



Enfield Swim Squad
Affiliated to SWIM ENGLAND London Region

ESS LEVEL 3 WINTER REGIONAL QUALIFIER OPEN MEET
Licensed by the SWIM ENGLAND No. 3LR192561

Saturday 5th October 2019 & Sunday 6th October 2019

Southbury Leisure Centre
Southbury Road
Enfield
EN1 1YP

1. The competition will be held under SWIM ENGLAND laws and SWIM ENGLAND Technical Rules of Swimming and these Promoter's Conditions.
2. The Meet has been licensed at Level 3 by the SWIM ENGLAND, (3LR192561). All entries must be no faster than the upper limit Lower Limit times as per the attached table. The meet will be first come, first served, subject to acceptance by the Promoter and the closing date is midnight Friday 6th September 2019 or sooner if the meet is oversubscribed. Confirmation of accepted entries will be returned as soon as possible after this date and following receipt of a completed summary sheet and payment by bank transfer.
3. Ages as on the day of the meet – 6th October 2019
4. The pool is 25m long with 8 lanes, anti-wave lane ropes and Colorado electronic timing system in operation.
5. In the interests of time, 'over the top' starts may be operated at the discretion of the referee.
6. An adjacent warm-up and swim-down facility is available during the sessions. This area must not be used during the "formal" warm up period. It will be the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended.
7. A cardless entry system will be operated at this meet. Swimmers must withdraw using the appropriate form at the relevant desk no later than 15 minutes prior to the start of each warm up.
8. Swimmers must report to the clerks of the course when instructed to do so. Any competitor not reporting in time may be excluded.
9. Swimmers must be SWIM ENGLAND registered at category 2 and have an SWIM ENGLAND number and belong to an affiliated club.
10. Time trials may be available to swimmers at the promoter's discretion and dependent upon space and will incur a fee of £6 payable before the race takes place. All time trials will be swum in the first heat with "NT" against the swimmer's name. Awards will not be given for time trial entries.
11. All events will be swum as combined age groups and seeded slowest to fastest irrespective of age.
12. The entry fee will be £5.00 per event for all 50m, 100m and 200m events and £7.00 for all 400m events (this includes the SWIM ENGLAND's 20p levy). No refunds will be given except where entries are rejected. Clubs with more than 10 swimmers should enter electronically by using Hy-Tek's Team Manager Software. This can be downloaded from Hy-



Tek's website. Please complete the [electronic entry summary form](#) and submit the Hy-Tek entry file to essopenmeets@enfieldswimsquad.org. Payments must be made when the form is submitted to: Enfield Swim Squad, HSBC, sort code 40-22-34, account number 61471260. Entry times must be 25m pool times. Any club with 10 or more swimmers is asked to provide an SWIM ENGLAND registered official (J1, J2, J2S, TK, Referee), for each session.

13. Coaches passes are available at a cost of £15 each per day, to a maximum of 4 per team. This includes a programme **and refreshments including lunch** between the sessions. SWIM ENGLAND Guidelines state that the ratio of swimmers to "minders" should be 10:1. Passes must be displayed at all times. No one will be allowed on poolside without a pass.

14. Spectator entry will be £5 per person, per session, or £7 per person for both sessions on each day. Programmes are included in this price.

15. Entries should be emailed to essopenmeets@enfieldswimsquad.org. The [entry summary](#) should be submitted electronically. The closing date is midnight 6th September 2019 or sooner if full. All entry forms must be fully and correctly completed, otherwise they may be rejected. Electronic entries please (mandatory for more than 5 swimmers, unless by prior agreement of the promoter). Clubs sending paper entries will be required to pay a £10 administration fee. Hy-Tek file available from the promoter.

16. The age groups are 9, 10, 11, 12, 13, 14, 15, 16 & over.

17. Awards will be given to the first 3 in each age group in each event on a HDW basis.

18. Events are:

50m and 200m all four strokes plus 200m IM - All age groups

100m all four strokes, for 10 years & over

400m freestyle and IM for 11 years & over. There will be a limit of 4 heats per 400m event and will be allocated to the fastest 32 swimmers.

19. A secondary strobe will not be available at this Meet.

20. Results will be available on the club website as soon as practicable after the meet. A full set of results will be sent by email to all clubs. **Please ensure a correct email address is provided to us with your entries.** The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the meet. A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.

21. All participants and spectators must observe all safety precautions in operation at the pool and follow instructions of pool staff and Enfield Swim Squad Management Team. Prior to leaving poolside, swimmers must dry off and put on appropriate clothing and footwear. No swimmers will be allowed into the spectator area or the main entrance foyer area unless they have complied with this requirement. Failure to comply with any condition may result in disqualification and forfeiture of any fee paid.

22. By signing the entry form, swimmers accept these conditions in full. The promoter reserves the right to refuse admission to any competitor or spectator to any session.

23. All visiting clubs must ensure that team managers/coaches and officials comply with WavePower.

24. The Promoter reserves the right to amend the Conditions, without prior notice, to ensure the smooth running of the meet. For any matters not covered by these Conditions the promoter will make any decisions they deem necessary to provide for the satisfactory running of the competition. By submitting an entry participants have deemed to agree to such decisions.



25. Video Recording/Photography/Mobile Telephones

In accordance with the conditions for the pool hire, any person wishing to engage in video, zoom or close range photography, including the use of mobile telephones with photographic capabilities, must first register their details on the form provided at the entrance desk. They will be provided with an identification label (permit) which must be worn at all times. The Promoter reserves the right to refuse the granting of a permit. It is requested that all mobile telephones are switched off or turned to silent during the competition and that there is no flash photography at the start of each event.

Photographs may not be published on Social Media or on any website without the express permission of parents of the swimmer photographed.

26. Mobile phones and cameras **MUST** not be used in the changing rooms at any time.





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Programme of Events

Saturday, 5th October 2019			
Session 1 WARMUP 9.15, START 10.15AM			
Event 1	Boys	400m Freestyle	11 – 16 & over
Event 2	Girls	200m Individual Medley	all ages
Event 3	Boys	200m Butterfly	all ages
Event 4	Girls	50m Breaststroke	all ages
Event 5	Boys	50m Backstroke	all ages
Event 6	Girls	200m Freestyle	all ages
Event 7	Boys	100m Breaststroke	10 – 16 & over
Event 8	Girls	100m Butterfly	10 – 16 & over

Saturday, 5th October 2019			
Session 2 estimated WARMUP 2.15PM, START 3.15PM			
Event 9	Girls	400m Individual Medley	11 – 16 & over
Event 10	Boys	200m Backstroke	All ages
Event 11	Girls	200m Breaststroke	All ages
Event 12	Boys	50m Butterfly	All ages
Event 13	Girls	100m Backstroke	10 – 16 & over
Event 14	Boys	100m Freestyle	10 – 16 & over
Event 15	Girls	50m Freestyle	All ages

Sunday, 6th October 2019			
Session 3 WARMUP 9.15AM, START 10.15AM			
Event 16	Girls	400m Freestyle	11 – 16 & over
Event 17	Boys	200m Individual Medley	all ages
Event 18	Girls	200m Butterfly	all ages
Event 19	Boys	50m Breaststroke	all ages
Event 20	Girls	50m Backstroke	all ages
Event 21	Boys	200m Freestyle	all ages
Event 22	Girls	100m Breaststroke	10 – 16 & over
Event 23	Boys	100m Butterfly	10 – 16 & over

Sunday, 6th October 2019			
Session 4 estimated WARMUP 2.15PM, START 3.15PM			
Event 24	Boys	400m Individual Medley	11 – 16 & over
Event 25	Girls	200m Backstroke	All ages
Event 26	Boys	200m Breaststroke	All ages
Event 27	Girls	50m Butterfly	All ages
Event 28	Boys	100m Backstroke	10 – 16 & over
Event 29	Girls	100m Freestyle	10 – 16 & over
Event 30	Boys	50m Freestyle	All ages

Age Groups for awards: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 & over



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Upper / Lower Limit Times

*Swimmers must not have swum faster than the times below.
 Times based on short course times.*

BOYS

		9/10	11	12	13	14	15	Open
50m Freestyle	Upper Limit	29.26	28.42	26.88	25.40	24.52	23.74	21.15
	Lower Limit Time	48.93	44.96	41.93	38.73	35.67	33.41	32.00
100m Freestyle	Upper Limit	1.05.48	1.01.71	58.76	55.29	53.50	52.06	50.76
	Lower Limit Time	1.46.88	1.37.66	1.30.79	1.23.55	1.16.99	1.12.42	1.10.51
200m Freestyle	Upper Limit	2.20.17	2.11.43	2.08.40	2.00.60	1.55.07	1.52.10	1.48.90
	Lower Limit Time	3.52.36	3.32.70	3.17.95	3.02.39	2.47.87	2.38.02	2.34.89
400m Freestyle	Upper Limit		4.37.89	4.35.23	4.15.12	4.01.46	3.58.31	3.56.31
	Lower Limit Time		6.06.00	5.46.00	5.26.80	5.10.40	4.57.45	4.48.50
50m Breaststroke	Upper Limit	38.79	36.90	33.54	32.46	31.62	29.64	27.11
	Lower Limit Time	1.03.40	57.91	53.71	49.08	45.19	52.19	40.85
100m Breaststroke	Upper Limit	1.26.45	1.21.09	1.13.66	1.08.62	1.06.89	1.04.70	1.00.00
	Lower Limit Time	2.18.03	2.04.96	1.55.64	1.45.63	1.37.13	1.30.79	1.27.59
200m Breaststroke	Upper Limit	3.08.41	2.56.30	2.42.03	2.31.59	2.26.55	2.18.59	2.08.59
	Lower Limit Time	4.56.12	4.28.87	4.09.72	3.48.96	3.29.94	3.16.89	3.10.75
50m Butterfly	Upper Limit	31.64	31.14	28.80	27.69	25.96	24.86	22.51
	Lower Limit Time	54.17	49.40	46.19	42.46	39.02	36.35	32.55
100m Butterfly	Upper Limit	1.11.71	1.08.54	1.04.49	1.00.09	58.85	55.54	50.31
	Lower Limit Time	2.02.08	1.49.13	1.41.06	1.32.45	1.24.75	1.19.15	1.14.22
200m Butterfly	Upper Limit	2.42.47	2.23.81	2.26.50	2.13.32	2.04.81	2.02.97	1.58.80
	Lower Limit Time	4.28.31	3.59.33	3.42.76	3.24.45	3.07.80	2.45.18	2.35.66
50m Backstroke	Upper Limit	33.15	32.57	29.46	28.58	27.73	26.78	24.35
	Lower Limit Time	55.76	51.15	47.88	43.86	40.62	37.87	35.60
100m Backstroke	Upper Limit	1.12.01	1.09.96	1.05.66	1.01.78	58.58	56.94	52.21
	Lower Limit Time	2.01.02	1.49.07	1.41.61	1.33.25	1.25.53	1.20.08	1.15.25
200m Backstroke	Upper Limit	2.37.44	2.30.57	2.17.77	2.15.59	2.04.10	2.03.07	1.53.95
	Lower Limit Time	4.16.49	3.54.13	3.38.48	3.20.64	3.04.40	2.52.83	2.41.60
200m Individual Medley	Upper Limit	2.38.74	2.28.11	2.25.61	2.16.65	2.07.92	2.05.64	1.57.32
	Lower Limit Time	4.24.01	4.00.01	3.43.46	3.26.37	3.08.96	2.57.52	2.40.86
400m Individual Medley	Upper Limit		5.14.00	5.11.00	4.48.28	4.32.85	4.28.96	4.27.03
	Lower Limit Time		6.53.58	6.30.98	6.09.28	5.50.75	5.36.11	5.26.00

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Upper Limit Lower Limit Times

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GIRLS

		9/10	11	12	13	14	15	Open
50m Freestyle	Upper Limit	30.25	28.29	27.80	27.20	26.19	25.39	24.67
	Lower Limit Time	48.37	44.75	41.66	39.14	37.43	36.26	34.15
100m Freestyle	Upper Limit	1.10.16	1.05.20	1.00.07	58.35	57.41	56.2	54.18
	Lower Limit Time	1.46.25	1.36.70	1.29.64	1.24.25	1.20.44	1.18.22	1.16.25
200m Freestyle	Upper Limit	2.28.44	2.14.97	2.09.98	2.03.02	2.02.58	2.0072	1.56.09
	Lower Limit Time	3.47.61	3.28.68	3.13.27	3.01.35	2.53.36	2.48.22	2.35.78
400m Freestyle	Upper Limit		4.43.90	4.33.36	4.19.47	4.13.70	4.12.22	4.04.40
	Lower Limit Time		6.20.30	6.01.01	5.48.40	5.35.50	5.30.00	5.26.10
50m Breaststroke	Upper Limit	39.13	35.09	34.79	33.33	33.06	31.96	30.03
	Lower Limit Time	1.02.42	57.12	52.83	49.43	47.02	45.53	41.62
100m Breaststroke	Upper Limit	1.26.35	1.20.41	1.17.96	1.12.48	1.10.56	1.09.23	1.07.40
	Lower Limit Time	2.15.80	2.02.68	1.53.44	1.45.65	1.40.03	1.37.42	1.32.88
200m Breaststroke	Upper Limit	3.04.96	2.48.13	2.42.78	2.38.66	2.34.07	2.30.79	2.23.69
	Lower Limit Time	4.49.60	4.23.14	4.03.42	3.46.76	3.35.79	3.29.90	3.12.68
50m Butterfly	Upper Limit	33.67	32.13	30.70	28.92	27.95	27.54	26.82
	Lower Limit Time	53.03	48.89	45.41	52.55	40.54	39.21	35.10
100m Butterfly	Upper Limit	1.17.21	1.12.13	1.06.39	1.03.86	1.02.41	59.70	58.69
	Lower Limit Time	1.59.22	1.47.55	1.38.97	1.32.84	1.28.04	1.25.74	1.22.78
200m Butterfly	Upper Limit	2.52.55	2.41.79	2.32.71	2.18.54	2.16.88	2.12.51	2.10.46
	Lower Limit Time	4.24.49	3.56.66	3.37.18	3.22.89	3.12.56	3.06.58	3.00.65
50m Backstroke	Upper Limit	35.09	31.44	30.39	29.68	29.56	28.11	27.44
	Lower Limit Time	55.00	50.58	47.12	44.19	51.1	41.00	39.12
100m Backstroke	Upper Limit	1.16.83	1.10.98	1.06.41	1.03.00	1.02.27	1.00.56	58.83
	Lower Limit Time	1.59.06	1.47.88	1.39.64	1.33.24	1.29.02	1.26.19	1.23.89
200m Backstroke	Upper Limit	2.39.95	2.25.21	2.22.25	2.16.76	2.13.37	2.12.08	2.07.15
	Lower Limit Time	4.12.90	3.48.79	3.32.50	3.19.79	3.10.64	3.04.46	2.59.56
100m Individual Medley	Upper Limit	1.20.21	1.12.30	1.09.20	1.06.12	1.05.94	1.03.40	1.02.18
	Lower Limit Time	1.59.76	1.51.71	1.43.96	1.37.11	1.33.06	1.30.39	1.25.41
200m Individual Medley	Upper Limit	2.48.26	2.30.58	2.25.58	2.20.26	2.19.40	2.16.32	2.09.51
	Lower Limit Time	4.18.65	3.55.69	3.38.35	3.25.15	3.15.40	3.09.74	2.59.99
400m Individual Medley	Upper Limit		5.20.81	5.08.90	4.53.20	4.46.68	4.45.00	4.36.17
	Lower Limit Time		7.09.74	6.47.94	6.33.69	6.16.85	6.12.90	6.08.50



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Individual Entry Form

Name..... M/F..... DOB.....

Club..... SWIM ENGLAND No.....

No of entries @ £5 No of entries @ £7..... Total Payable.....

Payments by bank transfer to Enfield Swim Squad, HSBC, sort code 40-22-34, account 61471260.

Event	Entry Time (<i>short course</i>)
50m Backstroke	
50m Breaststroke	
50m Butterfly	
50m Freestyle	
100m Backstroke	
100m Breaststroke	
100m Butterfly	
100m Freestyle	
200m Backstroke	
200m Breaststroke	
200m Butterfly	
200m Freestyle	
200m Individual Medley	
400m Freestyle	
400m Individual Medley	

I confirm that I have not swum faster than the times stated above.

Competitor's Signature.....

The closing date for entries is at midnight, Friday, 6th September 2019 (or sooner if full).