



Plymouth Leander



The Harwich Cup

National Qualifier Level 1 Open 2017



Plymouth Life Centre, 27th to 29th May 2017

ASA License Number:

SW170070

www.plymouthleander.com



Plymouth Leander Swimming

www.plymouthleander.co.uk

The Plymouth Leander Harwich Cup National Qualifier Level 1 Open 2017

Life Centre, Plymouth Saturday 27th – Monday 29th May 2017

Held under ASA Laws and Regulations and ASA Technical Rules of Racing

Venue : Plymouth Life Centre, Plymouth, PL2 3DG

Pool : 10-Lane 50m Racing Pool With ROMA09-TRK Starting Blocks
: 2 Metres throughout and 140mm FINA regulation lane lines
: Constantly Available 6-Lane 25m Swim Down Pool
: Electronic Timing & 10-Lane Video Display Screen
: On Site Cafeteria & Parking

This is a Level 1 Licensed Meet for Entry into National Competitions & Championships

Age Groups : 9yrs, 10/11yrs, 12/13yrs, 14/15yrs, 16 yrs & Over,
: Finals in 50m Freestyle, 100m & 200m Events
: Ages as at 31st December 2017

Awards : Medals to 1st 3 in all Age Group Events
: Medals to 1st 3 in all Finals
: Top Male Athlete & Top Female Athlete Awards
: Top Visiting Club Award The Harwich Cup

Events : 50m, 100m & 200m All Strokes
(9 & 10yrs cannot enter 400m IM, 800m or 1500m events)
: 400m, 800m & 1500m Freestyle
: 200m & 400m IM

Fees : Race Entry Fee £8.00 for all Events
Cheques made payable to PLSA, Electronic Payment:
Account details: Sort Code: 56-00-63 Account No: 46355588

Entries To : Max Trebilcock
62 Molesworth Road
Plympton, Plymouth, PL7 4NU
Enquiries can be e-mailed to meets@plymouthleander.com
or Call 07557 983947

Closing : 12.00 Midnight on Tuesday 25th April 2017

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Life Centre, Plymouth Saturday 27th – Monday 29th May 2017

Meet Conditions

1. The event will be held at Plymouth Life Centre (50m pool) on 27th, 28th & 29th May 2017
2. The event will be held under ASA Laws and Regulations and ASA Technical Rules of Racing. All British swimmers must be registered ASA members of an ASA affiliated club and amateurs as defined by ASA Law.
3. Competitors age groups shall be defined as at **31st December 2017**, competitors must be 9 years old on the day of the event.
4. A competitor may enter all events (subject to Condition 5) in his/her age group and Open events 9 yrs, 10/11 yrs; 12/13 yrs; 14/15 yrs; 16 & Over OPEN= 9 yrs & Over 50m Distances for ages 9 to 12 yrs old will be swum as Open events, entries will be accepted on an even allocation of swims across the 4 age groups, fastest entries times first per age category.
5. Competitors may enter **EITHER** the 1500m Freestyle **OR** 800m Freestyle, but not both. Where there is demand the 1500m and 800m races will be swum as MIXED. 9 and 10 year old competitors may **NOT** swim 400m IM or 800m or 1500m events.
6. The following events are Heat Declared 50m Breaststroke, 50m Backstroke, 50m Butterfly, 400m Freestyle, 400m IM, 800m Freestyle and 1500m Freestyle.
7. All other events are age-group finals with the exception of those listed in condition 6, the top three swimmers in each age group will receive an award.
8. Disability swimmers may enter using the attached Devon County/Open Event Para Swimming consideration standards. Entry acceptance will be on the basis of achieving these times and not the able bodied Qualification or Consideration times. **Please see accompanying Para Swimming Consideration Standards for this meet.**
9. Disability swimmers will be seeded in this meet according to achieved time standards and with able bodied or disability swimmers of appropriate times, there will be no specific para events unless entry numbers allow this.
10. Finals will be held for 50m Freestyle, all 100m & 200m events with the following age categories:

• Mini	-	9 years old
• Junior B	-	10 and 11 years old
• Junior A	-	12 to 13 years old
• Youth	-	14 and 15 years old
• Senior	-	16+ (Excluding swimmers selected for Champions Final)
• Champions	-	Top 10 Swimmers from Youth or Senior age groups
- Selection for Champions finals will be based on best heat times, with next best times seeded for Youth or Senior finals.
11. All submitted entry times must either be:
 - Times achieved in a 50m pool
 - Times which have been converted to a 50m pool time (Meet Qualification times have been set at minimum Level 1 accepted times by British Swimming)
 - Entry times must be listed in the British Swimming Rankings.

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12. Entries of 10 or more swimmers from the same Club must be made electronically. Entries of 9 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration
13. If events are under-subscribed acceptance of additional entries will be at the Promoters discretion. These will be offered after the competition's closing date for entry. However, these competitors must still enter within the stated qualification times and will accepted on the basis of the fastest entries first rule, by age group.
14. If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted on the basis of times submitted to enable the competition to meet ASA licensing requirements. Any deletions made will be equally proportionate from each age year, and will endeavour to ensure an equal balance of swimmers across the age groups and events, taking into consideration Conditions 13 and 14.
15. No refunds for entries will be given after the entries have been processed, except in the case of:
 - a swimmer being subsequently selected to swim for their country on the same day
 - the production of a Doctor's note confirming the athlete is unfit to compete
16. There will be no entry cards for this meet. Swimmers must sign in for selected individual events prior to the Warm Up of the session in which they are competing. **Swimmers will be scratched from any individual events not signed for.**
17. Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded
18. Additional awards will be made:
 - Top Male Athlete (excluding 50m events)
 - Top Female Athlete (excluding 50m events)
 - Top Boy (Based on points eligible age groups 9 to 11 years old)
 - Top Girl (Based on points eligible age groups 9 to 11 years old)
 - The Harwich Cup for the Top Visiting Club
19. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings
20. All Clubs will be permitted to purchase up to 3 Coach Passes per Club (regardless of entrant numbers) and one additional Coach Pass per 10 athletes over 30 swimmers. Coach Passes will not be sold on the day. Admission to pool deck will be refused to non pass holders
21. Plymouth Leander Swimming uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet
22. Closing date for entries is **12.00 Midnight on 25th April 2017**
23. Charges as follows
 - **Race Entry Fee:** £8.00 for all events
 - **Full Weekend Programme of Events/Entries:** £5.00 per Programme
 - **Three-Day Coach Pass:** £20.00 per Pass
 - **One-Day Coach Pass:** £10.00 per Pass
 - **Spectator Entry** £3.00 per Session or £10 for whole weekend*

* Please note entry per session is for access to the viewing gallery and does not guarantee a spectator seat.
(Please refer to condition 25 for further details)

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24. **Safeguarding:** Persons wishing to use photographic equipment, including mobile phones with photographic capacity, should refer to ASA Wavepower Child Protection Guidelines, available on www.swimming.org.
25. To support all visiting, local and club swimmers as well as Child Safe Guarding criteria Plymouth Leander reserves the right to designate seating within the viewing balcony for swimmer use, visitors and parents are kindly requested not to occupy designated seating.
26. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter. Competitors are reminded that sensible footwear should be worn when off the pool deck at all times.
27. Any swimmer unable to execute a safe dive from the starting blocks into shallow water are reminded that they should start from the side of the pool.
28. The swim down pool will be operated at a depth of 1.5 meters to ensure the safety of swimmers during cool down, diving is strictly prohibited in the swim down pool.
29. The referees decision is final.

PLEASE DO NOT USE RECORDED DELIVERY OR SPECIAL DELIVERY TO POST YOUR ENTRY FORMS.

If you are concerned about your entry reaching the destination on time, please telephone the Meet Promoter or e-mail entries to meets@plymouthleander.com

Entries Returned to: Max Trebilcock 62 Molesworth Road, Plympton, Plymouth, PL7 4NU

Cheques payable to 'PLSA'. Enquiries can be emailed to meets@plymouthleander.com or call 07557 983947



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Life Centre, Plymouth Saturday 27th – Monday 29th May 2017

PROGRAM DAY 1

Day 1 – Saturday 27th May 2017

Warm Up 8.30am – Start 9.30am

Session 1

NO	M/F	AGE GROUP	EVENT	FINALS FORMAT
101	Male	9yrs+	50m Breaststroke	HDW
102	Female	9yrs+	50m Breaststroke	HDW
103	Mixed	11yrs+	1500m Freestyle	HDW

Day 1 – Saturday 27th May 2017

Warm Up TBC

Session 2

NO	M/F	AGE GROUP	EVENT	FINALS FORMAT
201	Male	9yrs+	50m Backstroke	HDW
202	Female	9yrs+	50m Backstroke	HDW
203	Male	9yrs+	50m Freestyle	Finals (Sunday 28 th May)
204	Female	9yrs+	50m Freestyle	Finals (Sunday 28 th May)
205	Male	9yrs+	200m IM	Finals (Monday 29 th May)
206	Female	9yrs+	200m IM	Finals (Monday 29 th May)

Day 1 – Saturday 27th May 2017

Warm Up TBC

Session 3

NO	M/F	AGE GROUP	EVENT	FINALS FORMAT
301	Male	9yrs+	50m Butterfly	HDW
302	Female	9yrs+	50m Butterfly	HDW
303	Mixed	11yrs+	800m Freestyle	HDW

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PROGRAM DAY 2

Day 2 – Sunday 28th May 2017

Warm Up 8.30am – Start 9.30am

Session 4

NO	M/F	AGE GROUP	EVENT	FINALS FORMAT
401	Male	9yrs+	100m Backstroke	Finals
402	Female	9yrs+	100m Backstroke	Finals
403	Male	9yrs+	200m Butterfly	Finals
404	Female	9yrs+	200m Butterfly	Finals
405	Male	10yrs+	400m Freestyle	HDW

Day 2 – Sunday 28th May 2017

Warm Up TBC

Session 5

NO	M/F	AGE GROUP	EVENT	FINALS FORMAT
501	Female	9yrs+	100m Breaststroke	Finals
502	Male	9yrs+	100m Breaststroke	Finals
503	Female	9yrs+	200m Backstroke	Finals
504	Male	9yrs+	200m Backstroke	Finals
505	Female	11yrs+	400m IM	HDW

PROGRAM DAY 2 FINALS

Day 2 – Sunday 28th May 2017

Warm Up 4.00pm – Start 5.00pm

Session 6

NO	M/F	AGE GROUP	EVENT	FINALS FORMAT				
601	Male	9yrs+	50m Freestyle	Mini	Junior A/B	Youth	Senior	Champion
602	Female	9yrs+	50m Freestyle	Mini	Junior A/B	Youth	Senior	Champion
603	Male	9yrs+	100m Backstroke	Mini	Junior A/B	Youth	Senior	Champion
604	Female	9yrs+	100m Backstroke	Mini	Junior A/B	Youth	Senior	Champion
605	Male	9yrs+	200m Butterfly	Mini	Junior A/B	Youth	Senior	Champion
606	Female	9yrs+	200m Butterfly	Mini	Junior A/B	Youth	Senior	Champion
607	Male	9yrs+	100m Breaststroke	Mini	Junior A/B	Youth	Senior	Champion
608	Female	9yrs+	100m Breaststroke	Mini	Junior A/B	Youth	Senior	Champion
609	Male	9yrs+	200m Backstroke	Mini	Junior A/B	Youth	Senior	Champion
610	Female	9yrs+	200m Backstroke	Mini	Junior A/B	Youth	Senior	Champion

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PROGRAM DAY 3

Day 3 – Monday 29th May 2017

Warm Up 8.30am – Start 9.30am

Session 7

NO	M/F	AGE GROUP	EVENT	FINALS FORMAT
701	Female	9yrs+	100m Freestyle	Finals
702	Male	9yrs+	100m Freestyle	Finals
703	Female	9yrs+	200m Breaststroke	Finals
704	Male	9yrs+	200m Breaststroke	Finals
705	Female	9yrs+	400m Freestyle	HDW

Day 3 –Monday 29th May 2017

Warm Up TBC

Session 8

NO	M/F	AGE GROUP	EVENT	FINALS FORMAT
801	Male	9yrs+	100m Butterfly	Finals
802	Female	9yrs+	100m Butterfly	Finals
803	Male	9yrs+	200m Freestyle	Finals
804	Female	9yrs+	200m Freestyle	Finals
805	Male	11yrs+	400m IM	HDW

PROGRAM DAY 3 FINALS

Day 3 – Monday 29th May 2017

Warm Up 4.00pm Start 5.00pm

Session 9

NO	M/F	AGE GROUP	EVENT	FINALS FORMAT				
901	Male	9yrs+	100m Freestyle	Mini	Junior A/B	Youth	Senior	Champion
902	Female	9yrs+	100m Freestyle	Mini	Junior A/B	Youth	Senior	Champion
903	Male	9yrs+	200m Breaststroke	Mini	Junior A/B	Youth	Senior	Champion
904	Female	9yrs+	200m Breaststroke	Mini	Junior A/B	Youth	Senior	Champion
905	Male	9yrs+	100m Butterfly	Mini	Junior A/B	Youth	Senior	Champion
906	Female	9yrs+	100m Butterfly	Mini	Junior A/B	Youth	Senior	Champion
907	Male	9yrs+	200m Freestyle	Mini	Junior A/B	Youth	Senior	Champion
908	Female	9yrs+	200m Freestyle	Mini	Junior A/B	Youth	Senior	Champion
909	Male	9yrs+	200m IM	Mini	Junior A/B	Youth	Senior	Champion
910	Female	9yrs+	200m IM	Mini	Junior A/B	Youth	Senior	Champion

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Entry Form COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL

Club					
Surname		First Name		Middle Initial	
Preferred Name (for Programme)					
Date of Birth		Age as at 31st December 2017		M/F	
Address and Postcode					
Telephone Number / Mobile Number (Parent* - contact for entry queries)					
e-Mail Address (for confirmation of receipt of entry)					
ASA Number		Para Swimmer Please Tick		S Class	
EVENT		SELECT	ENTRY TIME		
50m Freestyle					
100m Freestyle					
200m Freestyle					
400m Freestyle					
1500m or 800m Freestyle					
50m Butterfly					
100m Butterfly					
200m Butterfly					
50m Breaststroke					
100m Breaststroke					
200m Breaststroke					
50m Backstroke					
100m Backstroke					
200m Backstroke					
200m Individual Medley					
400m Individual Medley					

Individual Payment Details (see Summary Sheet for Grouped Payment and Coaches Pass Details)

Total No of Entries	Description	Cost per Event*	Total
	Individual Entries	£8.00	
Cheques Payable to PLSA. Entries Close 25th April 2017 : Electronic Payment: Account details: Sort Code: 56-00-63 Account No: 46355588.			
Amount Due £			
Please Tick:	Cheque	BACS	
I DECLARE THAT THE ABOVE DETAILS ARE CORRECT & THAT I AM ELIGIBLE TO COMPETE IN ACCORDANCE WITH ASA LAW & THAT I UNDERSTAND & ACCEPT THE MEET CONDITIONS			
Signature of Competitor			
Signature of Parent*(if under 18)			

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Team Entry Summary Sheet

Cheques should be made payable to 'PLSA'. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek entry file for this meet will be available on www.plymouthleander.co.uk We would appreciate this method of entry and this is **mandatory** for 10 or more entries from the same Club. Please note that we are using Meet Manager 4.0.

PLEASE NOTE: Coach Passes CANNOT be purchased on the day of meet and must be bought in advance.

Club	
Contact Name	
Address	
Telephone (Day)	
Telephone (Evening)	
Mobile	
E-Mail	

PLEASE REMEMBER WE NEED THE HELP OF YOUR OFFICIALS

Total No. of Individual Entries		@	£8.00 each	=	
Total No. of 800/1500 m Entries		@	£8.00 each	=	
3 Day Coach Pass		@	£20.00 each	=	
1 Day Coach Pass Friday/Saturday/Sunday*		@	£10.00 each	=	
*Delete as Appropriate					
Closing Date: 25th April 2017		Total Cheque Enclosed £			

Entries To: Max Trebilcock, 62 Molesworth Road, Plympton, Plymouth PL7 4NU, 07557 983947

▪ Enquiries can be emailed to meets@plymouthleander.com or call 07557 983947. Cheques to 'PLSA'

Electronic entries can be on e-mailed but please also submit a printout with this form

I certify that all the above details are correct and that our Club understand and will abide by the meet conditions. Signed on behalf of all swimmers:

(Team Manager) Date

Please **do not** use recorded delivery or special delivery. If you are concerned about your entry reaching the destination on time please e-mail or call the contact and obtain a certificate of postage



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FEMALE																	
Age	50m FC	100m FC	200m FC	400m FC	800m FC	1500m FC	50m BR	100m BR	200m BR	50m Fly	100m Fly	200m Fly	50m BK	100m BK	200M BK	200m IM	400m IM
9	OPEN 39.00	1:32.00	3:35.00	6:55.00			OPEN 47.00	2:05.00	4:30.00	OPEN 46.00	1:52.00	4:30.00	OPEN 45.00	2:10.00	3:55.00	3:50.00	
10		1:26.71	3:15.50	6:10.00				1:59.91	4:10.00		1:49.30	4:00.00		1:58.00	3:36.00	3:20.00	
11		1:25.00	3:05.00	6:00.00	12:20.00	24:30.00		1:58.00	3:50.00		1:40.00	3:50.00		1:40.68	3:22.00	3:12.16	6:30.00
12		1:15.64	2:51.18	5:55.00	11:13.63	22:50.00		1:41.53	3:41.00		1:32.00	3:40.00		1:27.80	3:21.00	3:10.61	6:10.00
13	31.77	1:10.26	2:36.40	5:45.00	10:29.15	20:30.00	42.32	1:34.55	3:30.36	35.55	1:27.83	3:20.00	37.54	1:22.20	3:07.97	2:54.02	5:50.00
14	31.05	1:07.73	2:28.39	5:37.50	10:14.22	19:48.00	41.60	1:32.88	3:15.00	34.24	1:22.57	3:10.00	36.26	1:19.15	2:54.68	2:48.74	5:40.00
15	30.51	1:06.41	2:27.53	5:15.00	10:11.42	19:20.00	41.06	1:32.47	3:08.00	33.35	1:20.77	2:58.00	35.89	1:19.13	2:48.10	2:47.85	5:35.00
16+	29.09	1:02.68	2:17.45	4:59.88	09:48.00	19:00.00	37.99	1:23.84	3:00.00	31.40	1:11.05	2:48.00	33.71	1:12.56	2:40.41	2:37.52	5:25.00



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MALE																	
Age	50m FC	100m FC	200m FC	400m FC	800m FC	1500m FC	50m BR	100m BR	200m BR	50m Fly	100m Fly	200m Fly	50m BK	100m BK	200m BK	200m IM	400m IM
9	OPEN 37.00	1:32.00	3:35.00	6:55.00			OPEN 47.00	2:05.00	4:30.00	OPEN 46.00	1:55.00	4:30.00	OPEN 45.00	2:10.00	3:55.00	3:50.00	
10		1:25.00	3:13.29	6:10.00				1:58.72	4:10.00		1:40.04	4:00.00		1:58.00	3:38.00	3:48.80	
11		1:24.55	3:05.00	5:55.00	12:20.00	24:00.00		1:58.00	3:55.00		1:40.00	3:50.00		1:38.39	3:22.00	3:20.00	6:30.00
12		1:15.60	2:43.96	5:30.00	11:13.63	19:55.50		1:42.71	3:49.46		1:32.00	3:42.00		1:27.19	3:09.39	3:08.04	6:10.00
13	31.16	1:08.68	2:31.26	5:25.00	10:29.15	19:30.00	41.77	1:32.38	3:23.61	35.06	1:23.36	3:25.00	36.88	1:20.19	2:55.29	2:50.49	5:58.00
14	29.53	1:04.93	2:22.69	5:12.89	10:14.22	19:12.00	39.32	1:28.25	3:14.02	33.04	1:16.80	3:00.00	34.99	1:15.97	2:45.34	2:42.47	5:42.00
15	28.20	1:01.66	2:16.43	4:56.69	10:11.42	18:48.40	37.10	1:22.86	3:06.59	31.15	1:11.53	2:48.00	33.49	1:12.57	2:39.01	2:34.76	5:20.00
16+	26.30	58.80	2:01.68	4:23.81	09:48.00	18:47.16	34.10	1:13.10	2:40.63	28.80	1:06.90	2:21.78	30.10	1:05.90	2:20.58	2:19.20	5:05.56