

Flitwick Dolphins Swimming Club

Affiliated to Swim England East Region and Bedfordshire ASA



OPEN MEET 2019

Under Swim England Laws and Regulations, and Technical Rules of Racing

Level 3 Licence 3ER192117

Saturday 19th & Sunday 20th October 2019
Saxon Pool, Saxon Drive, Biggleswade SG18 8SU

Tenth running of this popular meet

50m, 100m and 200m events in all strokes, plus 100m, 200m and 400m IM and 400m freestyle

8 lane, 25m deck level pool, electronic timing

Age groups: 9, 10, 11, 12, 13, 14, 15 and 16 years and over
Age as at 20th October 2019

Medals awarded to 1st, 2nd and 3rd in each age group

Top visiting club trophy

Contact: flitopen@btinternet.com; Updates: flitwickdolphins.org.uk

Closing date for entries: Midnight Sunday 22nd September 2019

Flitwick Dolphins Swimming Club

OPEN MEET 2019

Level 3 Licence 3ER192117

Saturday 19th & Sunday 20th October 2019
Saxon Pool, Saxon Drive, Biggleswade, SG18 8SU

MEET RULES AND INFORMATION

1. The competition is a Level 3 licensed meet, held under Swim England Laws and Regulations, Technical Rules of Racing and the Swim England and Open Meet Licensing Criteria. All competitors must be Swim England Category 2 members.
2. All events will be run on a timed final basis (formerly referred to as heat declared winner) with the fastest three swimmers in each age group being awarded medals
3. The age groups for boys and girls are: 9, 10, 11, 12, 13, 14, 15 and 16 years and over. Age as at 20th October 2019. The minimum age for participation is 9 years.
4. Qualifying and Upper Limit times apply for entries.
5. There will be a Top Visiting Club award presented at the end of the competition, which will be kept by the winners for 12 months. Points are as follows: 1st = 3pts, 2nd = 2pts, 3rd = 1pt. Although Flitwick Dolphins are not eligible to win the trophy their results will be included when calculating the points.
6. Heats will be swum with all age groups combined and swimmers seeded by entry times.
7. Over the top starts may be used at the referee's discretion.
8. Anti-wave ropes will be used in an eight-lane, 25m pool.
9. AOE will be used. A secondary strobe for the starting system is not available.
10. Valid entries will be accepted on a first come first served basis and the promoter reserves the right to close entries for the meet or for individual events to maintain a balanced programme and control the duration of the meet.
11. The entry fee is £6.00 per event. All entries must include the entrant's Swim England identification number together with all entry fees. Where a club enters five or more swimmers, entries must be submitted electronically. The entry files will be available from the Flitwick Dolphins website: flitwickdolphins.org.uk. Paper entries must be on the official entry form but are only required if not using electronic entry.
12. Bank transfer is the preferred method of payment: please contact the Promoter for details. If using a cheque, it must be made payable to 'FLITWICK DOLPHINS SWIMMING CLUB'. Consolidated entries are requested to be submitted for each club, together with a single payment.
13. Entries are welcomed from swimmers with a disability, and no qualifying standards apply to swimmers with a disability classification, in which case entries should be submitted using the paper entry form with the disability classification indicated. Medals for swimmers with a disability classification will be awarded separately from those for other competitors.
14. Closing Date for entries: Midnight, Sunday 22nd September 2019.

15. The draft entry list will be posted on the flitwickdolphins.org.uk website and any errors/omissions must be reported before 6th October 2019.
16. Full refund of entry fees will be given if an entry is not accepted because an event is over-subscribed. Otherwise, refunds will only be given on medical grounds.
17. Results will be posted on the flitwickdolphins.org.uk web site and submitted to the Swim England.
18. Swimmers will be required to inform the Recorders of withdrawal at least 45 minutes before the start of each session. Withdrawals after the 45-minute deadline may only be made on medical grounds and must be notified by the club coach to the Recorders.
19. Coaches and team managers will be allowed on deck only if they have a meet coach pass, which must be purchased in advance using the official application form. The cost is £15.00 for one day or £25.00 for both days, including a programme and lunch/refreshments. Applications for coach passes must be submitted with entries by 22nd September 2019 to assist with catering and will be available at the door with the coach's pack.
20. All coaches, team managers and volunteers on deck must be Swim England members.
21. Swimmers, coaches and team managers are responsible for the security of their possessions. The changing area has lockers operated for a returnable £1 fee.
22. The Promoter requests that anyone who wishes to take photographs or video at the meet first signs the photography book at the entry desk, as stipulated in the Meet Rules. Anyone signing the book will be issued with a photography sticker, which should be worn prominently. The taking of photographs or video, and the use of any images must comply with the Swim England guidance on photography as described in detail in 'Wavepower 2016-2019' (<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs>). This applies to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Note that any photography in the changing rooms is absolutely forbidden by both the Promoter and the swimming pool management.
23. 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 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.
24. Any conditions not covered by the above will be at the discretion of the promoter and lead referee.
25. All entries and enquiries should be submitted to the promoter below:

Mrs Denyse Sweeney
c/o Flitwick Dolphins SC
Email: flitopen@btinternet.com

Flitwick Dolphins Swimming Club



OPEN MEET 2019

Under Swim England Laws and Regulations, and Technical Rules of Racing
Saturday 19th & Sunday 20th October 2019, Saxon Pool, Biggleswade, SG18 8SU

Schedule of Events

Saturday 19th October 2019

	Event	Gender	
101	400m IM	Male	Session One Warm-Up: 12:45pm Withdrawal: 1:00pm Start: 1:45pm
102	100m Freestyle	Female	
103	100m Freestyle	Male	
104	100m Backstroke	Female	
105	200m Backstroke	Male	
106	200m IM	Female	
107	50m Breaststroke	Male	
108	50m Breaststroke	Female	

	Event	Gender	
201	200m Butterfly	Male	Session Two Warm-Up: TBC Withdrawal: TBC Start: TBC
202	400m Freestyle	Female	
203	200m IM	Male	
204	100m Butterfly	Female	
205	100m Breaststroke	Male	
206	200m Breaststroke	Female	
207	50m Backstroke	Male	
208	50m Backstroke	Female	

Sunday 20th October 2019

	Event	Gender	
301	400m IM	Female	Session Three Warm-Up: 12:45pm Withdrawal: 1:00pm Start: 1:45pm
302	200m Breaststroke	Male	
303	100m Breaststroke	Female	
304	200m Freestyle	Male	
305	200m Freestyle	Female	
306	100m IM	Male	
307	50m Butterfly	Female	
308	50m Butterfly	Male	

	Event	Gender	
401	200m Butterfly	Female	Session Four Warm-Up: TBC Withdrawal: TBC Start: TBC
402	400m Freestyle	Male	
403	100m IM	Female	
404	100m Butterfly	Male	
405	200m Backstroke	Female	
406	100m Backstroke	Male	
407	50m Freestyle	Female	
408	50m Freestyle	Male	

Flitwick Dolphins Swimming Club

Affiliated to SWIM ENGLAND East Region and Bedfordshire ASA



OPEN MEET 2019

Under SWIM ENGLAND Laws and Regulations, and Technical Rules of Racing

Level 3 Licence 3ER192117

Saturday 19th & Sunday 20th October 2019, Saxon Pool, Biggleswade, SG18 8SU

Individual Entry Form

Please use BLOCK LETTERS and make sure that the form is complete and correct.

First Name:

Surname:

Date of Birth:

Age at 20th October 2019:

Swim England Number:

Male / Female-(Delete as appropriate)

Club:

Disability classification, if applicable:

Home Address:

Postcode:

E-Mail address:

Event	Time
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	

Event	Time
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
100m IM	
200m IM	
400m IM	

Closing date for entries: Midnight, Sunday 22nd September 2019

Total number of events entered = × £6.00 = £

Cheques should be made payable to Flitwick Dolphins Swimming Club. Please send a single cheque for consolidated entries from one club.

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association and I will abide by the conditions laid down by the Promoter for this competition.

Signature of Competitor: Date:

Club Official's Signature: Date:

Flitwick Dolphins Swimming Club

Affiliated to Swim England East Region and Bedfordshire ASA



OPEN MEET 2019

Under Swim England Laws and Regulations, and Technical Rules of Racing

Level 3 Licence 3ER192117

Saturday 19th & Sunday 20th October 2019, Saxon Pool, Biggleswade, SG18 8SU

Qualifying and Upper Limit Times: Girls

UPPER LIMIT (AAA)	Age							
Event	9	10	11	12	13	14	15	16+
50m Freestyle	35.3	32.8	31.3	29.9	29	28.5	28.1	27.9
100m Freestyle	1:20.0	1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	1:00.2	59.5
200m Freestyle	2:49.7	2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:09.0	2:08.0
400m Freestyle	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3	4:28.3
50m Breaststroke	46.8	42.7	40.1	38	36.6	35.8	35.2	35
100m Breaststroke	1:44.3	1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1	1:14.8
200m Breaststroke	3:37.5	3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:42.1	2:41.4
50m Butterfly	40.2	36.3	34.5	32.7	31.7	31	30.4	30.3
100m Butterfly	1:37.6	1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.4	1:06.0
200m Butterfly	3:33.1	3:03.1	2:46.5	2:35.8	2:30.2	2:26.4	2:23.9	2:23.1
50m Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.8	31.4
100m Backstroke	1:31.1	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4	1:06.1
200m Backstroke	3:08.4	2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:22.0	2:20.8
100m IM	1:30.7	1:20.8	1:18.0	1:14.3	1:11.7	1:10.8	1:09.8	1:08.9
200m IM	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8	2:24.9
400m IM	6:50.1	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:06.0	5:03.4

QUALIFYING (B)	Age							
Event	9	10	11	12	13	14	15	16+
50m Freestyle	48.5	45.5	42.5	39.9	37.7	36.2	35.2	34.5
100m Freestyle	1:49.1	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9	1:14.2
200m Freestyle	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2	2:39.8
400m Freestyle	8:25.6	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9	5:35.1
50m Breaststroke	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2	43.4
100m Breaststroke	2:20.3	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5	1:32.9
200m Breaststroke	4:54.9	4:32.7	4:09.8	3:52.9	3:38.2	3:28.8	3:23.7	3:20.3
50m Butterfly	54.3	49.9	46.5	43.5	41	39.3	38.1	37.4
100m Butterfly	2:08.8	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3	1:21.6
200m Butterfly	4:41.5	4:09.3	3:45.0	3:27.8	3:15.1	3:06.4	3:01.0	2:57.7
50m Backstroke	55.5	51.7	48.1	45.1	42.6	40.8	39.8	38.9
100m Backstroke	2:02.9	1:52.2	1:42.5	1:35.2	1:29.7	1:26.1	1:23.6	1:22.1
200m Backstroke	4:16.6	3:58.3	3:37.2	3:23.0	3:12.2	3:04.5	2:58.9	2:55.1
100m IM	2:03.7	1:52.7	1:46.2	1:39.4	1:33.4	1:30.1	1:27.7	1:25.5
200m IM	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0	3:00.6
400m IM	9:18.4	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1	6:18.4

Flitwick Dolphins Swimming Club

Affiliated to Swim England East Region and Bedfordshire ASA



OPEN MEET 2019

Under Swim England Laws and Regulations, and Technical Rules of Racing
Level 3 Licence 3ER192117

Saturday 19th & Sunday 20th October 2019, Saxon Pool, Biggleswade, SG18 8SU

Qualifying and Upper Limit Times: Boys

UPPER LIMIT (AAA) Event	Age							
	9	10	11	12	13	14	15	16+
50m Freestyle	34.9	32.4	30.8	29.1	27.7	26.6	25.8	25.3
100m Freestyle	1:18.9	1:10.6	1:06.6	1:02.5	59.2	57	55.6	54.4
200m Freestyle	2:47.9	2:32.3	2:24.0	2:15.6	2:08.7	2:03.8	2:00.8	1:58.3
400m Freestyle	6:06.0	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:15.2	4:10.5
50m Breaststroke	46	42.5	40	37.5	35.1	33.7	32.6	31.7
100m Breaststroke	1:44.0	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8	1:08.2
200m Breaststroke	3:35.4	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5	2:28.7
50m Butterfly	39.7	36.4	34.1	32.3	30.5	29.2	28.1	27.6
100m Butterfly	1:36.6	1:22.6	1:15.4	1:10.4	1:06.2	1:03.2	1:00.9	1:00.0
200m Butterfly	3:30.1	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8	2:12.1
50m Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	29.4	28.5
100m Backstroke	1:29.6	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7	1:00.5
200m Backstroke	3:06.5	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.8	2:10.4
100m IM	1:29.5	1:22.4	1:18.2	1:13.9	1:09.8	1:06.5	1:04.5	1:02.7
200m IM	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1	2:13.7
400m IM	6:52.6	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5	4:42.8

QUALIFYING (B) Event	Age							
	9	10	11	12	13	14	15	16+
50m Freestyle	48.5	45.3	42.3	39.7	37	34.4	32.4	31.2
100m Freestyle	1:49.0	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1	1:07.5
200m Freestyle	3:54.0	3:35.4	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0	2:27.1
400m Freestyle	8:27.1	7:34.5	6:59.2	6:33.0	6:06.9	5:42.1	5:23.6	5:11.4
50m Breaststroke	1:03.1	58.8	54.5	50.8	46.8	43.5	40.9	39.2
100m Breaststroke	2:21.3	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0	1:24.4
200m Breaststroke	4:56.1	4:35.4	4:13.1	3:56.4	3:38.3	3:22.2	3:10.7	3:03.8
50m Butterfly	54.4	50.3	46.5	43.8	40.6	37.6	35.2	33.9
100m Butterfly	2:08.9	1:53.4	1:42.7	1:35.5	1:28.3	1:21.7	1:16.7	1:14.0
200m Butterfly	4:42.6	4:09.1	3:45.8	3:30.8	3:15.1	3:01.0	2:48.8	2:43.3
50m Backstroke	55.8	51.8	48.2	45.4	41.9	39.2	36.7	35.1
100m Backstroke	2:02.2	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6	1:14.6
200m Backstroke	4:17.5	3:58.1	3:40.4	3:26.4	3:11.4	2:57.5	2:47.5	2:41.4
100m IM	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9	1:17.3
200m IM	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9	2:45.6
400m IM	9:29.9	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7	5:50.9



OPEN MEET 2019

Under Swim England Laws and Regulations, and Technical Rules of Racing
Level 3 Licence 3ER192117

Saturday 19th & Sunday 20th October 2019, Saxon Pool, Biggleswade, SG18 8SU

Club Summary / Coach Pass Application Form

Club:

Swim England Abbreviation:

Contact Name:

Contact Address:

Contact Phone:

Contact E-mail:

Number of Individual Entry Forms enclosed:

OR: Number of entries submitted electronically:

Total of Entry Fees (£6.00 per event): £.....

Number of coach's / poolside passes required:

	Number	Cost each	Total cost
Saturday Only		£15	
Sunday Only		£15	
Saturday and Sunday		£25	
Total			

Please contact the Promoter to arrange payment by bank transfer, or make cheques payable to Flitwick Dolphins Swimming Club and submit form to:

Flitwick Dolphins SC, c/o Mrs Denyse Sweeney, 11 Millwright Way, Flitwick, Bedford, MK45 1BL or Email: flitopen@btinternet.com

Closing date for entries: 22nd September 2019

Flitwick Dolphins Swimming Club

Affiliated to Swim England East Region and Bedfordshire ASA



OPEN MEET 2019

Under Swim England Laws and Regulations, and Technical Rules of Racing
Level 3 Licence 3ER192117

Saturday 19th & Sunday 20th October 2019, Saxon Pool, Biggleswade, SG18 8SU

Officials Form

Name:

Swim England number:.....

Address:

Tel. Number:

Email:

Qualification (delete as applicable):

Referee / Judge Level 2 / Judge Level 1

Mentoring may be available: if you require mentoring, indicate here the level you wish to be mentored at, if it is available:

Sessions available (delete as applicable)

1 / 2 / 3 / 4

Refreshments will be provided and expenses may be claimed as per SWIM ENGLAND guidelines.

Please submit form to:

Flitwick Dolphins SC, c/o Mrs Denyse Sweeney, 11 Millwright Way, Flitwick, Bedford MK45 1BL or email your information to: flitopen@btinternet.com by 6th October 2019

Flitwick Dolphins Swimming Club

Affiliated to Swim England East Region and Bedfordshire ASA



OPEN MEET 2019

Under Swim England Laws and Regulations, and Technical Rules of Racing

Level 3 Licence 3ER192117

Saturday 19th & Sunday 20th October 2019, Saxon Pool, Biggleswade, SG18 8SU

Electronic Entry

Download and install the SPORTSYSTEMS Entry Manager V2.0 from www.sportsys.co.uk

The website also has several webcasts (videos) which can be viewed to help you get started.

Once installed, this application may be retained on your computer for future competitions that also use the SPORTSYSTEMS Entry Manager V2.0 system. You will only need to download the Entry File Set for the specific competition being entered.

Full instructions can also be found within the program under Help.

The Entry File Set for the 2019 Flitwick Dolphins Open Meet can be downloaded from our website: flitwickdolphins.org.uk

You will find using this system makes entering your entries very easy. One click to enter a swimmers personal details and any entry time entered is dynamically checked against the entry standards for the meet. If a time is entered, automatically from rankings or manually, that does not satisfy the entry standard, the Y (green) / N (red) button adjacent to the time will be Y (yellow). These times will not be accepted for the Meet. You should ensure only Y (green) times are submitted.

You can use the report feature to calculate the total cost of your entries. This sum should be paid to Flitwick Dolphins Swimming Club either by cheque or bank transfer. If you require the club's bank details please contact the promoter.

After completing your entries e-mail the single export file to **flitopen@btinternet.com**

Closing date for entries is Midnight, Sunday 22nd September 2019.

Original paper entry forms are not required to be sent to the promoter if an electronic entry is submitted; just the club summary / coach pass application form and payment. Under these circumstances, the person sending the electronic entry accepts that all swimmers are bound by the agreement printed on the individual entry form.

Swimmers with a disability classification should use a paper entry form, ensuring that their disability classification is indicated.

