# Short Course 

(Affiliated to SENER Region) Under SE Laws \& SE Technical Rules
LEVEL 3 Licence Number: Applied for
(For entry into Regional and County Championships)

## Sunday 6 ${ }^{\text {th }}$ March 2022

East Riding Leisure Bridlington

## AGE AS ON DAY

## Events

All age groups -50m All Strokes
10yrs \& Over - 200m All Strokes
11 yrs \& Over 400m Individual Medley
10yrs \& Over 400m Freestyle

## Awards

9/10/ $11 / 12 / 13 / 14 / 15$ yrs \& over 1st - 3 rd

## Entries

£4 per individual entry
Accepted on a first come first served basis
ALL SPECTATORS TICKETS on the day First Come First Serve
AGE AS 6th March 2022
Closing Date: Midnight 28th February 2022
Unless full before hand

## General Information

## Organisation

- The Mad March Meet will be held under SE Laws and Technical Rules of Swimming.
- AGE AS on day 6/3/22
- Over the top starts will be used at the discretion of the Lead Referee and Meet Management.
- Integrated heats will be seeded according to entry times.
- All events are heat declared winners.


## Venue

- East Riding Leisure Bridlington


## Pool

- 25m, 6 Lane Pool with anti-wave ropes.
- Large scoreboard and electronic timing used throughout the meet.


## Timing

- Electronic timing will be used throughout the meet.


## Session Times

- Sunday Morning Warm Up - 08:30am Start - 09:25am
- Sunday Afternoon Warm Up - 13.00pm Start - 13.55pm


## Individual Events

- All ages 50m ALL Strokes
- 200 m 10 yrs and above all strokes / 400 m Freestyle $10 y r s$ and above / 400 m IM 11 yrs And Above these will be mixed events
- All events are heat declared winners


## Promoter: Kev Sissons

## Awards

- Age groups 9, 10 , $11,12,13,14 \& 15 y r s$ plus medals 1 st - 3rd


## Coaches Passes

- Every Club must provide min 2 Coaches on poolside maximum 4, Coaches will not be allowed on the deck whilst events are running and should remain with their team. This is to assist the official's safe and clear passage up and down the poolside. This will be policed so please just play by the rules.


## Entry Procedures and Fees

- All entries are $£ 4.00$ per individual event and to be submitted using Sport System entry system.
- Entries open: $1^{\text {st }}$ Feb 2022.
- Entries will be accepted on a first come first serve basis providing that the entry times are no greater than the upper limit times. It may be necessary to close entries prior to the official closing date;
- Poolside entries may be accepted at the discretion of the Promoter;
- Swimmer entry fees and other requisite fees to:

H\&D Treasurer Ian Weldon, 24 Teal Close, Walkington, East Yorkshire. HU178TW
E-Mail: treasurer@hullanddistrictsa.co.uk

If paying via BACS, preferred method, please email lan to confirm.
Hull \& District bank account details are:
Sort code: 77-12-08 Account 18205460

## ENTRY CLOSING DATE: Midnight 28 ${ }^{\text {th }}$ February 2022

unless full beforehand.

## Spectators

## Admission for spectators will be:

- Adults / Children/OAP's $£ 5.00$ per session or $£ 8$ for both, payable separately each session, show morning band for discounted afternoon price
- All spectators' tickets must be purchased on the day from the MEET DESK IN THE FOYER
- Spectator's tickets will be on a first come first served basis.
- No entry on day without a ticket.


## Photography

- Anyone wishing to engage in zoom or close-range photography must register on entry.


## Further Information

- For further information, please contact:
- E-Mail: kev@bridswimclub.co.uk
- Telephone: 07400052646


## Qualifying Times Not Faster Than

## CUTOFF TIMES

Boys Not Faster Than

|  | $\mathbf{9}$ | $\mathbf{1 0}$ | $\mathbf{1 1}$ | $\mathbf{1 2}$ | $\mathbf{1 3}$ | $\mathbf{1 4}$ | $\mathbf{1 5 +}$ |
| :--- | :--- | ---: | ---: | ---: | ---: | ---: | ---: |
| 50m Freestyle | None | 32.40 | 30.80 | 29.10 | 27.70 | 26.60 | 25.00 |
| 200m Freestyle |  | 2.32 .20 | 2.24 .00 | 2.15 .60 | 2.08 .70 | 2.03 .80 | 1.57 .40 |
| 400m Freestyle |  | 5.52 .90 | 5.00 .40 | 4.44 .00 | 4.30 .90 | 4.21 .90 | 4.07 .60 |
| 50m Breaststroke | None | 42.50 | 40.00 | 37.50 | 35.10 | 33.70 | 31.40 |
| 200m Breaststroke |  | 3.18 .10 | 3.04 .70 | 2.53 .60 | 2.43 .20 | 2.36 .10 | 2.26 .30 |
| 50m Butterfly | None | 36.40 | 34.10 | 32.30 | 30.50 | 29.20 | 27.10 |
| 200m Butterfly |  | 3.00 .80 | 2.44 .70 | 2.35 .10 | 2.26 .30 | 2.19 .90 | 2.09 .10 |
| 50m Backstroke | None | 37.40 | 35.50 | 33.60 | 31.60 | 30.50 | 28.40 |
| 200m Backstroke |  | 2.50 .80 | 2.40 .10 | 2.31 .20 | 2.22 .90 | 2.16 .90 | 2.09 .30 |
| 400m IM |  | 5.46 .60 | 5.25 .20 | 5.09 .60 | 4.56 .40 | 4.39 .70 |  |

## CUTOFF TIMES

Girls Not Faster Than

|  | $\mathbf{9}$ | $\mathbf{1 0}$ | $\mathbf{1 1}$ | $\mathbf{1 2}$ | $\mathbf{1 3}$ | $\mathbf{1 4}$ | $\mathbf{1 5 +}$ |
| :--- | :--- | ---: | ---: | ---: | ---: | ---: | ---: |
| 50m Freestyle | None | 32.80 | 31.30 | 29.90 | 29.0 | 28.50 | 27.90 |
| 200m Fresestyle |  | 2.33 .10 | 2.24 .50 | 2.16 .90 | 2.10 .90 | 2.09 .00 | 2.07 .20 |
| 400m Frestyle |  | 5.55 .50 | 5.0 .10 | 4.44 .60 | 4.37 .20 | 4.33 .10 | 4.20 .80 |
| 50m Breaststroke | None | 42.70 | 40.10 | 38.00 | 36.60 | 25.80 | 32.40 |
| 200m Breaststroke |  | 3.18 .30 | 3.04 .40 | 2.43 .30 | 2.42 .10 | 2.41 .40 | 2.33 .10 |
| 50m Butterfly | None | 36.30 | 34.50 | 32.70 | 31.70 | 31.00 | 28.30 |
| 200m Butterfly |  | 3.03 .10 | 2.46 .50 | 2.35 .80 | 2.30 .20 | 2.26 .40 | 2.14 .90 |
| 50m Backstroke | None | 37.40 | 35.50 | 33.90 | 32.80 | 32.10 | 31.30 |
| 200m Backstroke |  | 2.52 .20 | 2.39 .10 | 2.31 .30 | 2.37 .30 | 2.24 .60 | 2.19 .90 |
| 400m IM |  | 5.44 .30 | 5.25 .60 | 5.15 .30 | 5.09 .70 | 4.45 .90 |  |

## Schedule of Events

Session 1 Warm up 8.30 first event 9.30

| EVENT | Boy / Girl | EVENT |
| :---: | :---: | :---: |
| 101 | Mixed | 11yrs Over 400m I.M |
| 102 | Boy's | Open 50m Butterfly |
| 103 | Girl's | Open 50m Backstroke |
| 104 | Boy's | 10yrs Over 200m Breaststroke |
| 105 | Girl's | $10 y r s$ Over 200m Freestyle |
| 106 | Boy's | 10yrs Over 200m Butterfly |
| 107 | Girl's | Open 50m Freestyle |
| 108 | Boy's | Open 50m Breaststroke |
| 109 | Girl's | Open 200m Backstroke |

## Session 2 warm up 1 pm first event 2 pm

| EVENT | Boy / Girl | EVENT |
| :---: | :---: | :---: |
| 201 | Mixed | 10yrs Over 400m Freestyle |
| 202 | Girl's | Open 50m Butterfly |
| 203 | Boy's | Open 50m Backstroke |
| 204 | Girl's | 10yrs Over 200m Breaststroke |
| 205 | Boy's | 10yrs Over 200m Freestyle |
| 206 | Girl's | 10yrs Over 200m Butterfly |
| 207 | Boy's | Open 50m Freestyle |
| 208 | Girl's | Open 50m Breaststroke |
| 209 | Boy's | 10yrs Over 200m Backstroke |

## PROMOTER'S CONDITIONS

## RULES OF ENTRY

## Prior to the Gala

- All competitors must be registered with the SWIM ENGLAND at CAT2.
- The meet shall be run under SE Laws and SE technical rules of swimming.
- There will be NO second STROBE
- The Referee's decision is final at all times.
- In accordance with SE Child Protection policy, all photographic equipment including mobile phones with cameras must be registered at each session.
- The use of mobile telephonic devices on the poolside is prohibited.
- Ages for events are 9 ys and above 50 m all strokes, 10 yrs above 200 m all strokes $10 y r s$ and above 400 m Freestyle 11 yrs above 400 m IM medals will be issued in the $9,10,11,12,13,14 \& 15+$ yrs
- Age is the swimmer's age AGE AS 6 ${ }^{\text {th }}$ March 2022
- All entries shall be submitted before the closing date of the meet.
- Poolside or late entries will be accepted at the discretion of the Promoter.
- All entries to be submitted by each affiliated club's Competition Secretary via an electronic system Open Meets.
- All events will be swum as heat declared winner.
- Swimmers can only enter their age group events.
- There shall be separate events for males and females although, at the Promoter's discretion, they may be swum combined.
- The Promoter reserves the right to amend the running order of events to give swimmers appropriate recovery time wherever possible.
- Entry times will be short course times for the event distance, no time entries will be allowed
- All Covid 19 Social Distancing and any other guideline will be followed and updated as and when they start.
- Covid 19 Marshal will be at the event if needed and will give instructions to both swimmers and spectators


## The Day of the Gala

- Swimmers shall be placed in graduated time order, slowest to fastest. All heats will be spearheaded.
- A list of heat and lane assignments will be printed and distributed to team managers before start of racing. It is the swimmer's responsibility to check the heat sheet and be at the staging area on time.
- Competitors must report to their Team Manager for instructions.
- Warm up will commence one hour prior to the start of each Gala session, i.e. 08:30 and 13.00.
- All competitors must report to the Competition Steward two events before their race or, if they are in the first race of the session, report to the Competition Steward five minutes before the published start time for the session/gala.


## Awards

- Awards will be presented to the fastest three swimmers in each event in all age $9,10,11,12,13,14$ \& $15 y e a r$ and over.
- Swimmers must collect their awards from the trophy table, after the results for each event have been announced / published.


## Good luck

