

A swimmer wearing an orange swim cap with the PSC logo and pink goggles is captured in a dynamic swimming stroke in a pool. The water is splashing around her, and the background is a bright, sunlit pool.

PSC

Putteridge Swimming Club

Winter Short Course County Qualifier 2019
Level 3 Meet

Providing an opportunity to qualify for Counties and Regionals
License No: 3ER191955

Comprising all Events including mixed 800 and 1500

30th November and 1st December 2019

Inspire, Luton Sports Village, Butterfield Green Road, Luton LU2 8DD



Putteridge Swimming Club

Winter Short Course County Qualifier 2019

L3 County and Regional Qualifier

(License Number: 3ER191955)

Saturday 30th November and Sunday 1st December,
2019

Under Swim England Laws & Technical Rules: Affiliated to the East
Region

- Venue: Inspire, Luton Sports Village, Butterfield Green Road, Luton, LU28DD
- Pool: 8 Lane, 25m Pool, Electronic Timing, Olympic standard blocks,
With two pool's available for warm up and non-competition side for swim down during events.
- Age Groups: 9, 10, 11, 12, 13, 14, 15+
This is an AGE ON DAY competition. For event restrictions see qualifying times table
- Awards: Medals awarded to top three in each age group
- Events: 50m, 100m and 200m all strokes,
400m freestyle, 200m & 400m IM
800m and 1500m (male and female, mixed) Freestyle
9 + 10-year old's may not enter 400 IM, 800/ 1500 Freestyle
- Fees: Race Entry Fee: £6.00 per event (800/ 1500 at £12)
Coaches Pass: One day pass £20, two days pass £30
Spectator Entry £5.00 per session adults or £8.00 all day
OAPs £2 per day. Children under 12 free
Parking is charged by the center for stays over 4 hours
- Entries to: Gala Promoter, c/o Putteridge Swimming Club,
14 Brompton Close, Luton, Beds., LU3 3QT
- Closing Date: 12.00 Midnight on 8th November, 2019
- Enquiries can be e-mailed to galapromoter@putteridgesc.co.uk

MEET PROGRAMME

(License Number: 3ER191955)

Saturday 30 November 2019

Session 1

Warm up 0815; Start 0915

Boys	10/ over	400m Ind Medley
Girls	All Ages	100m Breaststroke
Boys	All Ages	100m Backstroke
Girls	All Ages	400m Freestyle
Boys	All Ages	100m Butterfly
Girls	All Ages	50m Breaststroke
Boys	All Ages	50m Backstroke

Sunday 1 December 2019

Session 4

Warm up 0815; Start 0915

Girls	10/ over	400m Ind Medley
Boys	All Ages	100m Breaststroke
Girls	All Ages	100m Backstroke
Boys	All Ages	400m Freestyle
Girls	All Ages	100m Butterfly
Boys	All Ages	50m Breaststroke
Girls	All Ages	50m Backstroke

50 minute warm up

Session 2

Start TBA

Girls	All Ages	200m Butterfly
Boys	All Ages	200m Backstroke
Girls	All Ages	200m Freestyle
Mixed	10/over	1500 Freestyle

Session 5

Start TBA

Boys	All Ages	200m Butterfly
Girls	All Ages	200m Backstroke
Boys	All Ages	200m Freestyle
Mixed	10/over	800m Freestyle

50 minute warm up

Session 3

Start TBA

Girls	All Ages	200m Ind Medley
Boys	All Ages	100m Freestyle
Girls	All Ages	200m Breaststroke
Boys	All Ages	50m Butterfly
Girls	All Ages	50m Freestyle

Session 6

Start TBA

Boys	All Ages	200m Ind Medley
Girls	All Ages	100m Freestyle
Boys	All Ages	200m Breaststroke
Girls	All Ages	50m Butterfly
Boys	All Ages	50m Freestyle

Meet Conditions and Information

(License Number: 3ER191955)

1. This meet will take place at Inspire, Luton Sports Village, Luton on 30th November and 1st December 2019. It is licensed by the Swim England at Level 3 3ER191955 for entry into county and regional championships and will be held under Swim England Laws and Technical Rules.
2. Entrants must be Swim England Registered Cat 2, belong to an affiliated club and enter in the name of one club only.
3. The pool length is 25m, 8 lanes with anti-wave ropes and electronic timing, the depth of the pool is 2.0m at the shallow end and 2.0m at the deep end. A secondary strobe will be in use if it is available.
4. Upper cut-off times are provided; there are no lower limit times and entry will be accepted without entry times.
5. All club entries of three or more swimmers must be made electronically via SPORT SYSTEMS Entry Manager file together with entry fees and should reach the promoter by **midnight Friday 8th November 2019**. The entry fee is £6 per event with the exemption of 800/ 1500 Freestyle at £12 per event. Sport Systems entry files are available on request by e-mail openmeet@putteridgesc.co.uk or from the club website at www.putteridgesc.co.uk
6. The promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In particular the 800m/ 1500m mixed Freestyle events will be restricted to 5 heats for the 800 freestyle, and 3 heats for the 1500 freestyle.
7. 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 Bacs payment. Individual entries will only be accepted at the promoter's discretion. Late entries, day of meet entries, time trials and day of meet alterations will not be accepted, unless due to administrative error.
8. In the event that entries are rejected, fees will be refunded by a single cheque made payable to the club in question.
9. Swimmers in possession of a Swim England Certificate of Swimming Disability or whose Swim England membership record details of a disability sport class, are welcome to enter the competition.
10. The list of accepted and rejected entries will be published on the club website (www.putteridgesc.co.uk) within 2 weeks of 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 are required.
11. Age is at date of last day of competition (1st December 2019).
12. All events will be swum on a heat declared winners basis.
13. Medals will be awarded to the top three in each age group in each event. Age groups as follows 9, 10, 11, 12, 13, 14, 15+.
14. Age restrictions: 9 & 10 year olds may not enter the 400 IM or 800/1500 mixed Freestyle events.
15. Swimmers must withdraw from events that they no longer wish to swim. All swimmers informed of having accepted entries will be deemed as competing unless they have informed the promoter that they do not wish to swim.
16. Withdrawals should be made via e-mail to galapromoter@putteridgesc.co.uk by midnight on Wednesday 30th November 2019 stating the event number, full name, date of birth, entry time and club.
17. Any on the day withdrawals must be made by coaches or the club representative 45 minutes prior to the start of the first event in each session. Withdrawal forms will be included in the coach packs, completed forms should be given to the meet promoter or volunteer coordinator via the computer desk.
18. Refunds are not available for withdrawals, other than for medical reasons for which a Doctor's note is required.
19. Competitors must report to the marshalling area in a timely manner, normally one event in advance of their own, where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event.
20. All events will be seeded on submitted times and heats.
21. Coaches/Team Managers will be allowed on poolside if wearing a pass.
22. Coach Passes are available at £20 for one day or £30 for two days this includes a meal at lunchtime, a programme and a full set of results.
23. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of 1:20 helpers/swimmers. Untrained parents without a DBS check are not allowed poolside.
24. Over the top starts may be used at the referee's discretion.
25. The promoters do not accept responsibility for any property.
26. For Health and Safety reasons only, small rucksack bags will be allowed poolside. Lockers are available with a 20p coin (refundable). Pool staff will remove any large obtrusive bags.
27. No person will be allowed on poolside without a pass.
28. There will be no glass items allowed on poolside.
29. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.
30. Charges as follows: Race Entry Fees £6.00 per event, with exemption of 800/1500 at £12 per event, Coaches Passes £20.00 for one day, £30.00 for two days, Spectator fees £5.00 per session for adults and children over 12 or £10.00 per day, OAPS £2.00 per day, Children under 12 years are free, programmes are available at £5 for both days.
31. In accordance with the Swim England Child Safety Procedures and Policies all parents or guardians of swimmers under the age of

Meet Conditions and Information

(License Number: 3ER191955)

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., particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography or filming at this event then please bring them to the attention of the Meet Promoter, Lesley Batson.

32. 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. 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 warm up sessions. Guidance will be given by the meet announcer and Warm Up Marshalls. Warm up schedule will be issued to Coaches on arrival.
33. Warm down protocol: Each club is responsible for its swimmers during warm down and swimmers must be supervised at all times during warm down.
34. Results will be provided live at www.putteridgesc.co.uk, and will be supplied to British Swimming for entry into the national rankings database.
35. The General Data Protection Regulation (GDPR) 2018, requires Putteridge Swimming Club 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 purpose 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 GDPR (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 manager has been passed to us by a third party such as a club rather than by the individual themselves, we rely on the third party to make sure that consent has been obtained. For more information please use this link: <https://www.putteridgesc.co.uk/archives/2019/04/24/privacy-notice-swim-meets/>
36. Car parking is free for the first 4 hours of your stay. After which, there is a fee of £1 for every hour up to a maximum of £5, this is charged by and paid to the facility provider, Active Luton.
37. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing.
38. The promoter of this meet is Mrs. Lesley Batson for and on behalf of Putteridge Swimming Club, email galapromoter@putteridgesc.co.uk.



Winter Short Course County Qualifier 2019

(Licensed by Swim England for entry into county and Regional championships as Level 3 under No. 3ER191955)

Swimmer Entry Form

Please ensure that you eligible to enter a race before completing this form

ENTRY DEADLINE: MIDNIGHT ON 8th November 2019

First Name		Surname	
Male or Female		Phone Number	
Date of Birth (dd/mm/yy)		ASA Reg. No	
Club			
Address			
E-mail			
Age as of 1st Dec 2019		Yrs. old	
Event	Time	Fee	
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
800m Freestyle (10/ Ov, £12)			
1500m Freestyle (10/ Ov, £12)			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Butterfly			
100m Butterfly			
200m Butterfly			
50m Backstroke			
100m Backstroke			
200m Backstroke			
200m Individual Medley			
400m Individual Medley (10/Ov)			
Total entry fee			£
Payment Method (tick and complete): Cheque (payable to Putteridge swimming club) <input type="checkbox"/> BACS <input type="checkbox"/> Ref: _____			
I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the			
Signature of Competitor: _____			Date: _____

Winter Short Course County Qualifier 2019

(Licensed by Swim England for entry into county and Regional championships as Level 3 under No. 3ER191955)

Coach/Helper Pass Application Form

Club Name: _____

Closing date: Midnight on 8th November, 2019

	Coach/Helper 1	Coach/Helper 2	Coach/Helper 3
Full Name:			
Position: (e.g. Coach)			
Home Address:			
Telephone No:			
E-mail Address:			
ASA Affiliation Number:			
Number of passes @ £20 Total enclosed: £ @ £30 Total enclosed: £			

The above-named person(s) is (are) authorised to hold a pass for this club and hold valid DBS and safeguarding certificate: Signed _____ Club Secretary.
 Coach Passes will not be available on the day. There will be no access to poolside without a pass.

Coach Passes are £20 per single day for Saturday/ Sunday or £30 for both days.

Passes include entry to poolside, programme and results service.

All completed forms to be returned to:

Putteridge Swimming Club, 21 Byfield Close, Toddington, Beds, LU5 6BH
 Please address any questions to openmeet@putteridgesc.co.uk

Winter Short Course County Qualifier 2019

(Licensed by Swim England for entry into county and Regional championships as Level 3 under No. 3ER191955)

Officials Request Form

We will provide lunch and refreshments for those doing more than one session and payment for expenses incurred in travel will be offered for those who do more than one session.

Full Name:				
Qualification	JL1	JL2	JL2S	Referee
Date License Valid To:			ASA number:	
Sessions Available:	S1			
	S2			
	S3			
	S4			
Mobile No:				
E-mail Address:				
Club:				
Swimmer's Name				
Mentor Request	<p><i>If you are in the middle of training to become an official and require mentoring, please indicate the sessions you are available and use this box to detail the tasks you require mentoring for.</i></p>			

Please complete one form per official and submit with your Club Summary Entry form or e-mail to openmeet@putteridgesc.co.uk



Winter Short Course County Qualifier 2019

(Licensed by Swim England for entry into county and Regional championships as Level 3 under No. 3ER191955)

Club Summary Entry Form

Please return this completed form with your entries and a SINGLE cheque* payable to Putteridge Swimming Club, and send to Gala Promoter, 14 Brompton Close, Luton, Bedfordshire LU3 3QT

Closing date midnight on 8th November, 2019

Club Name:	
Contact Name:	
Postal Address:	
E-mail Address:	
Telephone No:	

Entry Details

		No of Entries/	Cost
Swimmers	@ £6.00 per event		£
	@ £12 per event		
Coaches Pass	@ £20 (single day)		£
	@ £30 (weekend pass)		£
		TOTAL	£
Payment Method (tick and complete): Cheque <input type="checkbox"/> BACS* <input type="checkbox"/> Ref: _____ Other: <input type="checkbox"/>			

* If you wish to pay by BACS, Putteridge SC bank account details are as follows: HSBC Bank, sort code 40-30-39, account no 21073516

Checklist – By the Closing Date of 8th November, 2019, please ensure you have:

E-mailed:

Club Summary Entry Form (this form)

Sports systems Meet Entry File

Coach/Helper Forms

Officials Forms

(BACS transfer)

Posted:

Club Summary Entry Form (this form)

Sports systems Entry Report

Coach/Helper Forms

Officials Forms

Cheque (payable to Putteridge Swimming Club)



Winter Short Course County Qualifier 2019

(Licensed by Swim England for entry into county and Regional championships as Level 3 under No. 3ER191955)

Saturday 30th November and 1st December 2019

Upper Cut off Qualifying Times (25m)

(No faster than)

Ages as at 1st December 2019

BOYS							EVENT	GIRLS							
9	10	11	12	13	14	15/ Ov		9	10	11	12	13	14	15/ Ov	
33.0	31.5	30.0	28.5	27.0	26.0	23.8	50 Freestyle	34.0	32.9	31.7	30.7	29.3	27.9	27.1	
1:11.3	1:11.3	1:06.5	1:01.2	57.2	55.5	51.1	100 Freestyle	1:12.1	1:12.1	1:07.2	1:02.3	1:01.0	59.4	57.8	
2:42.0	2:30.0	2:19.0	2:10.8	2:04.5	2:00.2	1.50	200 Freestyle	2:37.5	2:28.8	2:20.4	2:13.9	2:10.2	2:07.5	2:03.9	
6:06.0	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4.01.5	400 Freestyle	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4.21.9	
		8.57.9						800 Freestyle			8.57.9				
		15.54.0						1500 Freestyle			15.54.0				
38.9	37.8	36.7	35.8	34.7	33.6	30.0	50 Breaststroke	41.9	40.7	39.3	38.4	37.2	36.3	32.9	
1:27.3	1:27.3	1:20.5	1:17.7	1:13.0	1:10.7	1.03.3	100 Breaststroke	1:33.5	1:33.5	1:25.9	1:19.3	1:16.8	1:15.1	1.11.2	
3:29.0	3:15.0	3:01.0	2:48.5	2:39.2	2:33.4	2.23.2	200 Breaststroke	3:22.0	3:10.5	2:58.7	2:49.4	2:44.8	2:41.4	2.35.6	
35.1	34.0	32.9	31.8	30.4	29.3	25.5	50 Butterfly	36.9	35.9	34.3	33.1	32.3	31.1	28.4	
1:18.1	1:18.1	1:11.0	1:08.5	1:04.1	1:01.6	56.7	100 Butterfly	1:24.5	1:24.5	1:15.7	1:09.7	1:07.6	1:05.8	1.03.0	
3:10.3	2:56.3	2:43.2	2:31.9	2:22.8	2:16.3	2.06.5	200 Butterfly	3:05.0	2:54.0	2:43.4	2:33.9	2:27.8	2:24.0	2.18.8	
35.9	34.8	33.5	32.8	31.6	30.8	26.5	50 Backstroke	37.9	36.3	35.7	34.5	33.7	32.4	29.3	
1:19.4	1:19.4	1:12.5	1:09.0	1:04.7	1:02.4	57.2	100 Backstroke	1:24.1	1:24.1	1:15.4	1:09.6	1:07.6	1:06.0	1.03.3	
2:57.8	2:46.7	2:35.9	2:26.4	2:19.0	2:14.0	2.05.0	200 Backstroke	2:54.2	2:45.7	2:36.1	2:28.5	2:24.5	2:21.4	2.17.4	
3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2.08.2	Ind. Medley 200	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2.19.3	
		5:40.5	5:17.1	5:00.6	4:51.1	4.35.4	Ind. Medley 400			5:38.2	5:20.2	5:11.0	5:00.4	4.55.2	