Licence No. 3ER230462



**BPSC EASTER MEET 2023** 

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Event	BPSC EASTER MEET 2023
Date	1 <sup>st</sup> & 2 <sup>nd</sup> APRIL 2023
Venue	Basildon Sporting Village, Cranes Farm Road, Basildon, Essex SS14 3GR
Pool	25m, 8 Lane pool with Electronic timing and swim down facilities. A secondary strobe for the starting system will be available.
Level	3
Age Groups	9,10,11,12,13,14,15,16+
Age on Day	2nd April 2023
Awards	Top 3 in each Age Group
Events	All 50's, 100'S, 200's and 400's
Race Entry Fee	£7.50 per event
Spectator Entrance Fee	£7.00 per day/part of (£3.00 for programme)
Entries Returned to	Via club website www.basildonswimming.org
All Enquiries to	galas@phoenixbasildonsc.org
Closing Date Meet Pomoter	Sunday 26 <sup>th</sup> March 2023 Martin Fenner

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## **Rules and Conditions**

- 1. The event will be held under Swim England laws and regulations, Swim England Technical rules of racing and to the Swim England Meet Licensing Criteria.
- 2. Entries may only be accepted from competitors registered as members of SE Club Competitor
- 3. Competitors' ages shall be as on the last day of the Competition 2<sup>nd</sup> April 2023
- 4. All entries must be Short Course times or Long course times converted to Short course.
- 5. All swimmers aged 9 and over can swim all events.
- 6. ALL entries MUST be submitted online via our website at <a href="www.basildonswimming.org">www.basildonswimming.org</a>
  Full instructions are online, ENTRIES CANNOT BE POSTED OR EMAILED.
- 7. All entries must be **slower** than the Upper Limit Time (ULT) listed.
- 8. The list of accepted entries will be published/available for download from the club website (www.phoenixbasildon.org) shortly after the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that may be required. Club contacts will be notified of rejections where/if appropriate.
- 9. There will be no refunds of entry fees unless the entries are rejected by the organisers for any reason.
- 10. Club contacts will be notified of rejections where/if appropriate. All rejected entries (where events are over-subscribed) will be kept on a reserve list. Clubs notified of rejection should make their members aware that they will automatically be on the reserve list. The reserve list for each event applicable will be published. Swimmers on the reserve list who wish to swim must confirm by email by 10am on the morning of the meet.
- 11. The meet promoter will check entries against the British Rankings database. Falsely entered times will be rejected without refund.
- 12. This is a WITHDRAWAL Event Swimmers not intending to swim must withdraw by 10pm the day before the Swimmer is due to swim the event (e.g. swim on Saturday, email withdrawal to promoter by 8pm Friday). Details required in the email are: Full Name, SE No, Session No, Event No, Stroke, Distance. Please take the time to withdraw so that lanes are not left empty.
- 13. Spectator admission will be from the start of Warm up. Spectator Tickets can be purchased prior to the event online Or on the day at the spectator entrance. It is preferred that payment be made by contactless payment on the day.
- 14. Competitors must report to the marshalling area 15 mins before the start of their event where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event.
- 15. In HDW events, all events will be seeded with fastest swimmers swimming last.
- 16. The top three in each age groups will receive awards. A competitor who has been disqualified will not receive an award. There will be spot prizes throughout the event.
- 17. There will NOT be any On the Day entries for this event.
- 18. The promoters reserve the right to refuse admission to any competitor or spectator.
- 19. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. To use the locker, you will need a £1 coin
- 20. Basildon & Phoenix uses a computer to manage entries and results. 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

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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.

- 21. Coaches' passes cost £10 per day and are required to be purchased when entering swimmers. They will not be sold on the day no pass, no admission to poolside.
- 22. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways, report any issues immediately to a member of the pool staff or to the Open Meet Promoter.
- 23. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter-clockwise. Swimmers using sprint lines must swim 15 metres before slowing up. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warmup sessions. Lanes will be allocated to clubs where appropriate. We will have both 25m pools for the warm up session.
- 24. BPSC accepts no responsibility for loss or damage to personal property and requests that all persons remove their belongings if they leave the premises at any time. Any lost property not claimed from the announcer during the meet will be handed to Pool Management for collection by the owner
- 25. Anyone attending the gala wishing to use camera, video or digital image-capturing devices (including mobile phones and tablet devices) may do so without the need to register their details with the meet organiser
- 26. 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).

# 27. IMAGE CAPTURING DEVICES MUST NOT BE USED ON POOLSIDE OR CHANGING AREA AT ANY TIME FOR THE PURPOSE OF TAKING PHOTOS

- 28. Competitors must be suitably dressed and with the appropriate footwear whilst on poolside. No outdoor shoes are allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers are not allowed elsewhere in the building or in the spectator area with wet swimwear.
- 29. Spectators, officials and competitors must observe the safety precautions in operation at Basildon Sporting Village and are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management. Neither the Meet Management, the Promoters nor BPSC will be responsible for any loss or damage occurring during this Meet.
- 30. Coaches or Team Managers are responsible for the swimmers' conduct at all times.
- 31. By submitting an entry, competitors and coaches are agreeing to be bound by these rules.
- 32. Results will be available on the Club website as soon as possible after the meet.
- 33. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws
- 34. THIS EVENT IS FIRST COME FIRST SERVED.
- 35. Expected finish time each day will be approximately 9.00pm, but will depend on entry numbers.

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#### **Race Schedule**

SATURDAY		SUNDAY
SESSION 1		SESSION 3
WARM UP 1.30PM		WARM UP 1.30PM
GIRLS 400M FREESTYLE		BOYS 400M FREESTYLE
BOYS 100M FREESTYLE		GIRLS 100M FREESTYLE
GIRLS 50M BREASTSTROKE		BOYS 50M BREASTSTROKE
BOYS 50M BUTTERFLY		GIRLS 50M BUTTERFLY
GIRLS 200M BACKSTROKE		BOYS 200M BACKSTROKE
BOYS 200M BREASTSTROKE		GIRLS 200M BREASTSTROKE
GIRLS 100M BUTTERFLY		BOYS 100M BUTTERFLY
BOYS 400M IM		GIRLS 400M IM
SATURDAY		SUNDAY
SESSION 2		SESSION 4
0200:0:12		OLOGIOI T
WARM UP TBC		WARM UP TBC
0_00.0		0_00.0
WARM UP TBC	-	WARM UP TBC
WARM UP TBC GIRLS 200M IM		WARM UP TBC BOYS 200M IM
WARM UP TBC  GIRLS 200M IM  BOYS 50M FREESTYLE		WARM UP TBC BOYS 200M IM GIRLS 50M FREESTYLE
WARM UP TBC  GIRLS 200M IM  BOYS 50M FREESTYLE  GIRLS 100M BREASTROKE		WARM UP TBC BOYS 200M IM GIRLS 50M FREESTYLE BOYS 100 BREASTROKE
WARM UP TBC  GIRLS 200M IM  BOYS 50M FREESTYLE  GIRLS 100M BREASTROKE  BOYS 100M BACKSTROKE		WARM UP TBC BOYS 200M IM GIRLS 50M FREESTYLE BOYS 100 BREASTROKE GIRLS 100M BACKSTROKE
WARM UP TBC  GIRLS 200M IM  BOYS 50M FREESTYLE  GIRLS 100M BREASTROKE  BOYS 100M BACKSTROKE  GIRLS 200M BUTTERFLY		WARM UP TBC BOYS 200M IM GIRLS 50M FREESTYLE BOYS 100 BREASTROKE GIRLS 100M BACKSTROKE BOYS 200M BUTTERFLY
WARM UP TBC  GIRLS 200M IM  BOYS 50M FREESTYLE  GIRLS 100M BREASTROKE  BOYS 100M BACKSTROKE  GIRLS 200M BUTTERFLY  BOYS 200M FREESTYLE		WARM UP TBC  BOYS 200M IM  GIRLS 50M FREESTYLE  BOYS 100 BREASTROKE  GIRLS 100M BACKSTROKE  BOYS 200M BUTTERFLY  GIRLS 200M FREESTYLE

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# UPPER LIMIT QUALIFYING TIMES

Girls Events	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16+
50m Free	34.0	31.5	30.5	29.0	28.0	27.0	26.0	24.8
100m Free	1.10.0	1.06.0	1.04.0	1.02.0	59.0	58.0	57.0	54.9
200m Free	2.35.0	2.30.0	2.26.0	2.19.0	2.15.0	2.10.0	2.05.0	2.01.0
400m Free	5.28.5	5.10.0	4.55.0	4.46.5	4.36.5	4.30.0	4.27.0	4.18.0
50m Breast	40.0	38.0	37.0	35.5	34.0	32.5	31.5	30.5
100m Breast	1.28.0	1.24.0	1.19.0	1.17.5	1.15.5	1.13.5	1.11.5	1.09.0
200m Breast	3.20.0	3.10.5	3.02.0	2.54.5	2.48.5	2.43.5	2.38.0	2.29.5
50m Fly	36.5	34.5	33.0	31.5	30.0	29.0	28.0	26.5
100m Fly	1.16.0	1.13.0	1.11.0	1.07.5	1.05.2	1.03.8	1.02.0	59.5
200m Fly	3.20.0	3.02.0	2.49.5	2.40.0	2.33.5	2.22.5	2.16.0	2.10.5
50m Back	36.0	34.5	33.0	31.0	29.8	29.0	28.0	27.0
100m Back	1.16.0	1.13.0	1.11.0	1.08.0	1.05.8	1.04.2	1.02.8	1.00.5
200m Back	3.05.0	2.52.5	2.40.0	2.27.5	2.24.5	2.20.2	2.18.2	2.14.8
200 IM	3.05.0	2.53.0	2.41.0	2.33.0	2.25.0	2.21.5	2.16.0	2.11.5
400 IM	6.20.0	6.05.0	5.40.5	5.30.0	5.20.5	5.10.0	4.57.0	4.48.6
Boys Events	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16+
50m Free	34.0	31.5	30.5	28.0	26.5	25.8	24.8	23.0
100m Free	1.10.0	1.06.0	1.04.0	59.0	57.5	56.5	55.0	52.8
200m Free	2.35.0	2.30.0	2.25.0	2.15.0	2.08.0	2.03.0	1.59.0	1.52.0
200m Free 400m Free	2.35.0 5.28.5	2.30.0 5.10.0	2.25.0 4.55.0	2.15.0 4.41.5	2.08.0 4.31.0	2.03.0 4.20.0	1.59.0 4.11.0	1.52.0 4.03.0
400m Free	5.28.5	5.10.0	4.55.0	4.41.5	4.31.0	4.20.0	4.11.0	4.03.0
400m Free 50m Breast	5.28.5	5.10.0 38.0	4.55.0 37.0	4.41.5 35.0	4.31.0	4.20.0	4.11.0	4.03.0
400m Free 50m Breast 100m Breast	5.28.5 40.0 1.28.0	5.10.0 38.0 1.24.0	4.55.0 37.0 1.19.0	4.41.5 35.0 1.14.0	4.31.0 33.2 1.11.5	4.20.0 31.0 1.09.5	4.11.0 29.8 1.07.5	4.03.0 27.8 1.05.0
400m Free 50m Breast 100m Breast 200m Breast	5.28.5 40.0 1.28.0 3.20.0	5.10.0 38.0 1.24.0 3.10.5	4.55.0 37.0 1.19.0 3.02.0	4.41.5 35.0 1.14.0 2.50.0	4.31.0 33.2 1.11.5 2.35.5	4.20.0 31.0 1.09.5 2.29.5	4.11.0 29.8 1.07.5 2.23.5	4.03.0 27.8 1.05.0 2.18.0
400m Free 50m Breast 100m Breast 200m Breast 50m Fly	5.28.5 40.0 1.28.0 3.20.0 36.5	5.10.0 38.0 1.24.0 3.10.5 34.5	4.55.0 37.0 1.19.0 3.02.0 33.0	4.41.5 35.0 1.14.0 2.50.0 30.5	4.31.0 33.2 1.11.5 2.35.5 28.8	4.20.0 31.0 1.09.5 2.29.5 26.8	4.11.0 29.8 1.07.5 2.23.5 25.5	4.03.0 27.8 1.05.0 2.18.0 24.5
400m Free 50m Breast 100m Breast 200m Breast 50m Fly 100m Fly	5.28.5 40.0 1.28.0 3.20.0 36.5 1.16.0	5.10.0 38.0 1.24.0 3.10.5 34.5 1.13.0	4.55.0 37.0 1.19.0 3.02.0 33.0 1.11.0	4.41.5 35.0 1.14.0 2.50.0 30.5 1.04.0	4.31.0 33.2 1.11.5 2.35.5 28.8 1.01.0	4.20.0 31.0 1.09.5 2.29.5 26.8 59.0	4.11.0 29.8 1.07.5 2.23.5 25.5 57.5	4.03.0 27.8 1.05.0 2.18.0 24.5 56.0
400m Free 50m Breast 100m Breast 200m Breast 50m Fly 100m Fly 200m Fly	5.28.5 40.0 1.28.0 3.20.0 36.5 1.16.0 3.20.0	5.10.0 38.0 1.24.0 3.10.5 34.5 1.13.0 3.02.0	4.55.0 37.0 1.19.0 3.02.0 33.0 1.11.0 2.49.5	4.41.5 35.0 1.14.0 2.50.0 30.5 1.04.0 2.34.5	4.31.0 33.2 1.11.5 2.35.5 28.8 1.01.0 2.22.5	4.20.0 31.0 1.09.5 2.29.5 26.8 59.0 2.15.5	4.11.0 29.8 1.07.5 2.23.5 25.5 57.5 2.08.5	4.03.0 27.8 1.05.0 2.18.0 24.5 56.0 2.01.5
400m Free 50m Breast 100m Breast 200m Breast 50m Fly 100m Fly 200m Fly 50m Back	5.28.5 40.0 1.28.0 3.20.0 36.5 1.16.0 3.20.0 36.0	5.10.0 38.0 1.24.0 3.10.5 34.5 1.13.0 3.02.0 34.5	4.55.0 37.0 1.19.0 3.02.0 33.0 1.11.0 2.49.5 33.0	4.41.5 35.0 1.14.0 2.50.0 30.5 1.04.0 2.34.5 30.5	4.31.0 33.2 1.11.5 2.35.5 28.8 1.01.0 2.22.5 29.5	4.20.0 31.0 1.09.5 2.29.5 26.8 59.0 2.15.5 28.5	4.11.0 29.8 1.07.5 2.23.5 25.5 57.5 2.08.5 26.5	4.03.0 27.8 1.05.0 2.18.0 24.5 56.0 2.01.5 25.5
400m Free 50m Breast 100m Breast 200m Breast 50m Fly 100m Fly 200m Fly 50m Back 100m Back	5.28.5 40.0 1.28.0 3.20.0 36.5 1.16.0 3.20.0 36.0 1.16.0	5.10.0 38.0 1.24.0 3.10.5 34.5 1.13.0 3.02.0 34.5 1.13.0	4.55.0 37.0 1.19.0 3.02.0 33.0 1.11.0 2.49.5 33.0 1.11.0	4.41.5 35.0 1.14.0 2.50.0 30.5 1.04.0 2.34.5 30.5 1.06.0	4.31.0 33.2 1.11.5 2.35.5 28.8 1.01.0 2.22.5 29.5 1.02.0	4.20.0 31.0 1.09.5 2.29.5 26.8 59.0 2.15.5 28.5 1.00.0	4.11.0 29.8 1.07.5 2.23.5 25.5 57.5 2.08.5 26.5 58.0	4.03.0 27.8 1.05.0 2.18.0 24.5 56.0 2.01.5 25.5 56.0