Licence No. TBD



SPRING SC MEET 2024

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| Event | BPSC SPRING SC MEET 2024 |
|------------------------|---|
| | |
| Date | 18/19 May 2024 |
| Venue | Basildon Sporting Village, |
| Tonido | 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 Groups | 9, 10, 11, 12, 13, 14, 13, 10+ |
| Age on Day | 19 th May 2024 |
| | |
| Awards | Top 3 in each Age Group |
| Events | All 50's, 100'S, 200's and 400's |
| | |
| Race Entry Fee | £7.80 per event |
| Spectator Entrance Fee | £7.00 per day/part of (£3.00 for programme) |
| opectator Entrance rec | 27100 per day/part of (20100 for programme) |
| Entries Returned to | Via club website <u>www.basildonswimming.org</u> |
| All Enquiries to | galas@phoenixbasildonsc.org |
| | 3Sp |
| Closing Date | Saturday 11 [™] May 2024 |
| Meet Pomoter | Nigel Bear |

Licence No. TBD

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 Compete.
- 3. Entries will be made using female and male/open competition categories. You will notice a transition into the use of Female and Open/Male as the new competition categories, following the launch of the Swim England Transgender and Non-Binary Competition Policy on 1st September 2023.
- 4. 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.
- 5. Competitors' ages shall be as on the last day of the competition.
- 6. All entries must be Short Course times or Long Course times converted to Short Course (whichever is the fastest).
- 7. All swimmers aged 9 and over can swim all events. As this is a Level 3 competition swimmers without times can still enter but need to provide an estimated time (refer to their coach to get an estimate, or enter the following: 50m 00:59.99, 100m 01:59.99, 200m 03:59.99). Please consult with their coach to ensure that they enter appropriate events for their ability.
- 8. ALL entries MUST be submitted online via our website at www.basildonswimming.org
 Full instructions are online, ENTRIES CANNOT BE POSTED OR EMAILED.
- 9. All entries must be slower than the Upper Limit Time (ULT) listed.
- 10. 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.
- 11. There will be no refunds of entry fees unless the entries are rejected by the organisers for any reason.
- 12. 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.
- 13. The meet promoter will check entries against the British Rankings database. Falsely entered times will be rejected without refund.
- 14. 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.
- 15. 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.
- 16. 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.
- 17. In HDW Events all Events will be seeded with fastest swimmers swimming last.
- 18. 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.
- 19. There will NOT be any On the Day entries for this event.
- 20. The promoters reserve the right to refuse admission to any competitor or spectator.
- 21. 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.

Licence No. TBD

- 22. 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 r0equire 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.
- 23. 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.
- 24. 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. Folding chairs are not allowed on poolside.
- 25. 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 lanes must swim 15 metres before slowing up. All swimmers must leave the water by the side of the pool & 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.
- 26. There is to be no diving in the shallow warm-up / cool down pool (i.e. non scoreboard end of the venue) at any point during the meet.
- 27. 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.
- 28. 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.
- 29. 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).

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

- 31. 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. No glass bottles are allowed in the changing rooms and pool areas.
- 32. 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.
- 33. Coaches or Team Managers are responsible for the swimmers' conduct at all times.
- 34. By submitting an entry, competitors and coaches are agreeing to be bound by these rules.
- 35. Results will be available on the Club website as soon as possible after the meet.
- 36. Travel expenses for officials can be claimed in line with the conditions laid out by SE East Region policy (dated August 2023) which can be viewed at https://www.eastswimming.org/wp-content/uploads/2023/08/Swim-England-East-Region-Swimming-Technical-Officials-and-Volunteers-Expenses-Policy-%E2%80%93-Rev.-Aug-2023-docx.pdf
- 37. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws.
- 38. THIS EVENT IS FIRST COME FIRST SERVED.
- 39. Expected finish time each day will be approximately 9.00pm.

Licence No. TBD

Race Schedule

| SATURDAY | | SUNDAY | | |
|------------------------------|--|-------------------------------|--|--|
| SESSION 1 | | SESSION 3 | | |
| WARM UP 1.30PM | | WARM UP 1.30PM | | |
| Male / Open 400m Freestyle | | Female 400m Freestyle | | |
| Female 100m IM | | Male / Open 100m IM | | |
| Male / Open 50m Breaststroke | | Female 50m Breaststroke | | |
| Female 50m Butterfly | | Male / Open 50m Butterfly | | |
| Male / Open 100m Butterfly | | Female 100m Butterfly | | |
| Female 200m Breaststroke | | Male / Open 200m Breaststroke | | |
| Male / Open 200m Backstroke | | Female 200m Backstroke | | |
| Female 100m Backstroke | | Male / Open 100m Backstroke | | |
| SATURDAY | | SUNDAY | | |
| SESSION 2 | | SESSION 4 | | |
| WARM UP TBC | | WARM UP TBC | | |
| Male / Open 200m IM | | Female 200m IM | | |
| Female 50m Freestyle | | Male / Open 50m Freestyle | | |
| Male / Open 50m Backstroke | | Female 50m Backstroke | | |
| Female 100m Breaststroke | | Male / Open 100m Breaststroke | | |
| Male / Open 200m Butterfly | | Female 200m Butterfly | | |
| Female 200m Freestyle | | Male / Open 200m Freestyle | | |
| Male / Open 100m Freestyle | | Female 100m Freestyle | | |

Licence No. TBD

UPPER LIMIT QUALIFYING TIMES

| Female 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 | 24.5 |
| 100m Free | 1.10.0 | 1.06.0 | 1.04.0 | 1.02.0 | 59.0 | 58.0 | 57.0 | 54.5 |
| 200m Free | 2.35.0 | 2.30.0 | 2.26.0 | 2.19.0 | 2.15.0 | 2.10.0 | 2.04.5 | 2.00.5 |
| 400m Free | 5.28.5 | 5.10.0 | 4.55.0 | 4.46.5 | 4.36.5 | 4.30.0 | 4.25.5 | 4.16.5 |
| 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 | 1.08.0 |
| 200m Breast | 3.20.0 | 3.10.5 | 3.02.0 | 2.54.5 | 2.48.5 | 2.41.5 | 2.36.0 | 2.29.5 |
| 50m Fly | 36.5 | 34.5 | 33.0 | 31.5 | 30.0 | 29.0 | 28.0 | 26.0 |
| 100m Fly | 1.16.0 | 1.13.0 | 1.10.0 | 1.07.5 | 1.05.8 | 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 | 3.01.0 | 2.45.5 | 2.32.5 | 2.27.5 | 2.24.5 | 2.20.2 | 2.17.8 | 2.13.8 |
| 100 IM | 1.19.0 | 1.15.0 | 1.13.0 | 1.09.0 | 1.07.0 | 1.04.5 | 1.03.0 | 1.01.5 |
| 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 |
| | | | | | | | | |
| Male/Open Events | 9 Years | 10 Years | 11 Years | 12 Years | 13 Years | 14 Years | 15 Years | 16+ |
| - | | | | | | | | 16+ 23.0 |
| Events | Years | Years | Years | Years | Years | Years | Years | |
| Events 50m Free | Years 34.0 | Years 30.5 | Years 29.0 | Years 27.5 | Years 26.5 | Years 25.8 | Years 24.8 | 23.0 |
| 50m Free 100m Free | Years 34.0 1.10.0 | Years 30.5 1.06.0 | Years 29.0 1.04.0 | Years 27.5 59.0 | Years 26.5 57.5 | Years 25.8 56.5 | Years 24.8 55.0 | 23.0 |
| 50m Free 100m Free 200m Free | Years 34.0 1.10.0 2.35.0 | Years 30.5 1.06.0 2.30.0 | Years 29.0 1.04.0 2.25.0 | Years 27.5 59.0 2.15.0 | Years 26.5 57.5 2.08.0 | Years 25.8 56.5 2.01.0 | Years 24.8 55.0 1.58.0 | 23.0 52.8 1.52.0 |
| 50m Free 100m Free 200m Free 400m Free | Years 34.0 1.10.0 2.35.0 5.28.5 | Years 30.5 1.06.0 2.30.0 5.10.0 | Years 29.0 1.04.0 2.25.0 4.55.0 | Years 27.5 59.0 2.15.0 4.41.5 | Years 26.5 57.5 2.08.0 4.31.0 | Years 25.8 56.5 2.01.0 4.19.0 | Years 24.8 55.0 1.58.0 4.10.0 | 23.0 52.8 1.52.0 4.03.0 |
| 50m Free 100m Free 200m Free 400m Free 50m Breast | Years 34.0 1.10.0 2.35.0 5.28.5 40.0 | Years 30.5 1.06.0 2.30.0 5.10.0 38.0 | Years 29.0 1.04.0 2.25.0 4.55.0 37.0 | Years 27.5 59.0 2.15.0 4.41.5 35.0 | Years 26.5 57.5 2.08.0 4.31.0 33.2 | Years 25.8 56.5 2.01.0 4.19.0 31.0 | Years 24.8 55.0 1.58.0 4.10.0 29.8 | 23.0 52.8 1.52.0 4.03.0 27.8 |
| 50m Free 100m Free 200m Free 400m Free 50m Breast 100m Breast | Years 34.0 1.10.0 2.35.0 5.28.5 40.0 1.28.0 | Years 30.5 1.06.0 2.30.0 5.10.0 38.0 1.24.0 | Years 29.0 1.04.0 2.25.0 4.55.0 37.0 1.19.0 | Years 27.5 59.0 2.15.0 4.41.5 35.0 1.14.0 | Years 26.5 57.5 2.08.0 4.31.0 33.2 1.11.5 | Years 25.8 56.5 2.01.0 4.19.0 31.0 1.09.5 | Years 24.8 55.0 1.58.0 4.10.0 29.8 1.07.5 | 23.0 52.8 1.52.0 4.03.0 27.8 1.05.0 |
| 50m Free 100m Free 200m Free 400m Free 50m Breast 100m Breast | Years 34.0 1.10.0 2.35.0 5.28.5 40.0 1.28.0 3.20.0 | Years 30.5 1.06.0 2.30.0 5.10.0 38.0 1.24.0 3.10.5 | Years 29.0 1.04.0 2.25.0 4.55.0 37.0 1.19.0 3.02.0 | Years 27.5 59.0 2.15.0 4.41.5 35.0 1.14.0 2.50.0 | Years 26.5 57.5 2.08.0 4.31.0 33.2 1.11.5 2.35.5 | Years 25.8 56.5 2.01.0 4.19.0 31.0 1.09.5 2.29.5 | Years 24.8 55.0 1.58.0 4.10.0 29.8 1.07.5 2.23.5 | 23.0 52.8 1.52.0 4.03.0 27.8 1.05.0 2.18.0 |
| 50m Free 100m Free 200m Free 400m Free 50m Breast 100m Breast 200m Breast | Years 34.0 1.10.0 2.35.0 5.28.5 40.0 1.28.0 3.20.0 36.5 | Years 30.5 1.06.0 2.30.0 5.10.0 38.0 1.24.0 3.10.5 34.5 | Years 29.0 1.04.0 2.25.0 4.55.0 37.0 1.19.0 3.02.0 32.0 | Years 27.5 59.0 2.15.0 4.41.5 35.0 1.14.0 2.50.0 30.5 | Years 26.5 57.5 2.08.0 4.31.0 33.2 1.11.5 2.35.5 28.8 | Years 25.8 56.5 2.01.0 4.19.0 31.0 1.09.5 2.29.5 26.8 | Years 24.8 55.0 1.58.0 4.10.0 29.8 1.07.5 2.23.5 25.5 | 23.0 52.8 1.52.0 4.03.0 27.8 1.05.0 2.18.0 24.5 |
| 50m Free 100m Free 200m Free 400m Free 50m Breast 100m Breast 200m Breast 100m Breast | Years 34.0 1.10.0 2.35.0 5.28.5 40.0 1.28.0 3.20.0 36.5 1.16.0 | Years 30.5 1.06.0 2.30.0 5.10.0 38.0 1.24.0 3.10.5 34.5 1.13.0 | Years 29.0 1.04.0 2.25.0 4.55.0 37.0 1.19.0 3.02.0 32.0 1.10.0 | Years 27.5 59.0 2.15.0 4.41.5 35.0 1.14.0 2.50.0 30.5 1.04.0 | Years 26.5 57.5 2.08.0 4.31.0 33.2 1.11.5 2.35.5 28.8 1.01.0 | Years 25.8 56.5 2.01.0 4.19.0 31.0 1.09.5 2.29.5 26.8 59.0 | Years 24.8 55.0 1.58.0 4.10.0 29.8 1.07.5 2.23.5 25.5 57.5 | 23.0 52.8 1.52.0 4.03.0 27.8 1.05.0 2.18.0 24.5 56.0 |
| 50m Free 100m Free 200m Free 400m Free 50m Breast 100m Breast 200m Breast 200m Fly 100m Fly 200m Fly | Years 34.0 1.10.0 2.35.0 5.28.5 40.0 1.28.0 3.20.0 36.5 1.16.0 3.20.0 | Years 30.5 1.06.0 2.30.0 5.10.0 38.0 1.24.0 3.10.5 34.5 1.13.0 3.02.0 | Years 29.0 1.04.0 2.25.0 4.55.0 37.0 1.19.0 3.02.0 32.0 1.10.0 2.49.5 | Years 27.5 59.0 2.15.0 4.41.5 35.0 1.14.0 2.50.0 30.5 1.04.0 2.31.5 | Years 26.5 57.5 2.08.0 4.31.0 33.2 1.11.5 2.35.5 28.8 1.01.0 2.21.5 | Years 25.8 56.5 2.01.0 4.19.0 31.0 1.09.5 2.29.5 26.8 59.0 2.15.5 | Years 24.8 55.0 1.58.0 4.10.0 29.8 1.07.5 2.23.5 25.5 57.5 2.08.5 | 23.0 52.8 1.52.0 4.03.0 27.8 1.05.0 2.18.0 24.5 56.0 2.01.5 |
| Events 50m Free 100m Free 200m Free 400m Free 50m Breast 100m Breast 200m Breast 200m Fly 100m Fly 200m Fly 50m Back | Years 34.0 1.10.0 2.35.0 5.28.5 40.0 1.28.0 3.20.0 36.5 1.16.0 3.20.0 36.0 | Years 30.5 1.06.0 2.30.0 5.10.0 38.0 1.24.0 3.10.5 34.5 1.13.0 3.02.0 34.5 | Years 29.0 1.04.0 2.25.0 4.55.0 37.0 1.19.0 3.02.0 32.0 1.10.0 2.49.5 33.0 | Years 27.5 59.0 2.15.0 4.41.5 35.0 1.14.0 2.50.0 30.5 1.04.0 2.31.5 30.5 | Years 26.5 57.5 2.08.0 4.31.0 33.2 1.11.5 2.35.5 28.8 1.01.0 2.21.5 29.5 | Years 25.8 56.5 2.01.0 4.19.0 31.0 1.09.5 2.29.5 26.8 59.0 2.15.5 28.5 | Years 24.8 55.0 1.58.0 4.10.0 29.8 1.07.5 2.23.5 25.5 57.5 2.08.5 26.5 | 23.0 52.8 1.52.0 4.03.0 27.8 1.05.0 2.18.0 24.5 56.0 2.01.5 |
| 50m Free 100m Free 200m Free 400m Free 50m Breast 100m Breast 200m Breast 200m Fly 100m Fly 200m Fly 50m Back 100m Back | Years 34.0 1.10.0 2.35.0 5.28.5 40.0 1.28.0 3.20.0 36.5 1.16.0 3.20.0 1.16.0 | Years 30.5 1.06.0 2.30.0 5.10.0 38.0 1.24.0 3.10.5 34.5 1.13.0 3.02.0 34.5 1.13.0 | Years 29.0 1.04.0 2.25.0 4.55.0 37.0 1.19.0 3.02.0 1.10.0 2.49.5 33.0 1.11.0 | Years 27.5 59.0 2.15.0 4.41.5 35.0 1.14.0 2.50.0 30.5 1.04.0 2.31.5 30.5 1.06.0 | Years 26.5 57.5 2.08.0 4.31.0 33.2 1.11.5 2.35.5 28.8 1.01.0 2.21.5 29.5 1.02.0 | Years 25.8 56.5 2.01.0 4.19.0 31.0 1.09.5 2.29.5 26.8 59.0 2.15.5 28.5 1.00.0 | Years 24.8 55.0 1.58.0 4.10.0 29.8 1.07.5 2.23.5 25.5 57.5 2.08.5 26.5 58.0 | 23.0 52.8 1.52.0 4.03.0 27.8 1.05.0 2.18.0 24.5 56.0 2.01.5 25.5 56.0 |