

# Stockport Metro November Open Meet 2022

License Number: 2NW220396

To be held at Life Leisure Grand Central, Stockport  
Friday 18<sup>th</sup> November to Sunday 20<sup>th</sup> November 2022

(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 28th year, our Short Course Meet is growing in quality, and we hope to make this year's event successful with fast swimming and a great atmosphere.

Included in this pack:

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

Our website, [www.stockport-metro.co.uk](http://www.stockport-metro.co.uk), will include all information and regular updates along with a map of the area and directions to Life Leisure Grand Central.

## Timeline:

- Entries close Sunday 16<sup>th</sup> October 2022  
**Please Note: Club entries are to be sent using Sports Systems File via email to the Competition Manager, individual entries are also to be sent via email to the Competition Manager - Alastair Rainsbury: [openmeet@stockportmetrosc.org.uk](mailto:openmeet@stockportmetrosc.org.uk)**
- Accepted/Rejected Entries will be published Wednesday 19<sup>th</sup> October 2022
- Afternoon session start times confirmed Monday 24<sup>th</sup> October 2022

## Key Contacts:

- |                       |                    |  |
|-----------------------|--------------------|--|
| • Meet Promoter       | Rick Hall          | <a href="mailto:headcoach.sm@lifeleisure.net">headcoach.sm@lifeleisure.net</a>         |
| • Technical Director  | Jackie Beard Jones | <a href="mailto:officials@stockportmetrosc.co.uk">officials@stockportmetrosc.co.uk</a> |
| • Competition Manager | Alastair Rainsbury | <a href="mailto:openmeet@stockportmetrosc.co.uk">openmeet@stockportmetrosc.co.uk</a>   |

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.

We look forward to receiving your entries.

## Rick Hall

Meet Promoter  
0791 900 4071

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## 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](http://www.stockport-metro.co.uk)
- "Over the top" starts will be used in the heats at the discretion of the promoter.
- Backstroke ledges will be available.
- Warm-up and swim-down facilities will be available before & after each session, and continuously while the competition is being run all weekend provided it's not abused. Please note:- 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.
- Coaches' passes are available at a cost of £25.00 each in advance. This includes 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 within the pack.
- 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. 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.
- 1.5. 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.

### 2. Entries

- 2.1. The closing date for entries is **23:59pm 16<sup>th</sup> October 2022**.
- 2.2. Age for individual events will be as of midnight on 31st Dec 2022
- 2.3. All competitors are required to comply with the entry process and pay the required fees.
- 2.4. Entries together with the appropriate fees must be received by the Competition Manager no later than the published closing date (see 2.1).
- 2.5. Entry fees for each event shall be:
  - Entries to Friday Night 800m & 1500m: £12.50 (via Sportsystems Entry Manager), or £13.50 (via email entry)
  - All Saturday and Sunday events (50m to 400m): £7.50 (via Sportsystems Entry Manager), or £8.00 (via email entry).
- 2.6. **Club entries must be submitted in bulk via the Sports Systems online entry system, or via email for individual entries to : [openmeet@stockportmetrosc.org.uk](mailto:openmeet@stockportmetrosc.org.uk)**
- 2.7. Payment for individual entries and coaches passes must be made via BACS transfer:  
A/C **89339090** Sort Code **09-01-28** using **SMNOV2022** & either:
  - The swimmers surname as the reference for individual entries; or
  - Club Name for club submitted bulk entries, along with the number of coaches passes required where the payment also includes the fees for coaches passes.
- 2.8. Qualifying times will be applied to all individual events.
- 2.9. Individual entry times must be equal to or faster than the qualifying time.
- 2.10. 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.

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- 2.11. Entry times must be 25m times (conversions will be accepted).
- 2.12. Submitted entry times shall be used for seeding and rejection purposes as required.
- 2.13. Once an entry has been submitted improved times will not be accepted.
- 2.14. Poolside entries will not be accepted.**
- 2.15. 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.
- 2.16. The Meet Promoter reserves the right to restrict entries in the interests of safety, to meet any local or Government restrictions (includes COVID), 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.
- 2.17. 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

### 3. Confirmation of entry

- 3.1. Accepted entries will be posted on the Stockport Metro website [www.stockport-metro.co.uk](http://www.stockport-metro.co.uk) on Wednesday 19<sup>th</sup> October 2022. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made.

### 4. Disability competitors

- 4.1. Swimmers with a disability shall swim under IPC Rules.
- 4.2. Qualifying times for disability competitors are not required. However entry times shall be submitted for the purpose of seeding the heats.
- 4.3. 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.
- 4.4. 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.
- 4.5. A strobe will be available.

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## 5. The Events

5.1. 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.

5.2. The 100m IM, 50m, 200m, 400m, 800m and 1500m events shall be swam 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 swam combined.

## 6. Awards

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

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

## 7. Meet Procedures

### Heats

- 7.1. 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 [openmeet@stockportmetrosc.org.uk](mailto:openmeet@stockportmetrosc.org.uk) prior to the commencement of the meet. A withdrawal telephone line is available ONLY during the weekend of the meet. Withdrawal messages should be texted & must state NAME, CLUB, EVENT(s) and COMPETITOR NUMBER. The 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.**
- 7.2. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
- 7.3. 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 (see 2.17).
- 7.4. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events including Skins (if applicable) to be held that day.
- 7.5. Heat Start Lists will be made available to clubs as soon as possible after the withdrawal deadline of each session.
- 7.6. 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.
- 7.7. Swimmers 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.

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## **Finals**

- 7.8. There will be an 'Age' (14 & under) and a 'Youth' (15 & over) Final for each 100m event (except 100 IM). 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.
- 7.9. Lanes for finals shall be allocated on the spearhead principle.
- 7.10. The names of finalists and two reserves shall be announced as soon as practicable after completion of the heats.
- 7.11. **ALL FINALISTS & RESERVES MUST REPORT TO THE MARSHALLS FOR THE FINAL UNLESS THEY HAVE WITHDRAWN.**
- 7.12. Finalists & reserves who do not intend to swim must withdraw by completing the relevant form as soon as possible after the announcement of the finalists.
- 7.13. 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.
- 7.14. Once withdrawn, a finalist cannot be reinstated.
- 7.15. 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.

## **8. Other**

- 8.1. 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.
- 8.2. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet.
- 8.3. All other matters regarding the running and administration of the Meet shall be at the discretion of the Meet Promoter or their agent(s).

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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	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: TBC

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

305	G	OPEN	Heats	200 Freestyle
306	B	OPEN	HDW	200 Butterfly
307	G	OPEN	HDW	50 Freestyle
308	B	OPEN	HDW	50 Breaststroke
309	G	AGE	Final	100 Backstroke
310	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
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: TBC

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

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

**Continuous Swim-Down facility available all weekend.**

**Over the Top Starts (where Possible)**

**Age as at 31st December 2022**

Please return all entries to the Competition Manager - Alastair Rainsbury electronically via Sports Systems or via email for individual entries to : [openmeet@stockportmetrosc.org.uk](mailto:openmeet@stockportmetrosc.org.uk)

Entry Fees:	Via SportsSystems Files	via email
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			
100 IM			
200m IM			
400m IM			
<b>No Entries</b>	<b>Method</b>	<b>Price</b>	<b>Total</b>
	SportsSystem Files	£12.50	£
	Email Form	£13.50	£
	SportsSystem Files	£7.50	£
	Email Form	£8.00	£
<b>Total by BACS Transfer</b>			<b>£</b>

Entries to be returned by on 23:59pm 16<sup>th</sup> October 2022.

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								
11	12	13	14	15	16	17	OPEN	EVENT	11	12	13	14	15	16	17	OPEN
33.9	32	30.4	29	27.9	27.2	26.8	25.8	50m Freestyle	34.5	32.8	31.7	31	30.4	30.1	30.1	28.6
1:13.4	1:08.9	1:05.1	1:02.2	1:00.2	58.7	57.9	56.7	100m Freestyle	1:14.2	1:10.2	1:07.9	1:06.2	1:05.3	1:04.3	1:04.2	1:02.9
2:39.1	2:29.8	2:21.8	2:15.4	2:11.1	2:07.7	2:06.1	2:05.1	200m Freestyle	2:39.7	2:30.9	2:25.7	2:22.4	2:20.0	2:18.4	2:17.3	2:16.9
5:32.4	5:14.3	4:58.6	4:46.5	4:36.9	4:30.5	4:26.0	4:26.0	400m Freestyle	5:32.0	5:14.2	5:03.9	4:57.5	4:52.4	4:50.2	4:48.0	4:48.0
11:35.1	10:50.9	10:16.2	9:52.0	9:34.4	9:20.9	9:121.7	9:12.7	800m Freestyle	11:05.8	10:32.1	10:08.9	9:55.0	9:50.2	9:44.6	9:42.2	9:38.0
21:40.0	20:05.0	19:06.1	18:26.4	17:55.5	17:30.2	17:20.0	17:10.0	1500m Freestyle	21:47.8	20:39.0	19:50.3	19:38.6	19:15.5	19:00.1	18:49.4	18:39.7
43.9	41.2	38.5	36.7	35.2	34.2	33.7	32.4	50m Breaststroke	44.1	41.6	40	38.9	38.1	37.8	37.6	36.1
1:34.5	1:28.5	1:22.7	1:18.7	1:15.6	1:13.5	1:12.3	1:10.6	100m Breaststroke	1:34.6	1:29.3	1:25.3	1:22.4	1:21.3	1:20.7	1:19.8	1:18.0
3:23.1	3:10.9	2:59.3	2:50.2	2:44.0	2:40.3	2:36.8	2:32.8	200m Breaststroke	3:23.0	3:11.5	3:03.1	2:58.0	2:55.5	2:54.1	2:52.9	2:47.5
37.5	35.5	33.4	31.8	30.4	29.6	29	27.8	50m Butterfly	37.9	35.9	34.6	33.6	32.9	32.6	32.5	30.7
1:22.7	1:17.3	1:12.6	1:08.8	1:05.9	1:04.6	1:03.1	1:01.3	100m Butterfly	1:23.1	1:18.0	1:15.1	1:12.8	1:11.8	1:11.1	1:10.4	1:07.7
3:01.2	2:50.6	2:40.4	2:32.4	2:25.0	2:22.3	2:18.5	2:16.0	200m Butterfly	3:03.1	2:51.0	2:43.9	2:39.0	2:35.9	2:34.4	2:32.8	2:29.0
38.9	36.9	34.6	33.2	31.7	30.6	30.3	28.6	50m Backstroke	39	37.1	35.8	34.9	34.4	33.9	33.7	32.2
1:22.7	1:17.9	1:13.2	1:09.5	1:06.7	1:05.1	1:03.9	1:01.6	100m Backstroke	1:23.1	1:18.2	1:15.2	1:13.5	1:12.0	1:11.3	1:11.0	1:09.0
2:56.3	2:46.5	2:37.0	2:29.4	2:23.8	2:20.6	2:18.6	2:14.5	200m Backstroke	2:55.6	2:46.5	2:40.9	2:37.2	2:33.9	2:32.0	2:30.8	2:28.4
1:23.2	1:18.6	1:14.5	1:10.6	1:08.1	1:06.6	1:05.5	1:04.2	100m I.M	1:23.9	1:19.3	1:16.7	1:14.7	1:13.5	1:12.7	1:12.2	1:11.5
3:00.1	2:50.1	2:41.2	2:32.9	2:27.4	2:24.2	2:21.8	2:19.0	200m I.M.	3:00.3	2:50.6	2:44.9	2:40.7	2:38.1	2:36.5	2:35.3	2:33.9
6:22.1+	5:58.8	5:40.6	5:23.8	5:11.8	5:05.1	5:00.3	4:56.6	400m I.M	6:20.3	5:58.8	5:45.2	5:37.2	5:31.9	5:27.9	5:26.6	5:23.0