



## Lowestoft and Oulton Broad Swimming Club

Invite you to join us at our

# LOBSC March Open 2019

Level 3 License No. 3ER191301

**Saturday 30th and Sunday 31st March 2019**

Waterlane Leisure Centre, Lowestoft, NR32 2NH

25 metres, 6 lanes, Omega electronic timing,

3.2m starting to 1.0m shallow end, Hy-Tek Meet Manager, Free Parking

**Age Groups:** 10 & Under, 11-12yrs, 13-14yrs and 15yrs & over (Age at 31st March 2019)

**The full programme includes:**

- Boys & Girls 400m Freestyle & 200m Individual Medley
- Boys & Girls Free/Back/Breast at 50m & 200m (all ages) and 100m (11 and over)
- Boys and Girls 50m & 100m Fly

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each age group

**Fees:**

Race Entry Fee:	£4 per event
Spectator Entry:	£5 per session or £8 all day
Meet Programmes:	£5

**Closing Date: Midday 16th March 2019**

# Programme of Events

**Closing Date: Midday 16th March 2019**

Saturday Evening				Sunday Morning				Sunday Afternoon	
Warm Up: 6:00pm				Warm Up: 8:30am				Warm Up TBC	
Racing Starts 6:45pm				Racing Starts: 9:15am				Racing Starts TBC	
Finish 9:30pm				Finish: 12:15pm				Finish TBC	
1	Male	50m Freestyle	7	Male	200m Ind Medley	17	Male	200m Freestyle	
2	Female	50m Freestyle	8	Female	200m Ind Medley	18	Female	200m Freestyle	
3	Male	50m Backstroke	9	Male 11+	100m Butterfly	19	Male 11+	100m Breaststroke	
4	Female	50m Backstroke	10	Female 11+	100m Butterfly	20	Female 11+	100m Breaststroke	
5	Male	400m Freestyle	11	Male	50m Breaststroke	21	Male	50m Butterfly	
6	Female	400m Freestyle	12	Female	50m Breaststroke	22	Female	50m Butterfly	
			13	Male 11+	100m Freestyle	23	Male 11+	100m Backstroke	
			14	Female 11+	100m Freestyle	24	Female 11+	100m Backstroke	
			15	Male	200m Backstroke	25	Male	200m Breaststroke	
			16	Female	200m Backstroke	26	Female	200m Breaststroke	

# Qualifying Standards

**Closing Date: Midday 16th March 2019**

LOBSC March Open Meet QTs

Swimmers should be **no faster than** the given time

Girls

Boys

10&U	11 & 12	13 & 14	15 & over		10&U	11 & 12	13 & 14	15 & over
30.17	29.3	28.7	28.16	50m Free	29.1	27.9	26.08	25.07
1.06.12	103.55	1.01.93	1.00.51	100m Free	1.05.13	1.02.09	57.25	54.83
2.22.35	2.17.85	2.13.40	2.11.92	200m Free	2.22.78	2.14.20	2.05.66	2.00.7
4.57.47	4.51.51	4.40.82	4.36.70	400m Free	4.57.01	4.46.74	4.25.16	4.15.03
34.66	33.57	32.44	32.21	50m Back	34.2	32.39	30.52	29.1
1.13.93	1.11.77	1.09.76	1.08.93	100m Back	1.14.72	1.11.09	1.05.36	1.02.40
2.39.18	2.36.48	2.30.87	2.28.73	200m Back	2.41.97	2.32.04	2.20.09	2.15.41
39.2	38.02	37.53	37.08	50m Breaststroke	38.52	36.3	34.5	32.6
1.24.26	123.83	1.21.65	1.20.61	100m Breaststroke	1.26.17	1.21.50	1.14.90	1.11.02
3.02.86	2.58.94	2.55.27	2.54.25	200m Breaststroke	3.06.45	2.57.13	2.41.43	2.37.30
33.22	32.04	31.57	30.91	50m Butterfly	32.82	31.33	28.82	27.67
1.16.99	1.13.69	1.11.87	1.08.05	100m Butterfly	1.16.83	1.11.76	1.04.67	1.01.27
2.43.11	2.36.51	2.32.16	2.30.78	200m Ind Medley	2.41.97	2.34.00	2.21.85	2.16.47



## Please note:

Each visiting club will be required to have a chaperone present with their team at all times in the hall to supervise the swimmers that are not swimming and to ensure swimmers are at the assembly point ready to swim\* when their events are being gathered.

\*All swimmers will be required to wear flip flops and a sweat shirt when transitioning from the hall to the pool as they will briefly be outside.



## LOBSC March Open Meet 2019 - Level 3 License No. **3ER191301**

(Held under Swim England Laws and Regulations, Swim England Technical Rules of Racing and to the Swim England Open Meet Licensing Criteria)

### **30th & 31st March 2019 - Waterlane Leisure Centre, Lowestoft, NR32 2NH Meet Rules and Information**

#### **Meet Rules and Information**

##### **GENERAL**

1. The event will be held at Waterlane Leisure Centre, on 30th and 31st March 2019 under Swim England Laws and Regulations, Swim England Technical Rules of Racing and to the ASA Open Meet Licensing Criteria.
2. Entries may only be accepted from Category 2 Swim England, Scottish Swimming or Swim Wales members; or competitors from one of the countries affiliated to FINA.
3. The pool length is 25 metres, 6 lanes with anti-wave ropes and Omega electronic timing. The depth of the pool is 3.2m at the deep end, 1.0m at the shallow end. A secondary strobe for the starting system is not available.
4. The meet promoter on behalf of Lowestoft & Oulton Broad SC is Kim Turner, on behalf of Lowestoft & Oulton Broad SC, email [openmeet.admin@lobsc.org.uk](mailto:openmeet.admin@lobsc.org.uk)
5. Closing date for full entry submission is **midday on 16th March 2019** (or earlier if over-subscribed).

##### **ENTRIES**

6. Entry Fees £4 per event
7. **Individual entries** from visiting swimmers shall be made on the official entry forms and will be subject to an additional £5 administration charge **per swimmer**. This charge will be waived if the swimmer is entered using the Hy-Tek TM electronic entry file.
8. Where there are 3 or more competitors entered by a Club, entries **MUST** be submitted electronically with a summary form and Hy-Tek TM Entry File and Entry Report with either 1 cheque payable to LOBSC or payment by BACS. If you wish to pay by BACS please email [lobsc treasurer@live.co.uk](mailto:lobsc treasurer@live.co.uk) for further details. Entry file, summary form **and** payment must be received by **midday on 16th March 2019**.
9. Swimmers in possession of a Swim England Certificate of Swimming Disability or whose Swim England membership record details a disability sport class (S1-S15) are welcome to enter the competition. Personal care attendants are permitted for swimmers who require them without the need to pay for an additional Poolside Pass.
10. The promoter retains the right to accept entries on a first come first served basis. If the number of entries meeting the entry criteria is high the promoter reserves the right to limit entries by closing entry early to enable the gala to meet licensing requirements. Entries received will be acknowledged by email, but must be made in full (i.e. electronic entry file, payment, club summary form, entry summary report). Partial entries and entries received after the closing date may not be accepted.
11. Accepted entries will be published on [lobsc.org.uk](http://lobsc.org.uk) approximately 2 weeks prior to the competition and emailed to all clubs entering via Hy-Tek. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required. Club contacts will be notified of rejections where/if appropriate. No 'on the day' entries will be accepted unless the swimmer is on the waiting list and a formal withdrawal has been made.
12. There will be no refunds of entry fees unless the entries are rejected by the organisers.
13. Coach Passes should be ordered on the relevant forms, enclosed with the club entry pack. Passes are £10.00 (no food); £20 (with food). Coaches' passes will not be sold on the day – no pass, no admission to poolside.
14. All entries must be **slower** than the cut off times listed. Swimmers wishing to enter who are faster than the cut off times may be permitted **after** the closing date if the meet is not already full, but will be listed as "exhibition swims" and will not be eligible for medals.

15. The meet promoter may check entries against the British Rankings where it is felt that a swimmer may be submitting a slower time in order to gain entry to this meet. Falsely entered times will be rejected without a refund.

## AGE GROUPS

16. Competitors' ages shall be as at 31st March 2019.

17. The age groups are 10 years & under, 11 & 12 years, 13 & 14 years and 15 years & over.

## THE COMPETITION

18. Warm up protocol: No diving during warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5) even lanes (2, 4, 6) will swim counter clockwise. Swimmers using sprint lanes must swim 15 metres before slowing up. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches are asked to manage the lanes their swimmers are using during the warm up sessions.

19. **Swimmers withdrawing from events:** Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawal forms will be available from the timing desk - with a £1 penalty for failure to notify 30 minutes prior to the start of the first event in each session.

20. Competitors must report to the marshalling area in a timely manner, normally 1 event prior to their own, where they will be placed in start order. Any swimmer not reporting may be deemed to have withdrawn from that event. It is the club/swimmer duty to check the start lists and report in a timely manner. 21. Heats will be seeded on submitted times and spearheaded. All events are timed finals, and the first 3 swimmers in each age group will receive awards. Swimmers who entered as exhibition swimmers will not be eligible for medals but may be awarded speeding tickets if they swim faster than the QT on the day. A competitor who has been disqualified will not receive an award.

## ADDITIONAL INFORMATION

22. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safekeeping of all belongings. Items have gone missing in the past so please look after your belongings. Please minimise the number of kit bags brought poolside.

23. The Data Protection Act 2018 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 into 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.

Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.

24. All persons wishing to use photographic equipment - including phones with photographic capacity - who wish to take photographic or video images are requested, in accordance with the Swim England Child Safeguarding Policies and Procedures, to focus on their own child as much as reasonably possible and avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography or filming at this event then please bring them to the attention of the pool staff or LOBSC volunteers. The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Note that any photography in the changing rooms is absolutely forbidden by both the club and the swimming pool management.

25. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags. Report issues immediately to a member of pool staff or to the Meet Promoter.

26. Swimmers will be seated in the Martial Arts Hall. They must bring suitable footwear and a sweatshirt for moving to pool for races, as they will briefly be outdoors in the transition.

27. Each visiting club will be required to have a Chaperone present with their team at all times in the hall, to supervise those swimmers who are waiting to swim and to ensure those that are, are at the assembly point at the current time.

28. Spectators will be charged an admission fee on the day as follows: £5 per session or £8 per day. Meet Programmes will be available at £5.

29. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing.