

H&D January Wake Up Meet

Champ/B/C 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 16th January 2022
East Riding Leisure Bridlington

AGE AS ON DAY

Events

All age groups – 50m All Strokes
All age groups – 100m All Strokes

Yorkshire Teams Age Group events (age at 31st Dec 2022)

9/10yrs 11/12yrs 13/14yrs 15/16yrs , 13 & Over - **200m MEDLEY TEAM RELAY**

9/10yrs 11/12yrs 13/14yrs 15/16yrs , 13 & Over - **200m FREESTYLE TEAM RELAY**

Awards

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

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 16th January 2022

Closing Date: Midnight 29th December 2021

Unless full before hand

General Information

Organisation

- The January Warm Up Meet will be held under SE Laws and Technical Rules of Swimming.
- AGE AS on day 16/1/22
- 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

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

Individual Events

- All ages graded other than 9yrs – 50m, 100m, all strokes.
- RELAYS ages 9/10, 11/12, 13/14, 15/16 13 & Over boys and girls Yorkshire teams age groups
- All events are heat declared winners

Promoter: Kev Sissons

Awards

- Age groups 9, 10, 11, 12, 13, 14 & 15yrs plus medals 1st – 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 open meets online entry system.
- Entries open: 1st December 2021.
- 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;
- Complete entry forms online at: http://www.openmeets.co.uk/entry_sys If you have queries, please contact Cris Lewis at: entrymanagement@openmeets.co.uk
- Swimmer entry fees and other requisite fees to:

SaDSA Treasurer Ian Weldon, 24 Teal Close, Walkington, East Yorkshire. HU178TW

E-Mail: treasurer@hullanddistrictsa.co.uk

If paying via **BACS, preferred method**, please email Ian to confirm.

Hull & District bank account details are:

Sort code: 77 - 12 - 08 Account 18205460

ENTRY CLOSING DATE: Midnight 29th DECEMBER 2021 unless full beforehand.

Entry Cards

- This meet is cardless. All entry withdrawal forms must be presented to the recorders desk within 10mins of the start of warm-ups for each session.
- **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: 07400 052646

CUTOFF TIMES

GIRLS A GRADE

Age:	9	10	11	12	13	14	15+
50m Freestyle							
100m Freestyle							
50m Breaststroke							
100m Breaststroke							
50m Butterfly							
100m Butterfly							
50m Backstroke							
100m Backstroke							

Girls B Grade (not faster than)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	39.60	36.50	35.10	34.10	33.10	32.40
100m Freestyle	-	1:30.50	1:23.10	1:16.90	1:13.80	1:12.00	1:10.80
50m Breaststroke	None	51.30	47.00	44.50	42.90	41.70	40.80
100m Breaststroke	-	1:54.30	1:44.50	1:37.50	1:33.80	1:28.80	1:26.50
50m Butterfly	None	44.00	40.40	38.70	37.00	36.20	35.30
100m Butterfly	-	1:42.00	1:33.00	1:28.70	1:22.30	1:18.20	1:15.70
50m Backstroke	None	45.20	41.20	39.80	38.30	37.80	37.40
100m Backstroke	-	1:40.00	1:32.00	1:27.10	1:22.50	1:18.50	1:16.60

Girls C Grade (not faster than)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	44.60	41.00	39.50	38.50	37.00	36.00
100m Freestyle	-	1:41.00	1:31.00	1:26.00	1:21.00	1:18.00	1:14.50
50m Breaststroke	None	57.70	52.70	50.00	48.10	46.80	45.70
100m Breaststroke	-	2:08.00	1:59.00	1:52.00	1:47.00	1:41.00	1:36.50
50m Butterfly	None	49.50	45.50	43.50	41.60	40.70	39.80
100m Butterfly	-	1:55.00	1:46.00	1:39.50	1:31.50	1:27.00	1:20.50
50m Backstroke	None	50.70	46.00	44.60	43.00	42.60	41.90
100m Backstroke	-	1:56.00	1:44.00	1:38.00	1:32.50	1:25.00	1:20.00

CUTOFF TIMES

Boys A Grade

Age:	9	10	11	12	13	14	15+
50m Freestyle							
100m Freestyle							
50m Breaststroke							
100m Breaststroke							
50m Butterfly							
100m Butterfly							
50m Backstroke							
100m Backstroke							
100m IM							
200m IM							

Boys B Grade (not faster than)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	39.14	36.20	34.00	32.50	31.30	30.00
100m Freestyle	-	1:30.30	1:23.40	1:16.40	1:10.50	1:07.20	1:03.90
50m Breaststroke	None	50.30	46.90	43.40	40.60	38.80	37.00
100m Breaststroke	-	1:56.30	1:45.80	1:37.00	1:29.90	1:24.80	1:21.00
50m Butterfly	None	43.90	40.40	37.50	35.70	34.00	32.50
100m Butterfly	-	1:43.40	1:33.7	1:26.20	1:19.20	1:14.80	1:11.00
50m Backstroke	None	46.20	42.00	39.20	37.10	35.70	33.10
100m Backstroke	-	1:42.80	1:33.50	1:26.10	1:19.90	1:14.90	1:11.50

Boys C Grade (not faster than)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	43.80	40.60	38.00	36.60	35.00	33.60
100m Freestyle	-	1:44.00	1:35.00	1:26.00	1:17.50	1:13.00	1:09.00
50m Breaststroke	None	56.60	52.60	48.70	45.50	43.50	41.50
100m Breaststroke	-	2:13.00	1:59.00	1:50.50	1:40.00	1:33.50	1:29.00
50m Butterfly	None	49.50	45.50	42.40	40.50	38.00	36.60
100m Butterfly	-	2:00.00	1:46.50	1:37.50	1:29.10	1:23.50	1:19.00
50m Backstroke	None	52.00	47.00	44.10	41.40	40.00	37.00
100m Backstroke	-	1:58.50	1:47.50	1:38.50	1:28.50	1:22.50	1:18.00

Schedule of Events

Session 1 - Morning

Warm-up - Girls: 8:30am - 8:55am, Boys: 9:00am - 9:25am, First Heat 09:30am

101	Boys 9/10yrs 200m TEAM MEDLEY RELAYS
102	Girls 9/10yrs 200m TEAM MEDLEY RELAYS
103	Boys 11/12yrs 200m TEAM MEDLEY RELAYS
104	Girls 11/12yrs 200m TEAM MEDLEY RELAYS
105	Boys 13/14yrs 200m TEAM MEADLY RELAYS
106	Girls 13/14yrs 200m TEAM MEDLEY RELAYS
107	Boys 15/16yrs 200m TEAM MEDLEY RELAYS
108	Girls 15/16yrs 200m TEAM MEDLEY RELAYS
109	Boys 13 & Over 200m TEAM MEDLEY RELAYS
110	Girls 13 & Over 200m TEAM MEDLEY RELAYS
111	Boys 9 & over 100m Freestyle
112	Girls 9 & over 100m Butterfly
113	Boys 9 & over 50m Backstroke
114	Girls 9 & over 50m Breaststroke
115	Girls 9 & over 100m Freestyle
116	Boys 9 & over 100m Butterfly
117	Girls 9 & over 50m Backstroke
118	Boys 9 & over 50m Breaststroke

Schedule of Events

Session 2 – Afternoon

Warm-up – Boys: 13:00pm - 13:25pm, Girls: 13:35pm - 13:55pm, First Heat 14:00pm

201	Girls 9/10yrs 200m FREESTYLE TEAM RELAYS
202	Boys 9/10yrs 200m FREESTYLE TEAM RELAYS
203	Girls 11/12yrs 200m FREESTYLE TEAM RELAYS
204	Boys 11/12yrs 200m FREESTYLE TEAM RELAYS
205	Girls 13/14yrs 200m FREESTYLE TEAM RELAYS
206	Boys 13/14yrs 200m FREESTYLE TEAM RELAYS
207	Girls 15/16yrs 200m FREESTYLE TEAM RELAYS
208	Boys 15/16yrs 200m FREESTYLE TEAM RELAYS
209	Girls 13 & Over 200m FREESTYLE TEAM RELAYS
210	Boys 13 & Over 200m FREESTYLE TEAM RELAYS
211	Girls 9 & over 100m Backstroke
212	Boys 9 & over 100m Breaststroke
213	Girls 9 & over 50m Butterfly
214	Boys 9 & over 50m Freestyle
215	Boys 9 & over 100m Backstroke
216	Girls 9 & over 100m Breaststroke
217	Boys 9 & over 50m Butterfly
218	Girls 9 & over 50m Freestyle

Officials – We would appreciate your help

We need many officials to run a successful meet. If you are willing to officiate at our A/B/C Meet, could you please fill in the form below and email it to kev@bridswimclub.co.uk or, alternatively, just send the name and email addresses direct.

The Promoter will then contact the officials proposed nearer the date confirming when we require your help.

Name	Address	Contact No./Email	Qualification

E-Mail: kev@bridswimclub.co.uk / **07400052646**

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 9ys and above, medals will be issued in the 9, 10, 11,12,13,14 & 15+ yrs
- Age is the swimmer's age **AGE AS 16th January 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 & 15year and over.
- Swimmers must collect their awards from the trophy table, after the results for each event have been announced / published.

Good luck