License Number: 2NW231870

To be held at Life Leisure Grand Central, Stockport Friday 17th November to Sunday 19th November 2023 (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 29th 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

Our website, <u>stockportmetrosc.org.uk</u>, will include all information and regular updates along with a map of the area and directions to Life Leisure Grand Central.

Timeline:

• Entries close

Wednesday 18th October 2023

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

Accepted/Rejected Entries will be published
 Afternoon session start times confirmed
 Friday 20th October 2023
 Monday 23rd October 2023

Key Contacts:

Meet Promoter Ciaran Beard Jones development.sm@lifeleisure.net officials@stockportmetrosc.co.uk
 Technical Director Jackie Beard Jones officials@stockportmetrosc.co.uk
 Competition Manager Alastair Rainsbury openmeet@stockportmetrosc.co.uk

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.

Ciaran Beard Jones

Meet Promoter 0790 721 7285







License Number: 2NW231870

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Friday 17th November to Sunday 19th November 2023

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

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 stockportmetrosc.org.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.
- Competitors can only enter one long distance event, either 800m or 1500m freestyle.



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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 18th October 2023.
- 2.2. Age for individual events will be as of midnight on 31st Dec 2023
- 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
 - All Saturday and Sunday events (50m to 400m): £8.00.
- 2.6. 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: openmeet@stockportmetrosc.org.uk Foreign, Para and individual entries can also be emailed to openmeet@stockportmetrosc.org.uk. An Excel spreadsheet is available upon request for bulk foreign entries.
- 2.7. Payment for individual entries and coaches passes must be made via BACS transfer: A/C 89339090 Sort Code 09-01-28 using SMNOV2023 & 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. Competitors can only enter one long distance event, either 800m or 1500m.
- 2.13. Submitted entry times shall be used for seeding and rejection purposes as required.
- 2.14. Once an entry has been submitted improved times will not be accepted.
- 2.15. Poolside entries will not be accepted.
- 2.16. 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.
- 2.17. 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.
- 2.18. 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
- 2.19. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category a swimmer confirms that their birth sex is female

3. Confirmation of entry

3.1. Accepted entries will be posted on the Stockport Metro website <u>stockportmetrosc.org.uk</u> on Friday 20th October 2023. 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: \$1, \$2, \$3, \$4, \$5 and \$11. 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.



STOCKPORT METRO
WHERE CHAMPIONS GROW

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SM WOLFPACK

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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 male/open and top female 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 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. A telephone number for withdrawals via text only will be made available over the weekend.

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.



STOCKPORT METRO
WHERE CHAMPIONS GROW



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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 reserved. 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.
- 7.16. There will be no restrictions on the number of overseas competitors progressing to the final.

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	: 5.00pr	n 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					
): 8.00ar F	n Start: 9. OPEN	HDW	400 IM	
		200 IM			
202			100 Butterfly		
203			100 Bornerny 100 Freestyle		
204			100 Breaststroke		
206			200 Backstroke		
207				50 Butterfly	
208			50 Backstroke		
209			100 Butterfly		
210	D F YOUTH Final 100 Butterfly		,		
211					
212	M/O	YOUTH	Final	100 Freestyle	
213	F AGE Final 100 Breaststroke				
214	F	YOUTH	Final	100 Breaststroke	
SESSION 3: Saturday					
W/Up					
301	F	OPEN	HDW	100 I.M	
302	M/O	OPEB	HDW	400 Freestyle	
303			100 Backstroke		
304			200 Breaststroke		
305		F OPEN Heats 200 Freestyle		,	
306 307	M/O F	OPEN OPEN	HDW HDW	200 Butterfly 50 Freestyle	
308	M/O	OPEN	HDW	50 Breaststroke	
309	F AGE Final 100 Backstroke				
310					
3.0	•			. 13 200.0	
	M/O	AGE		Invitation - Skins	
	M/O	YOUTH		Invitation - Skins	

Continuous Swim-Down facility available all weekend.

Over the Top Starts (where Possible)

Age as at 31st December 2023

Please return all entries to the Competition Manager - Alastair Rainsbury electronically via Sports Systems or via email for individual entries to : opennmeet@stockportmetrosc.org.uk

Entry Fees:	Via SportsSystems Files				
Distance Events	£12.50				
(800s & 1500s)					
All Other Events	£8.00				

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



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Stockport Metro November Meet – Level 2 Minimum Consideration Times – All times are 25m Short Course

MALE/OPEN FEMALE

	MALL/OI EN								ILMALL								
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	40.0	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	29.0	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 l.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	

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Stockport Metro Invitation Medley Skins

- 1. This 'Skins Event' will be a continuous competition commencing with 8 competitors and over a continuous series of races over a distance of 50m. Four competitors will be eliminated in the first round, two competitors will be eliminated in the second round, with one competitor eliminated in the final round, which will determine a winner. Races in each competition will take place following an interval of 3 minutes from the start of the previous race a warning being given 10 seconds prior to the start of each round.
- 2. The Event shall take place at Grand central pools Stockport, on the 18th & 19th November 2023.
- 3. Skins competitions will be held for:
 - a. Male/Open 14 years and under
 - b. Male/Open 15 years and over
 - c. Female 14 years and under
 - d. Female 15 years and over

Events (a) and (b) will swim concurrently with a separation of 90 seconds between races. Younger Age Group starts first. Events (c) and (d) will follow the same format.

- 4. The Prizes for each event will be:
 - First 4 competitors eliminated
 Next 2 competitors eliminated
 Runner up
 \$\pm\$15
 Winner
- 5. The competitors for each Event shall be the eight swimmers with the fastest time determined by the published results from the qualifying events. The qualifying events shall be the 200 I.M in each age.
- 6. Swimmers intending not to swim, must withdraw by 12pm on the day of the event.
- 7. Lanes will be allocated on the basis of 'spearheading' in accordance with FINA swimming rule SW312 the fastest swimmer occupying the centre lane. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race. The remaining two swimmers will occupy the centre lanes fastest qualifying swimmer occupying Lane 4 the second swimmer in Lane 5.
- 8. The stroke for each individual race will by random draw from a choice of Frontcrawl, Breaststroke, Butterfly and Backstroke.
- 9. The draw for the stroke to be contested in the first round will be undertaken by a person to be nominated by the Technical Director. Draws for subsequent rounds will be made by the Technical Director or another individual nominated by either of the Technical Director/Meet Promoter.
- 10. The first race in each Event will commence in accordance with Swim England Swimming Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m.
- 11. Subsequent rounds will start at the starting end of the pool, following an interval of 3 minutes from the previous Start. The starter will give a 10 second warning.

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- 12. Competitors feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips when the Start Signal is given. For Backstroke rounds competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the Starting Platform.
- 13. In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions failure to do so will lead to elimination by disqualification any competitor so eliminated will receive any prize money won to that time including the round in which eliminated.
- 14. The slowest four competitors in the first round shall be eliminated unless a competitor has been eliminated by disqualification, in which case the fastest of the four slowest competitors will remain in the competition (therefore, the slowest three competitors & the disqualified competitor will be eliminated).
 - The slowest two competitors in the second round shall be eliminated unless a competitor has been eliminated by disqualification, in which case the slowest competitor and the disqualified competitor will be eliminated.
- 15. Times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmers will be by the Referee utilising either Automatic Officiating Equipment (AOE) or manual Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly.
- 16. In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated and the accumulated prize money for the positions divided equally between the remaining swimmers.
- 17. Should for any reason the competition has to be halted before its conclusion it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.
- 18. In the case of a dead heat in the final race, the race will be declared a tie, and the remaining prize money will be divided equally between the two remaining swimmers.
- 19. In the event of a faulty start, the round will be delayed, and will resume after 3 minutes.
- 20. If any issue arises not covered by the above then that issue will be determined by the Meet Promoter.





