

# **Swim England East Region Para-Swimming Meet 2024 Licence Number 3ER241001**

Held under Swim England Regulations, the Swim England Technical Rules of Swimming and to the Swim England Open Meet Licensing Criteria and World Para Swimming Rules and Regulations

**Location:** Abbeycroft Leisure  
Newmarket Leisure Centre  
Exning Road  
Newmarket  
Suffolk  
CB8 0EA

**Date:** Sunday 22nd September 2024

**Warm Time:** 3.30 p.m.

**Start Time:** 4.00 p.m.

**Closing date:** Wednesday 21st August 2024

If you require any further information, please contact [Peter Winter, Swim England East Region Disability Manager](mailto:disability@eastswimming.org) :- [disability@eastswimming.org](mailto:disability@eastswimming.org)

# Meet Conditions and Information

## General

- 1 The meet will take place at Abbeycroft Leisure, Newmarket Leisure Centre, Exning Road, Newmarket, Suffolk, CB8 0EA on Sunday 22nd September 2024 and is licensed by Swim England at Level 3 under Licence Number **3ER241001**
- 2 The meet will be held under Swim England Regulations, Swim England Technical Rules of Swimming, World Para Swimming Rules and Regulations and these conditions.
- 3 The Promoter is Peter Winter on behalf of the Swim England East Region Disability Leadership Group. Email all queries to [disability@eastswimming.org](mailto:disability@eastswimming.org)
- 4 The competition is open to any swimmer with a disability: physical, sensory or learning impairment.
- 5 Each competitor shall be a Swim England Club Compete member or an equivalent member of Swim Scotland or Swim Wales whose membership record shows a Para-Swimming Sport World Para Swimming classification, which is held on the British Swimming or World Para Swimming Classification database at the time of entry.
- 6 **Swimmers on the functional classification waiting list**, or have an active application with UKSA or INAS, made within the last 24 months and meet the Swim England Club Compete membership requirement are invited to compete, in order to gain a time in a licensed meet but will not be eligible to receive medals unless a classification is allocated at the event. Those swimmers on the functional classification list and allocated a classification slot at the event, are reminded that they will need to enter at least one or more of the following three events: 100m Freestyle, 100m Backstroke or 100m Butterfly. They must also enter 100m Breaststroke and can then enter an optional event or events to make up to four events in total.
- 7 Competitors from outside the Swim England East Region are very welcome to enter this event for the purposes of gaining competition experience and to achieve a time in a licensed event, they will be eligible to receive a commemorative medals, if they are placed in the top 3.
- 8 In each event, medals will be awarded to the 1st, 2nd and 3rd placed Open/Male and Female swimmers in the classification classes S1 - S14 based on British Para-Swimming Points. British Para-Swimming Points are awarded for each competitor across classifications S1-S14 in relation to how close they are to their classifications world record in each event, respectively.
- 9 Additionally, the highest placed Open/Male and Female swimmer (from classifications S1-S14 including S64) aged 14 years or under will receive a medal in recognition of being the highest placed Junior Swimmer if they are not already the overall winner of that event.
- 10 S15 swimmers will compete in each event, within their own classification band, and medals will be awarded to 1st, 2nd and 3rd placed, Open/Male and Female swimmers, within one (open) age group.
- 11 Those swimmers who are called for classification but are deemed not eligible for classification (with no review by a second team) will not be allowed to compete at the competition.
- 12 Those swimmers who cannot complete the classification process and are invited back at another time will still be able to compete at the competition.

## Entries

- 13 Entries will be made using Female and Open/Male as the new competition categories following the launch of the Swim England Transgender and Non-binary Competition Policy on 1 September 2023

- 14 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.
- 15 Age shall be at 31st December 2024 with a minimum age of 10 years old.
- 16 Each competitor will be able to swim a maximum of 4 individual events.
- 17 The entry fee is £8.00 per event.

## **Event**

- 18 The events are detailed in the schedule at the end of these conditions.
- 19 Swimmers can compete in any event but those with a classification S1- S14 are advised to swim those events that are WPS recognised events for their classification, in order to gain qualifying times for future Swim England and British Para-Swimming Programmes and Competitions.
- 20 This event is subject to the upper time limits for each classification listed at the end of these conditions. Swimmers must not be faster than these times for entry to this competition.
- 21 All events will be swum multi-class and seeded according to time, irrespective of age or disability.
- 22 If no entry time is given, then the competitor will be placed in the slowest heat.
- 23 The pool is 25m, anti-wave devices will be in place and AOE will be used. There will be a secondary strobe available should any swimmers require this, the referee should be made aware of the requirement prior to racing starting.
- 24 Over the top starts may be used at the referee's discretion.

## **Marshalling**

- 25 Competitors must present themselves to the call up area two events prior to the event in which they are competing. Competitors in events 1 and 2 will be called by officials after the warm up period has finished and prior to the start of the first event. It is the competitor's responsibility to be at the start in time for their event.

## **Coaches /Team managers passes**

- 26 All Coaches, Team Managers, support staff and Personal Care Attendants must have accreditation to gain access to the pool deck and will be required to apply for a pass. Passes cannot be obtained on the day. Remember, no pass - no access to the pool deck.
- 27 Passes will be issued in the name of the designated Coach, Team Manager or Personal Care Attendant. Passes must be downloaded, printed and worn at all times during the competition. Coaches without passes on display will be asked to leave. All swimmers aged 16 years and under must be under the supervision of a pass holder during the warm up, competition and in the vicinity of the pool.
- 28 All Coach and Team Manager applications for accreditation must be made on the online system. The link to apply for a Coach/TM pass is <https://www.eastswimming.org/disability/para-swimming-competitions/> All passes for Personal Care Assistants must be made via the regional website PCA pass system.
- 29 Personal care attendants will only be permitted for competitors in the following classes: S1, S2, S3, S4 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as the competitor for whom they have personal care responsibilities. Their accreditation is free.

## Entry Procedure

- 30 The [Entry Procedure](#) forms part of these conditions.
- 31 Entries for the event shall be individual entries made via the online entry system. Queries related to entries should be directed to [disability@eastswimming.org](mailto:disability@eastswimming.org)
- 32 The closing date is **Midnight on Wednesday 21st August 2024**
- 33 Received entries will be published shortly after the closing date. No late entries will be accepted. Swimmers and team staff will have 4 days to check this report and notify the Entry Administrator of any errors after which a final Accepted entry List will be published.
- 34 Swimmers must withdraw from events that they no longer wish to swim. Withdrawals may be made on the day or can be e-mailed in advance to the [Entry Administrator](#), but must be made at least 30 minutes prior to the start of the warm-up. Refunds are not available for withdrawals after the accepted entries have been posted, other than for medical reasons

## Results

- 35 Results will be posted on the SEER website and will be supplied to British Swimming for entry into the national rankings database.

## Safeguarding

- 36 In accordance with the Swim England Child Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the Promoter.
- 37 Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Child Safeguarding Policy and Procedures, Wavepower 2020-23 Section 2 provides guidance on the use of social networking (page 92-95) and guidance on photography (page 86-88).  
<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.
- 38 All participants must observe the safety precautions in operation at Abbeycroft Leisure. Neither the Promoter nor Swim England East Region will be responsible for any loss or damage occurring during the meet.
- 39 Competitors with epilepsy should ensure that the promoter and lifeguards are aware before the event. A responsible adult who knows the competitors condition should accompany them. This person acts as their 'spotter' on the poolside while the swimmer is in the water.
- 40 Support staff shall not coach the competitor whilst assisting or tapping. If such coaching occurs, the competitor may be disqualified.
- 41 For functional classification competitors, support staff, are in place solely to assist the swimmer on entry, exit and at the start and shall not verbally communicate with the swimmer.
- 42 Competitors are advised to bring a printed copy of their exception codes from <http://www.swimming.org/swimengland/club-member-check/> with them in case there are any queries.

## Spectators

- 43 There will be a £6.00 entry fee per person payable on the day for spectators. Children under 16 years are admitted free. The programme will be available on the region website.

- 44** 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 to 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.
- 45** Any matter not covered by these conditions will be determined by the Promoter and Lead Referee; subject to Swim England Regulations and Technical Rules of Racing and World Para Swimming Rules and Regulations.

## Schedule of Events

| Female                | Open/Male | Distance | Stroke            | Suggested events for the following classifications |   |          |
|-----------------------|-----------|----------|-------------------|--|---|----------|
| Event 1               | Event 2   | 100m     | Freestyle         | S1   | - | S13      |
| Event 3               | Event 4   | 50m      | Breaststroke      | SB1  | - | SB3      |
| Event 5               | Event 6   | 200m     | Individual Medley | SM5  | - | SM14     |
| Event 7               | Event 8   | 50m      | Backstroke        | S1   | - | S5       |
| Event 9               | Event 10  | 100m     | Breaststroke      | SB4  | - | SB14     |
| Event 11              | Event 12  | 200m     | Freestyle         | S1   | - | S5 & S14 |
| <b>Short Interval</b> |           |          |                   |  |   |          |
| Event 13              | Event 14  | 400m     | Freestyle         | S6   | - | S14      |
| Event 15              | Event 16  | 150m     | Individual Medley | SM1  | - | SM4      |
| Event 17              | Event 18  | 50m      | Butterfly         | S1   | - | S7       |
| Event 19              | Event 20  | 100m     | Backstroke        | S6   | - | S14      |
| Event 21              | Event 22  | 100m     | Butterfly         | S8   | - | S13      |
| Event 23              | Event 24  | 50m      | Freestyle         | S1   | - | S14      |

## Swim England East Region Para-Swimming Meet 2024

### Female Swimmer upper limit cut-off times

| Event             | S1       | S2       | S3       | S4       | S5       | S6       | S7       | S8       | S9       | S10      | S11      | S12      | S13      | S14      | S15      |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 50m Freestyle     | 00:54:15 | 00:56:02 | 00:47:28 | 00:40:74 | 00:37:39 | 00:34:22 | 00:32:17 | 00:30:41 | 00:28:20 | 00:27:22 | 00:30:14 | 00:26:54 | 00:27:07 | 00:26:33 | 00:25:80 |
| 100m Freestyle    | 01:58:83 | 02:21:08 | 01:40:29 | 01:28:75 | 01:21:61 | 01:16:72 | 01:08:56 | 01:05:60 | 01:01:95 | 00:59:50 | 01:01:74 | 00:58:60 | 00:57:84 | 00:56:84 | 00:56:00 |
| 200m Freestyle    | 05:02:37 | 04:57:81 | 03:27:03 | 03:12:01 | 02:47:01 |          |          |          |          |          |          |          |          | 02:01:61 | 02:08:20 |
| 400m Freestyle    |          |          |          |          |          | 05:27:58 | 05:08:53 | 04:42:98 | 04:37:98 | 04:26:69 | 05:02:60 | 04:28:94 | 04:30:66 |          | 04:33:50 |
| 50m Backstroke    | 01:07:58 | 01:06:87 | 00:50:59 | 00:52:90 | 00:42:64 | 00:39:57 | 00:36:04 | 00:35:89 | 00:32:34 | 00:30:49 | 00:36:43 | 00:32:60 | 00:30:33 | 00:30:49 | 00:29:30 |
| 100m Backstroke   | 02:20:38 | 02:20:57 | 01:46:30 | 01:47:97 | 01:31:77 | 01:23:52 | 01:14:97 | 01:16:60 | 01:07:37 | 01:07:54 | 01:17:22 | 01:05:78 | 01:03:59 | 01:05:68 | 01:02:50 |
| 50m Breaststroke  | 01:23:15 | 01:12:76 | 00:58:67 | 00:48:25 | 00:43:53 | 00:44:03 | 00:41:35 | 00:36:05 | 00:32:40 |          | 00:38:52 | 00:33:60 | 00:35:24 | 00:36:23 | 00:34:60 |
| 100m Breaststroke | 03:09:57 | 02:49:31 | 02:11:52 | 01:44:29 | 01:35:30 | 01:34:90 | 01:26:85 | 01:15:54 | 01:10:72 |          | 01:25:03 | 01:12:60 | 01:15:42 | 01:14:69 | 01:15:00 |
| 50m Butterfly     | 00:50:78 | 00:58:67 | 01:14:58 | 00:51:80 | 00:48:53 | 00:36:43 | 00:34:64 |          |          | 00:28:42 | 00:32:91 | 00:29:54 | 00:29:43 | 00:29:43 | 00:28:80 |
| 100m Butterfly    |          |          |          |          |          |          |          | 01:12:24 | 01:07:11 | 01:03:13 | 01:16:77 | 01:05:10 | 01:03:92 | 01:05:78 | 01:06:00 |
| 150m Ind. Medley  | 03:43:85 | 03:43:85 | 03:43:85 | 02:45:73 |          |          |          |          |          |          |          |          |          |          |          |
| 200m Ind. Medley  |          |          |          |          | 03:22:34 | 03:02:92 | 02:53:07 | 02:35:83 | 02:28:53 | 02:21:45 | 02:41:34 | 02:29:61 | 02:26:56 | 02:23:09 | 02:20:00 |

### Open/Male Swimmer upper limit cut-off times

| Event             | S1       | S2       | S3       | S4       | S5       | S6       | S7       | S8       | S9       | S10      | S11      | S12      | S13      | S14      | S15      |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 50m Freestyle     | 01:17:19 | 01:00:39 | 00:49:74 | 00:37:50 | 00:31:51 | 00:29:09 | 00:27:28 | 00:26:09 | 00:24:28 | 00:22:44 | 00:26:21 | 00:23:86 | 00:23:38 | 00:23:38 | 00:23:60 |
| 100m Freestyle    | 02:41:96 | 02:18:15 | 01:42:83 | 01:22:98 | 01:07:54 | 01:03:93 | 01:00:14 | 00:57:21 | 00:52:77 | 00:48:70 | 00:56:65 | 00:51:99 | 00:52:09 | 00:51:28 | 00:52:00 |
| 200m Freestyle    | 07:37:40 | 04:45:73 | 03:56:93 | 02:59:08 | 02:29:85 |          |          |          |          |          |          |          |          | 01:52:49 | 01:52:00 |
| 400m Freestyle    |          |          |          |          |          | 04:42:64 | 04:32:38 | 04:20:18 | 04:06:26 | 03:54:57 | 04:26:35 | 04:05:05 | 03:55:23 |          | 03:57:00 |
| 50m Backstroke    | 01:14:79 | 01:06:12 | 00:48:49 | 00:43:38 | 00:35:06 | 00:34:32 | 00:33:73 | 00:30:67 | 00:27:64 | 00:26:97 | 00:31:10 | 00:26:54 | 00:26:49 | 00:26:97 | 00:27:00 |
| 100m Backstroke   | 02:37:33 | 02:16:53 | 01:45:96 | 01:49:56 | 01:14:10 | 01:14:52 | 01:07:99 | 01:03:18 | 00:57:93 | 00:57:29 | 01:12:87 | 00:57:54 | 00:57:22 | 00:56:91 | 00:59:00 |
| 50m Breaststroke  | 01:36:33 | 01:00:56 | 00:48:25 | 00:48:25 | 00:40:01 | 00:37:65 | 00:34:45 | 00:31:39 | 00:29:09 |          | 00:32:00 | 00:30:64 | 00:30:18 | 00:29:09 | 00:28:40 |
| 100m Breaststroke | 02:30:00 | 02:18:61 | 01:47:54 | 01:31:49 | 01:25:08 | 01:21:25 | 01:14:58 | 01:08:05 | 01:03:59 |          | 01:09:30 | 01:07:73 | 01:00:26 | 01:01:27 | 01:02:00 |
| 50m Butterfly     | 00:53:80 | 00:53:80 | 00:49:80 | 00:43:13 | 00:34:02 | 00:31:38 | 00:31:70 | 00:27:49 | 00:26:61 | 00:24:78 | 00:28:71 | 00:25:05 | 00:24:60 | 00:24:72 | 00:26:50 |
| 100m Butterfly    |          |          |          |          |          |          |          | 00:59:91 | 00:58:30 | 00:54:29 | 01:03:15 | 00:58:29 | 00:55:80 | 00:55:24 | 00:56:00 |
| 150m Ind. Medley  | 04:30:94 | 04:30:94 | 02:55:11 | 02:34:60 |          |          |          |          |          |          |          |          |          |          |          |
| 200m Ind. Medley  |          |          |          |          | 02:45:94 | 02:39:27 | 02:32:42 | 02:17:16 | 02:09:69 | 02:04:05 | 02:18:75 | 02:10:63 | 02:07:44 | 02:09:48 | 02:07:60 |