

Swim England East Region Long Course Championships 2023

(Under Swim England Regulations and Technical Rules)

Weekend One 22nd-23rd April – UEA Sportspark, Norwich (1ER230333)

Weekend Two – 29th April – 1st May UEA Sportspark, Norwich (1ER230334)

Weekend Three – 12th-14th May Inspire Luton Sports Village, Luton (1ER230335)

GENERAL CONDITIONS

1. The competition shall be open to any member of a club affiliated to Swim England East Region who has current Swim England Category 2 Membership.
2. Any swimmer failing to comply with any of the conditions shall not be allowed to compete in the competition.
3. Protests shall be made and dealt with as detailed in Swim England Regulations. The Promoter, Tom Baster, Swimming Manager Swim England East Region, can be contacted at swimming@eastswimming.org
4. If the Swim England East Region Swimming Manager is not present, or is required to fulfil another duty, a Meet Director will be appointed and in such circumstances, the Meet Director will act as Promoter.
5. All participants must observe the safety precautions in operation at the venue.
6. Swim England East Region will not be responsible for any loss or damage occurring during this meet.
7. **Entries**
 - 7.1 A swimmer must be a member of the club in whose name he/she is entered and must have been registered as such, with Swim England, prior to the entry closing date of the competition.
 - 7.2 No swimmer competing in a like championship of any other English region in the same year is eligible to compete in these championships.
 - 7.3 Swimmers may enter any events for which they have achieved a qualifying time in the period 1st January 2022 and the entry closing date. The closing date for all events is Thursday 6th April 2023 (midnight). Times must be achieved at Swim England licence levels 1,2 or 3. Subsequent improved times will not be accepted.
 - 7.4 Entries for the event shall be made via the online entry system. Queries related to entries should be directed to swimentries@eastswimming.org
 - 7.5 Received entries are published on a summary list immediately following their receipt. No late entries will be accepted.
 - 7.6 Dependent on the number of entries, the Promoter reserves the right to reject entries to achieve what is believed to be the best compromise between the events. If necessary to reject entries the slowest entries will be rejected first.
 - 7.7 The Data Protection Act 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.
8. **Fees**
 - 8.1 Entry fees are **£8** per individual event and **£10** for relays.
 - 8.2 Spectator fees are £5 for one heat session or £10 for both heat sessions per day. The first two heat sessions of each full day are considered a single session for the purposes of purchasing tickets – the £5 entry covers the first two heat sessions of the day. There is no charge for the finals sessions.
 - 8.3 Swim England East Region will restrict access to the spectator seating to comply with safety limits.
9. **Covid Protocols**
 - 9.1 Access to poolside will be highly controlled and planned in response to any prevailing COVID-

19 or other public health safety requirements in place at the time and governed by supplementary safety information that will be published nearer the event.

9.2 Swim England East Region reserves the right to make any changes to these conditions that are necessary to comply with changing COVID guidance or restrictions. Should they be necessary, such changes will be published on the regional website.

10. **Warm Up**

10.1 A warm up procedure and warm-up time will be published on the Swim England East Region website one week before the event.

11. **Age Groups**

11.1 The age groups for both genders in each event will be 11/12, 13, 14, 15, 16 and 17+.

11.2 Age groups for team events will be 14-16 years and 17+.

11.3 Ages are as at midnight on 31st December 2023.

12. **Events**

12.1 All events shall have individual age group finals except the 400m, 800m and 1500m Freestyle and the 400m Individual Medley which shall be timed finals. There are also no finals for team events. Each final shall have a maximum of two reserves declared.

12.2 Team declaration forms must be submitted to the recorder no later than the start of the relevant session's first warm-up.

13. **Withdrawals**

13.1 **Heats and Team Events** – once an entry is accepted a swimmer shall swim or give notice of withdrawal. Notice of any withdrawals shall be reported by a representative of the club to the recorder via the online system. For individual and team events, this must be before the commencement of the first warm-up for each session.

13.2 The names of finalists and reserves will be announced and published. Withdrawals must be made to the recorder within 15 minutes of the announcement. At the end of this period reserves may ask the recorder whether they are required for the final or can be stood down.

13.3 Unless notice of withdrawal has been given to the recorder with 15 minutes of the publication of the heat results, all finalists shall report to the Clerk of the Course for the final. Withdrawals after the 15-minute deadline may only be made on medical grounds.

14. **Refunds**

14.1 Refunds will only be issued where the competition is cancelled, or where there is a significant change to the schedule that results in a change of venue or session for the event entered, meaning that the competitor cannot swim. Refunds will not be made where there are withdrawals on medical grounds.

15. **Awards**

15.1 The first three swimmers in each age group for all events shall each receive medals.

15.2 In the 11/12, 13 and 14 year age groups, top boy and girl awards will be presented to the swimmer with the most points across individual events. Point will be calculated on the basis of 3 points for a gold medal, 2 for a silver and 1 for a bronze. The top three swimmers in each age group category shall receive an award.

15.3 The Don Neate Memorial Trophy will be open to swimmers in the 14 years and under age groups and will be awarded to the swimmer with the most points across individual events. Points will be calculated on the basis of three points for a gold medal, 2 for a silver and 1 for a bronze.

15.4 The Warwick Thompson Memorial Trophy for Top Club at the Swim England East Region Long Course Championships shall be awarded to the club that finishes top of the combined medals table for the championships, including in Para Swimming events and all other individual and team events. Clubs are ranked according to the number of gold medals won at the championships. In the event of a tie for the number of gold medals won, the tied club with the highest number of silver medals shall be declared the winner. In the event of a tie for gold and silver medals, the trophy shall be awarded to the tied club with the highest number of bronze medals. In the event that two or more clubs tie for the number of gold, silver and bronze

medals, the award shall be shared.

15.5 14. Photography and Safeguarding

14.1 No photography or filming of any kind is permitted in the changing rooms or village. Anyone found contravening this requirement will be required to leave the facility without refund.

14.2 All persons attending the competition are advised to exercise reasonable care when taking photos or video, particularly with regards to the sharing of images on social media. Wavepower guidance should be followed at all times.

14.3 Safeguarding concerns should be reported to the Promoter. If the concerns relate to conduct of the Promoter, a report should be made to the East Region Welfare Officer, or to a member of the East Region Board of Directors.

15. Other Issues

15.1 Secondary strobe lights will be available at this competition.

15.2 Any matter arising, which is not covered by these conditions, shall be determined by the Promoter.

15.3 Any information included in the entry pack, including information published separately on the East Region Swimming website, shall be regarded as part of the General Conditions.

Para-Swimming Conditions

Please note that these supplementary conditions are to be adhered to together with the general conditions for the Regional Competition.

1. The Events:

Event	Classifications
50m Freestyle	S1 – S14
100m Freestyle	S1 – S14
200m Freestyle	S1 – S5 + S14
400m Freestyle	S6 – S14
50m Butterfly	S1 – S7
100m Butterfly	S8 – S14
50m Backstroke	S1 – S5
100m Backstroke	S1 – S14
50m Breaststroke	SB1 – SB3
100m Breaststroke	SB4 – SB14
200m IM	SM5 – SM14

2. Eligibility

The above events in the competition are open to competitors whose Swim England Membership Record includes the relevant WPS Para-Swimming Sport Class, as shown above.

3. Accreditation

Coaches and support staff must have an accreditation. A competitor may have both a coach and support staff in attendance providing they have an exception code A, Y, or T recorded on their Swim England Membership Record. All coaches and support staff will be required to apply for a pass.

4. Medals

Medals will be awarded to the top three competitors in each event on a multi-classification points basis

5. Entry System

Entry is via a dedicated Para Swimming entries system on the East Region website. Any competitor who achieves the non Para–Swimming entry time for an event not on the list above and wishes to enter that event should do so on the open entry system for that event only.

Para-Swimming Qualifying Standards

MALE	EVENT & CATEGORY	FEMALE
50m Freestyle		
02:19.52	S1	02:14.58
01:44.05	S2	01:54.27
01:18.94	S3	01:16.24
01:06.51	S4	01:05.97
56.34	S5	01:02.38
50.99	S6	57.89
46.48	S7	54.30
44.74	S8	49.97
41.62	S9	47.17
38.77	S10	45.63
43.65	S11	50.03
39.92	S12	46.53
39.58	S13	45.18
40.64	S14	45.66
100m Freestyle		
05:19.82	S1	06:39.41
04:11.02	S2	05:28.18
03:11.47	S3	03:08.05
02:23.84	S4	02:21.60
02:07.44	S5	02:42.02
01:51.26	S6	02:03:38
01:44.13	S7	02:00.32
01:37.90	S8	01:47.50
01:31.60	S9	01:41.95
01:24.14	S10	01:38.80
01:38.19	S11	01:54.11
01:28.93	S12	01:40.93
01:25.95	S13	01:38.85
01:26.90	S14	01:39.54
200m Freestyle		
08:12.64	S1	10:35.89
08.17.94	S2	11:07.74
05:52.08	S3	05:43.10
05:09.95	S4	05:30.42
04:36.86	S5	05:47.36
03:10.80	S14	03:31.65

MALE	EVENT & CATEGORY	FEMALE
400m Freestyle		
08:45.25	S6	09:12.06
07:49.60	S7	09:03.89
07:27.58	S8	07:57.23
07:00.45	S9	07:45.70
06:44.48	S10	07:32.13
08:00.27	S11	09:08.24
07:42.18	S12	08:31.71
06:51.58	S13	07:36.51
06:50.30	S14	07:45.15
50m Butterfly		
03:50.69	S2	03:43.66
02:14.69	S3	02:26.70
01:26.64	S4	01:24.38
01:02.72	S5	01:19.41
54.13	S6	01:06.11
50.64	S7	59:38
100m Butterfly		
01:44.54	S8	02:07.76
01:39.68	S9	01:51.36
01:34.26	S10	01:51.78
01:49.74	S11	02:37.73
01:34.74	S12	02:14.45
01:33.89	S13	01:44.82
01:34.37	S14	01:48.90

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Para-Swimming Qualifying Standards continued

MALE	EVENT & CATEGORY	FEMALE
50m Backstroke		
02:22.06	S1	03:37.46
01:39.44	S2	02:24.32
01:21.22	S3	01:31.49
01:16.22	S4	01:37.82
01:05.18	S5	01:16.50
100m Backstroke		
04:58.10	S1	07:10.90
03:36.10	S2	05:43.34
02:10.11	S6	02:32.40
01:59.12	S7	02:22.91
01:50.21	S8	02:06.80
01:45.92	S9	01:53.54
01:39.26	S10	01:54.06
02:05.50	S11	02:15.30
01:40.56	S12	01:59.84
01:41.02	S13	01:50.37
01:42.02	S14	01:50.48
50m Breaststroke		
02:51.89	SB1	03:37.31
01:38.85	SB2	04:27.89
01:17.47	SB3	01:40.32

MALE	EVENT & CATEGORY	FEMALE
100m Breaststroke		
02:56.02	SB4	03:18.54
02:35.78	SB5	03:02.11
02:18.59	SB6	02:49.74
02:12.32	SB7	02:33.97
01:58.54	SB8	02:14.83
01:53.60	SB9	02:05.76
02:16.02	SB11	02:34.14
01:56.74	SB12	02:11.12
01:51.57	SB13	02:06.51
01:49.28	SB14	02:04.32
200m IM		
06:35.55	SM5	06:15.73
04:48.34	SM6	05:08.91
04:24.94	SM7	04:59.14
04:04.29	SM8	04:22.61
03:45.60	SM9	04:16.43
03:35.34	SM10	04:08.64
04:10.77	SM11	05:00.27
03:52.24	SM12	04:42.02
03:43.68	SM13	03:54.59
03:36.69	SM14	03:57.71

Information about Coach and Team Manager Pool Deck Passes

- Coach passes are available via the online system. A club is entitled to have one coach per 10 athletes.
- In addition to Coach Passes, clubs may apply for Team Manager passes in the ratio of 1 pass per twenty swimmers per session.
- There is no charge for the Coach Pass or for Team Manager passes and refreshments will not be provided as part of the pass.
- Clubs may purchase an additional tea and coffee pass for the championships, details of which will be made available closer to the championships.
- All coaches and team managers planning to be on poolside at the championships shall apply for one pass which covers the entirety of the championships.
- Passes will be issued in the name of the designated coach or team manager. Passes must be downloaded, printed and worn at all times during the competition. Passes must be worn in a prominent place whilst in the designated area. Coaches without passes on display will be asked to leave and may be refused readmission.
- Passes may only be used by the designated coaches and Team Managers named on the online entry, all of whom must be Swim England members. It is the responsibility of clubs to ensure that the coaches and team managers named have been DBS checked.
- All swimmers aged 16 years and under must be under the supervision of a pass holder during the warm up, competition and in the vicinity of the pool.
- Passes may only be used when there are swimmers from your club competing in the relevant session. If too many coaches and team managers are present on poolside for a particular club, based on the ratios stated above, the club, including all athletes, will forfeit their participation in that session without refund.

PASSES CANNOT BE OBTAINED ON THE DAY OF COMPETITION