

## Stockport Metro Qualification Window Meet 2020

License Number: 1NW200160

To be held at Life Leisure Grand Central, Stockport

Friday 13<sup>th</sup> Match to Sunday 15<sup>th</sup> March 2020

(held under the relevant FINA/Swim England/IPC Technical & Judicial Rules/Laws)

Welcome,

We are pleased to present to you our Spring Qualification Window Meet details. Now in its 14th year, our Long Course Meet is growing in quality, and we hope to make this year's event the most successful ever, with fast swimming and a superb atmosphere. We have again incorporated 10 minute breaks into each session to allow swimmers to swim down.

This year the meet is perfectly situated in the Qualification Window set by British Swimming. This means all swims at the meet will count towards British Summer Championship Qualification.

Included in this pack:

- Meet Information
- Meet Conditions
- Programme of Events
- Minimum Qualifying Standards
- Individual Entry Form

Our website, <https://www.stockportmetrosc.co.uk/>, will include all information and regular updates. A map of the area and directions to Life Leisure Grand Central is also available on the website.

These events continue to be successful thanks to the support and hard work of the officials and volunteer helpers. If you have any comments or suggestions to help us improve the way we do things, please do not hesitate to tell us, either during the course of the event, or via the website, where a results service will also be available. Alternatively if you need any more information please contact me by phone or email.

We look forward to receiving your entries.

Mandy Bell

Meet Promoter

0791 900 4071

[mandy.bell@lifeleisure.net](mailto:mandy.bell@lifeleisure.net)

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## Meet Information

- The meet will be held under Swim England law & technical rules & licensed by the Swim England
- The pool is 50 metres long, has 8 lanes, with jumbo anti-wave lane ropes and electronic Quantum timing in operation, with continuous scoreboard display. Results service will operate on-line using Sportsystems. Live results will be posted onto the website in real time (when possible). Full results will also be published in PDF format on the website after the meet [www.stockportmetrosc.co.uk](http://www.stockportmetrosc.co.uk)
- "Over the top" and "side by side" starts will be used in the heats at the discretion of the promoter.
- Wedg.ie backstroke ledges will be available, these are static and set at water level.
- Warm-up and swim-down facilities will be available for 10 minutes during the mid session break and after the session. Coaches / team managers are responsible for ensuring that their swimmers use the facility for the purpose intended.
- Strictly no diving in or climbing over pads is permitted during warm up in the competition pool.
- Coaches' passes will be available at a cost of £25.00 each in advance, and will include admission to all sessions, a start list & lunch. Only pass holders, swimmers & officials will be allowed poolside.
- Swimmers must wear footwear when leaving the pool area.
- No swimmers are allowed up to the balcony other than via the rear staircase.
- Stockport Metro Swimming Club cannot be held responsible for the loss or damage of spectators' or competitors' property. Competitors are advised to use the lockers in the changing area.
- Rules for 'Invitation Medley Skins' are included in this information pack
- Qualifying times are included below.
- The promoters reserve the right to refuse admission to any competitor or spectator.
- The Oasis pool will not be available for use during the duration of the meet.
- A mobile strobe will be available throughout the competition. Any competitor who needs to use it should notify the event referee prior to the start of the session.

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## Open Meet Conditions

### 1. Introduction

- 1.1. The Stockport Metro Swimming Club (hereinafter 'the Club') Open Meet (hereinafter 'the Meet') will be held in accordance with the relevant FINA/Swim England/IPC Technical & Judicial Rules/Laws.
- 1.2. Bona Fide Coaches and Team Managers requiring access to the poolside must be in possession of a Pass issued by the Club. **Coaches Pass fee is £25 and covers entry to all sessions together with Start list.** It is mandatory that all Coaches comply with the relevant Swim England Child Protection Procedures and have an up to date DBS certificate.
- 1.3. Any question or dispute arising from these conditions or disputes related to a matter not covered in these conditions shall be determined by the Meet Promoter.
- 1.4. This Meet is open to all members of a Club affiliated to Swim England/Scottish Swimming or Swim Wales. A swimmer shall be considered as foreign if they are not a member of a club affiliated to Swim England/Scottish Swimming or Swim Wales. Foreign swimmers are eligible to enter provided that they are a member of a Club in their home country, and that country is affiliated to FINA. They should also provide adequate evidence of the validity of their entry time if requested.

### 2. The Meet

- 2.1. The closing date for entries will be **24<sup>th</sup> February 2020**
- 2.2. Age for both individual and invitation events will be as of midnight on 31st Dec 2020

### 3. Disability competitors

- 3.1. Swimmers with a disability shall swim under IPC Rules.
- 3.2. Qualifying times for disability competitors are not required. However entry times shall be submitted for the purpose of seeding the heats.
- 3.3. Personal Care Attendants/Coaches: Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4, S5 and S11. A swimmer in any of these classes may have both a coach and a personal care attendant present. No charge will be applied for personal care attendant. Poolside passes; coaches' passes shall attract the advertised fee (see section 1.2 All coaches, chaperones and personal care attendants must conform to the Swim England child protection procedures and hold a current DBS certificate.
- 3.4. Competition format: The competition format will be based on disability inclusion within the able bodied programme i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability competitors will be included within the results for their age group.

### 4. The Events

- 4.1. Individual events shall be:
  - Freestyle: 50m, 100m, 200m, 400m, 800m, 1500m
  - Backstroke: 50m, 100m, 200m
  - Butterfly: 50m, 100m, 200m
  - Breaststroke: 50m, 100m, 200m
  - Individual Medley: 200m, 400m.
- 4.2. The 50m, 200m, 400m, 800m and 1500m events shall be swum as HDW (Heat Declared Winner) events. The 100m events shall have heats and finals, where the finals will be for Age (11/14) and Youth (15/over). All heats will be swum combined.

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### 5. Awards

5.1. Awards will be made with at the end of the meet to:

- 5.1.1. Top boy and top girl for 14/Under and 15/over for the best individual performance (FINA points) from two events added together.

### 6. Submission of entries

- 6.1. Sportsystems Entry Manager is the preferred method of entry for this competition. The relevant Sportsystems entry file can be downloaded from the Stockport Metro website. Completed entry files should be emailed to [swimming@proudys.plus.com](mailto:swimming@proudys.plus.com)
- 6.2. Entry fees for each event shall be:
- Entries to Friday Night 800m and 1500m: £12.50 (via Sportsystems Entry Manager), or £13.50 (via paper entry)
  - All Saturday and Sunday events (50m to 400m): £7.50 (via Sportsystems Entry Manager), or £8.00 (via paper entry).
- 6.3. Payment for individual entries and coaches passes can be made via BACS transfer: A/C **89339090** Sort Code **09-01-28** using **SMMAR2020** and the swimmers surname as the reference for individual entries or Club Name and number of coaches passes required where payment is being made for coaches passes. Alternatively cheques can be posted to the address on the entry form, and should be made payable to Stockport Metro Swimming Club
- 6.4. Qualifying will be applied to all individual events.
- 6.5. Individual entry times must be equal to or faster than the qualifying time.
- 6.6. Qualifying times for entrants 11 years and over must have been achieved at a Licensed Meet, in the 12 month period prior to the Date of the Event.
- 6.7. Entry times must be 50m times (conversions will be accepted).
- 6.8. Entries will be audited against the rankings published by the Swim England and any club may be challenged to demonstrate the authenticity of the information provided. There will be no refunds for incorrect entries.
- 6.9. The Meet Promoter reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked the promoter will reduce the qualifying times for each event by the same percentage until the projected sessions lengths fall within Level 1 licensed meet guidelines, rejecting swimmers who are outside these revised consideration times. Any entry rejected under these circumstances will be refunded.
- 6.10. Submitted entry times shall be used for seeding and rejection purposes as required.
- 6.11. Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter
- 6.12. Once an entry has been submitted improved times will not be accepted.
- 6.13. Poolside entries will not be accepted.

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## 7. Confirmation of entry

- 7.1. Accepted swimmers details will be posted onto the Stockport Metro website as soon as possible after the closing date for the competition. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made.

## 8. Meet procedures

### Heats

- 8.1. A withdrawal system will be in operation. Competitors or their representatives must inform the organisers of their intention to withdraw at least 60 minutes before the start of the session if they do not intend to swim. Notification may be made by email to [swimming@proudys.plus.com](mailto:swimming@proudys.plus.com) prior to the commencement of the meet. There is a withdrawal line available during the weekend of the meet. Withdrawal messages must state NAME, CLUB, EVENT(s) and COMPETITOR NUMBER. The meet number for withdrawals is **0770 785 2017** via text only. Please note responses will not be made from this phone.
- 8.2. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
- 8.3. There will be no refund of entry fees for such withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided.
- 8.4. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events including Skins to be held that day.
- 8.5. Heat Start Lists will be made available to clubs as soon as possible after the withdrawal deadline of each session.
- 8.6. Heats that culminate in a final shall be spearheaded with the last three heats being cyclically seeded. All heats for HDW events shall be spearheaded.
- 8.7. Competitors are responsible for presenting themselves to the Marshalling area one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for the race. This applies to both Heats and Finals.

### Finals

- 8.8. There will be an 'Age' and a 'Youth' Final for each 100m event. The fastest eight 'Age' swimmers in the heats of each relevant event shall contest the 'Age' Final with the fastest eight 'Youth' swimmers contesting the 'Youth' Final. Two reserves will be declared for finals where possible.
- 8.9. Lanes for finals shall be allocated on the spearhead principle.
- 8.10. The names of finalists and two reserves shall be announced as soon as practicable after completion of the heats.
- 8.11. **ALL FINALISTS AND RESERVES MUST REPORT TO THE MARSHALLS FOR THE FINAL UNLESS THEY HAVE WITHDRAWN.**
- 8.12. Finalists and reserves who do not intend to swim must withdraw by completing the relevant form as soon as possible after the announcement of the finalists.
- 8.13. Reserves will be used if a finalist does not show by the time the swimmers have reached the final marshal station and have failed to withdraw.
- 8.14. Once withdrawn, a finalist cannot be reinstated.
- 8.15. Where a reserve is brought in as a result of a declared withdrawal then the final shall be re-seeded. Where a reserve is brought in at short notice the reserve shall occupy the vacant lane and there shall be no changes made to the allocation of other lanes.

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### 9. Other

- 9.1. Photographs and Video of the meet may be taken by representatives of the promoter of the event, and may be used for promotional purposes. Entry into the competition implies acceptance of this condition.
- 9.2. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet.
- 9.3. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s).
- 9.4. A strobe will be available.

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## Competition Programme – 50m Long Course

### SESSION 1: Friday

W/Up: 5.00pm Start: 5.45pm

101 OPEN HDW 800 Freestyle

**10 minute warm down**

102 OPEN HDW 1500 Freestyle

### SESSION 2: Saturday

W/Up: 8.00am Start: 9.00am

201 G OPEN HDW 400 IM

202 B OPEN HDW 200 IM

203 G OPEN Heats 100 Butterfly

204 B OPEN HDW 100 Freestyle

**10 Minute Break**

205 G OPEN Heats 100 Breaststroke

206 B OPEN Heats 200 Backstroke

207 G OPEN HDW 50 Butterfly

208 B OPEN HDW 50 Backstroke

209 G AGE Final 100 Butterfly

210 G YOUTH Final 100 Butterfly

211 B AGE Final 100 Freestyle

212 B YOUTH Final 100 Freestyle

213 G AGE Final 100 Breaststroke

214 G YOUTH Final 100 Breaststroke

### SESSION 3: Saturday

W/Up: 1.30pm Start: 2.30pm

301 B OPEN HDW 400 Freestyle

302 G OPEN HDW 100 Backstroke

303 B OPEN HDW 200 Breaststroke

**10 Minute Break**

304 G OPEN Heats 200 Freestyle

305 B OPEN HDW 200 Butterfly

306 G OPEN HDW 50 Freestyle

307 B OPEN HDW 50 Breaststroke

308 G AGE Final 100 Backstroke

309 G YOUTH Final 100 Backstroke

### SESSION 4: Sunday

W/Up: 8.00am Start: 9.00am

401 B OPEN HDW 400 IM

402 G OPEN HDW 200 IM

403 B OPEN Heats 100 Butterfly

404 G OPEN Heats 100 Freestyle

**10 Minute Break**

405 B OPEN Heats 100 Breaststroke

406 G OPEN HDW 200 Backstroke

407 B OPEN HDW 50 Butterfly

408 G OPEN HDW 50 Backstroke

409 B AGE Final 100 Butterfly

410 B YOUTH Final 100 Butterfly

411 G AGE Final 100 Freestyle

412 G YOUTH Final 100 Freestyle

413 B AGE Final 100 Breaststroke

414 B YOUTH Final 100 Breaststroke

### SESSION 5: Sunday

W/Up: 1.00pm Start: 2.00pm

501 G OPEN HDW 400 Freestyle

502 B OPEN HDW 100 Backstroke

503 G OPEN HDW 200 Breaststroke

**10 minute Break**

504 B OPEN Heats 200 Freestyle

505 G OPEN HDW 200 Butterfly

506 B OPEN HDW 50 Freestyle

507 G OPEN HDW 50 Breaststroke

508 B AGE Final 100 Backstroke

509 B YOUTH Final 100 Backstroke

**Over the Top Starts will be used (where Possible)**

**Age as at 31st Dec 2020**

Please return all entries to Meet Entries Co-ordinator:

Ian Proud

67 Buckinghamshire Road

Belmont

Durham DH1 2BE

[swimming@prouds.plus.com](mailto:swimming@prouds.plus.com)

Entry Fees:	Via SportsSystems Files	via email/paper
Distance Events (800s & 1500s)	£12.50	£13.50
All Other Events	£7.50	£8.00

Please check the Stockport Metro website for details and for a downloadable entry pack.



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### Meet Entry Form

<b>Name</b>			
<b>Club</b>			
<b>Swim England No.</b>			
<b>Date of Birth</b>			
<b>Gender</b>			
<b>Event</b>	<b>Please complete with current best times (Long Course)</b>		
50m FREE			
100m FREE			
200m FREE			
400m FREE			
800m FREE			
1500m FREE			
50m BACK			
100m BACK			
200m BACK			
50m BREAST			
100m BREAST			
200m BREAST			
50m FLY			
100m FLY			
200m FLY			
200m IM			
400m IM			
<b>No Entries</b>	<b>Method</b>	<b>Price</b>	<b>Total</b>
	SportsSystem Files	£12.50	£
	Paper Form	£13.50	£
	SportsSystem Files	£7.50	£
	Paper Form	£8.00	£
<b>Total by cheque</b>			<b>£</b>

Entries to be returned by 24<sup>th</sup> February 2020.

The information above is correct, signed \_\_\_\_\_ swimmer/parent.



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### Stockport Metro April Meet – Level 1 Minimum Consideration Times - Long Course Pool

BOYS								GIRLS								
11	12	13	14	15	16	17	OPEN	EVENT	11	12	13	14	15	16	17	OPEN
38.95	36.74	34.74	32.95	31.26	30.21	29.89	28.84	<b>50m Freestyle</b>	39.26	37.26	35.79	34.63	33.89	33.58	33.47	32.11
01:22.95	01:17.58	01:13.47	01:10.42	01:07.79	01:05.89	01:04.74	01:03.68	<b>100m Freestyle</b>	01:23.47	01:19.16	01:16.53	01:14.42	01:13.26	01:12.42	01:11.68	01:10.84
03:00.32	02:49.26	02:40.63	02:33.26	02:28.11	02:23.47	02:20.74	02:20.74	<b>200m Freestyle</b>	03:00.32	02:51.05	02:44.42	02:40.11	02:36.95	02:35.26	02:33.47	02:33.47
06:14.74	05:55.89	05:38.74	05:23.16	05:13.26	05:04.32	04:59.58	04:58.32	<b>400m Freestyle</b>	06:15.16	05:56.63	05:43.47	05:34.74	05:29.26	05:25.47	05:22.42	05:22.42
12:44.60	11:47.10	11:12.80	10:42.50	10:21.80	10:05.00	09:55.50	09:52.50	<b>800m Freestyle</b>	12:19.60	11:39.00	11:10.80	10:56.00	10:45.50	10:36.00	10:35.10	10:28.30
24:44.70	22:20.50	21:16.60	20:19.00	19:37.10	19:07.70	18:49.00	18:43.30	<b>1500m Freestyle</b>	23:38.60	22:25.80	21:30.40	21:00.80	20:43.10	20:22.90	20:22.90	20:05.10
50.74	46.95	44.00	41.79	39.79	38.74	37.68	36.74	<b>50m Breaststroke</b>	50.32	47.37	45.37	43.68	42.74	42.21	41.89	40.63
01:46.84	01:39.68	01:33.47	01:29.05	01:25.68	01:23.05	01:21.05	01:19.79	<b>100m Breaststroke</b>	01:46.95	01:40.21	01:35.58	01:33.16	01:32.11	01:30.63	01:29.68	01:28.00
03:50.63	03:36.00	03:22.63	03:12.11	03:04.63	03:00.63	02:55.79	02:52.53	<b>200m Breaststroke</b>	03:48.00	03:35.68	03:25.79	03:19.47	03:16.53	03:15.58	03:13.68	03:09.26
42.95	40.11	37.79	35.79	33.89	33.05	32.21	31.26	<b>50m Butterfly</b>	42.84	40.63	38.63	37.58	36.63	36.00	36.00	34.32
01:32.32	01:25.79	01:20.84	01:16.63	01:13.47	01:11.37	01:10.00	01:08.42	<b>100m Butterfly</b>	01:32.53	01:26.95	01:23.26	01:21.26	01:19.47	01:18.74	01:17.89	01:15.89
03:22.63	03:09.37	02:58.84	02:49.37	02:42.53	02:38.32	02:35.37	02:32.32	<b>200m Butterfly</b>	03:22.74	03:11.26	03:02.63	02:56.84	02:54.42	02:51.89	02:49.79	02:46.63
45.47	42.63	40.21	38.00	36.32	35.26	34.42	33.37	<b>50m Backstroke</b>	45.37	43.05	41.47	40.00	38.95	38.53	38.21	37.16
01:34.53	01:28.53	01:23.37	01:18.95	01:16.00	01:14.00	01:12.95	01:11.05	<b>100m Backstroke</b>	01:34.63	01:28.95	01:26.00	01:23.79	01:22.00	01:21.16	01:20.32	01:18.53
03:22.11	03:10.21	02:59.26	02:50.84	02:44.21	02:39.37	02:36.42	02:34.42	<b>200m Backstroke</b>	03:21.05	03:10.11	03:03.47	02:58.74	02:54.53	02:52.53	02:51.37	02:48.32
03:24.53	03:12.42	03:01.79	02:53.47	02:46.74	02:42.00	02:38.95	02:37.05	<b>200m I.M.</b>	03:24.53	03:12.95	03:06.11	03:01.37	02:57.79	02:55.68	02:54.21	02:52.32
07:12.42	06:47.05	06:25.68	06:07.68	05:53.89	05:44.84	05:39.58	05:33.89	<b>400m I.M.</b>	07:08.74	06:45.16	06:30.11	06:21.05	06:13.89	06:09.26	06:07.05	06:02.00