

Stockport Metro November Open Meet 2021

License Number:

To be held at Life Leisure Grand Central, Stockport

Friday 19th November to Sunday 21st November 2021

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

Welcome,

We are pleased to present to you our November Meet details. Now in its 27th year, our Short Course Meet has continued to grow in quality, and we hope again to make this year's event successful, with fast swimming and a superb atmosphere.

We have had to make some changes to the meet format in comparison to previous years to ensure that the additional health & safety requirements are met. Which I hope you'll understand. Changes have been made to the following:

- Age groups start at 14 & under;
- Age groups for qualification for the finals and awards are now 'Open';
- Entry receipt has been extended until Sunday 7th November 2021; and

Please find included in this pack:

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

Our website, www.stockport-metro.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

Meet Information

- The meet will be held under Swim England law & technical rules & is licensed by the Swim England
- The pool is 25 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.stockport-metro.co.uk
- "Over the top" 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 before and after sessions, and available continuously while the competition is being run provided its not abused all weekend. 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.
- All entries and rejections will be posted on the Stockport Metro website; there is no requirement to send a stamped addressed envelope.
- 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.
- Users of any video, zoom or close range cameras must register their details at the entrance. Bands will be issued, and must be worn at all times. N.B. This includes coaches and other club personnel.
- 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.
- Qualifying times are included below.
- The promoter reserves 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. The Meet is subject to Government, Swim England, Local Authority and the Pool Operator (Leisure Centre) guidance, restrictions & operating procedures relating to Coronavirus (COVID-19).
- 1.3. 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.
- 1.4. 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.
- 1.5. 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 **7th November 2021**
- 2.2. Age for individual events will be as of midnight on 31st Dec 2021

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: 100m, 200m, 400m.

4.2. The 100m IM, 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 there will be one final for Open Age. All heats will be swum combined.

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 Open Age for the best individual performance (FINA points) from two events added together.

6. Submission of entries

6.1. Club entries must be submitted in bulk via the online entry system. We are using the Sports Systems online entry system.

6.2. Entry fees for each event used for entries to Nationals, will automatically pull in the relevant entry times from rankings: <http://www.swimmingresults.org/events/stockport21sc/bulkindex.php> pack. These can be emailed to swimming@proudys.plus.com or posted to the address on the form.

6.3. 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).

6.4. Payment for online entries is via PayPal at the time of entering.

6.5. Payment for individual entries and coaches passes can be made via BACS transfer: A/C **89339090** Sort Code **09-01-28** using **SMNOV2021** 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

6.6. Qualifying will be applied to all individual events.

6.7. Individual entry times must be equal to or faster than the qualifying time.

6.8. Qualifying times for all entrants must have been achieved at a Licensed Meet, in the 24 month period prior to the Date of the Event or from times submitted to Level X Leaderboard.

6.9. Entry times must be 25m times (conversions will be accepted).

6.10. 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.

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- 6.11. The Meet Promoter reserves the right to restrict entries in the interests of safety, to meet any local restrictions, 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 2 licensed meet guidelines, rejecting swimmers who are outside these revised consideration times. Any entry rejected under these circumstances will be refunded.
- 6.12. Submitted entry times shall be used for seeding and rejection purposes as required.
- 6.13. 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
- 6.14. Once an entry has been submitted improved times will not be accepted.
- 6.15. Poolside entries will not be accepted.**

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 can be made by email to swimming@proudys.plus.com prior to the commencement of the meet. There is a withdrawal telephone line available only during the weekend of the meet. Withdrawal messages must state NAME, CLUB, EVENT(s) and COMPETITOR NUMBER. The meet telephone number for withdrawals is **0770 785 2017** via text only.
- Please note responses & confirmation of receipt of messages 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 one Final for each 100m event (except 100 IM). The fastest eight swimmers in the heats of each relevant event shall contest the. 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.

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 – 25m Short Course

SESSION 1: Friday

W/Up: 5.00pm Start: 5.45pm

101 OPEN HDW 800 Freestyle

10 min Break

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

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 OPEN Final 100 Butterfly
210 B OPEN Final 100 Freestyle
211 G OPEN Final 100 Breaststroke

SESSION 3: Saturday

W/Up: TBC Start: TBC

301 G OPEN HDW 100 I.M
302 B OPEN HDW 400 Freestyle
303 G OPEN Heats 100 Backstroke
304 B OPEN HDW 200 Breaststroke

305 G OPEN HDW 200 Freestyle
306 B OPEN HDW 200 Butterfly
307 G OPEN HDW 50 Freestyle
308 B OPEN HDW 50 Breaststroke
309 G OPEN 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

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 OPEN Final 100 Butterfly
410 G OPEN Final 100 Freestyle
411 B OPEN Final 100 Breaststroke

SESSION 5: Sunday

W/Up: TBC Start: TBC

501 B OPEN HDW 100 I.M
502 G OPEN HDW 400 Freestyle
503 B OPEN Heats 100 Backstroke
504 G OPEN HDW 200 Breaststroke

505 B OPEN HDW 200 Freestyle
506 G OPEN HDW 200 Butterfly
507 B OPEN HDW 50 Freestyle
508 G OPEN HDW 50 Breaststroke
509 B OPEN Final 100 Backstroke

Continuous Swim-Down facility available all weekend.

Over the Top Starts (where Possible)

Age as at 31st December 2021

Please return all entries to Meet Entries Co-ordinator:

Ian Proud

67 Buckinghamshire Road

Belmont

Durham DH1 2BE

swimming@proudys.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.

Meet Entry Form

Name			
Club			
Swim England No.			
Date of Birth			
Gender			
Event		Please complete with current best times (Short Course)	
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			
100 IM			
200m IM			
400m IM			
No Entries	Method	Price	Total
	SportsSystem Files	£12.50	£
	Paper Form	£13.50	£
	SportsSystem Files	£7.50	£
	Paper Form	£8.00	£
Total by cheque			£

Entries to be returned by **7th November 2021**.

The information above is correct, signed _____ swimmer/parent.

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Stockport Metro November Meet – Level 2 Minimum Consideration Times

All times are 25m Short Course

BOYS					GIRLS					
14 & U	15	16	17	OPEN	EVENT	14 & U	15	16	17	OPEN
29.0	27.9	27.2	26.8	25.8	50m Freestyle	31	30.4	30.1	30.1	28.6
1:02.2	1:00.2	58.7	57.9	56.7	100m Freestyle	1:06.2	1:05.3	1:04.3	1:04.2	1:02.9
2:15.4	2:11.1	2:07.7	2:06.1	2:05.1	200m Freestyle	2:22.4	2:20.0	2:18.4	2:17.3	2:16.9
4:46.5	4:36.9	4:30.5	4:26.0	4:26.0	400m Freestyle	4:57.5	4:52.4	4:50.2	4:48.0	4:48.0
9:52.0	9:34.4	9:20.9	9:12.7	9:12.7	800m Freestyle	9:55.0	9:50.2	9:44.6	9:42.2	9:38.0
18:26.4	17:55.5	17:30.2	17:20.0	17:10.0	1500m Freestyle	19:38.6	19:15.5	19:00.1	18:49.4	18:39.7
36.7	35.2	34.2	33.7	32.4	50m Breaststroke	38.9	38.1	37.8	37.6	36.1
1:18.7	1:15.6	1:13.5	1:12.3	1:10.6	100m Breaststroke	1:22.4	1:21.3	1:20.7	1:19.8	1:18.0
2:50.2	2:44.0	2:40.3	2:36.8	2:32.8	200m Breaststroke	2:58.0	2:55.5	2:54.1	2:52.9	2:47.5
31.8	30.4	29.6	29	27.8	50m Butterfly	33.6	32.9	32.6	32.5	30.7
1:08.8	1:05.9	1:04.6	1:03.1	1:01.3	100m Butterfly	1:12.8	1:11.8	1:11.1	1:10.4	1:07.7
2:32.4	2:25.0	2:22.3	2:18.5	2:16.0	200m Butterfly	2:39.0	2:35.9	2:34.4	2:32.8	2:29.0
33.2	31.7	30.6	30.3	28.6	50m Backstroke	34.9	34.4	33.9	33.7	32.2
1:09.5	1:06.7	1:05.1	1:03.9	1:01.6	100m Backstroke	1:13.5	1:12.0	1:11.3	1:11.0	1:09.0
2:29.4	2:23.8	2:20.6	2:18.6	2:14.5	200m Backstroke	2:37.2	2:33.9	2:32.0	2:30.8	2:28.4
1:10.6	1:08.1	1:06.6	1:05.5	1:04.2	100m I.M	1:14.7	1:13.5	1:12.7	1:12.2	1:11.5
2:32.9	2:27.4	2:24.2	2:21.8	2:19.0	200m I.M.	2:40.7	2:38.1	2:36.5	2:35.3	2:33.9
5:23.8	5:11.8	5:05.1	5:00.3	4:56.6	400m I.M	5:37.2	5:31.9	5:27.9	5:26.6	5:23.0