffolk Leisure Centre, Stowmarket Suffolk

Summary

CLUB:.....

CLUB CONTACT NAME:.....

Address:.....

Town:..... County:.....

Postcode:..... Contact Number:.....

Email Address:

	No.		Total
Male Entries		@ £5.00 each	£
Female Entries		@ £5.00 each	£
Coach Pass for Saturday (exc. food)		@ £10.00 each	£
Coach Pass for Saturday (inc. food)		@ £15.00 each	
Coach Pass for Sunday (exc. food)		@ £10.00 each	£
Coach Pass for Sunday (inc. food)		@ £15.00 each	£

Total money in one payment: £

Please return summary with Hytek file to: Sandra Chapman, 49 Hazel Rise,
Claydon, Suffolk IP6 0DB or by email at sscmeetsecretary@gmail.com
(Please note officials forms to be returned to: Sue Duszynska)

Please make cheque payable to Stowmarket Swimming Club or payment by
BACS, details Sort code: 20 82 75 Account No. 83953130, thank you.

Meet queries please email Sandra at sscmeetsecretary@gmail.com
Official queries please email Sue Duszynska at sue@fabis.plus.com

**CLOSING DATE for Entries MONDAY 10th FEBRUARY 2020. Late
entries will not be accepted without prior agreement.**

