

1. GOVERNING RULES & LAWS

- 1.1. These Championships shall be conducted under Swim England Laws, Regulations and Technical Rules of Swimming, the relevant World Para Swimming Rules and these Promoter's Conditions.

2. MEET ADMINISTRATION

- 2.1. The nominated Meet Manager for this meet is Alan Thurlow (alancthurlow@gmail.com)
- 2.2. The Promoter for these Meet is Nick Hallam (london_region_meets@icloud.com); and
- 2.3. The Lead Referee is Ralph Shortland (hs.officer@londonswimming.org).

3. GENERAL CONDITIONS

- 3.1. A swimmer's age shall be determined as at midnight on 31st December 2020.
- 3.2. Closing deadline for entries and full payment is 10pm on 8th April 2020.
- 3.3. A qualifying entry time must have been achieved on or after 9th April 2019 (i.e. in the 12 months immediately preceding the closing date for the Championships).
- 3.4. In the interest of safety, to keep the event within the available time booked at the hosting facility and to ensure the smooth running of the Championships, the London Swimming Events Team reserve the right to restrict the number of entries in any given event. In all cases, competitors with the fastest times, after converting to the meet course, by age group will take preference.
- 3.5. Entry into these Championships will be one of the criteria for any London competitor to be selected for any overseas competition and/or camp organised by London Swimming in the twelve months immediately after these Championships.
- 3.6. Time Trials will not be permitted during these Championships.
- 3.7. With the specific exception of official photographers appointed by London Swimming, flash photography is prohibited at all times during the Championships.
- 3.8. There will be a secondary strobe available at the venue.

4. DATA PROTECTION.

- 4.1. We will process personal data submitted by the swimmer or their club in accordance with the current Privacy Notice published by London Swimming. With respect to this meet we will process personal data for the legitimate purpose of running the gala. The items of personal data processed are name, Swim England number, date of birth, gender and para-swimming classification if applicable. During the gala we will process name, gender and competition age in reports for the legitimate purpose of running the gala efficiently. At the end of the gala we will process name, gender, Swim England number and date of birth in the electronic submission made to British Rankings. We will also make this information available on request to the club of the swimmer as the data controller.
- 4.2. After the gala the personal data processed will be stored securely in both document and electronic formats for 12 months and then erased. This period of storage permits the accurate response to enquiries about the gala and provides statistical information for the purpose of designing the following year's gala. No personal data will remain on any electronic timing systems used to run the gala. You have the right to have your personal data erased from our systems if you have withdrawn from the gala. You also have the right to object to the processing of your personal data. In both cases, please make your request to the promoter.

5. ELIGIBILITY FOR ENTRY

- 5.1. The Championships is open to eligible competitors, as defined by Swim England, who are members of clubs affiliated to London Swimming.
- 5.2. A competitor in an individual event must be a registered member of the club in whose name they are entered at the closing date.
- 5.3. A competitor may not take part in these Championships if they are competing in another region's Championships.
- 5.4. All para swimming competitors must be a minimum of 11 years old, determined as at midnight on 31 December 2020 and have an authorised WPS, British Swimming, INAS-FID or British Blind Sport classification, which is held on the British Swimming or WPS classification database at the time of entry.
- 5.5. For all events, the London Swimming Events Team has defined entry qualifying times.
- 5.6. Competitors must have equalled or bettered the published entry qualifying time at an event licensed at Levels 1, 2 or 3 by Swim England or WASA, or Levels 1 or 2 by SASA, or an event outside of Great Britain. In all circumstances, the entry time must be registered on the Swim England rankings database.
- 5.7. All para swimming competitors must have matched or bettered the published Para-Swimming Consideration Times for the stroke/distance entered in the 12 months immediately preceding the closing date for the Championships.
- 5.8. By submitting an entry to these Championships, a competitor - or in the case of a competitor being under 18 years of age during the meet, the competitor's legal guardians – attest to the fitness and ability of the competitor to complete the event without foreseeable injury or incident and without causing delay to the event schedule.

6. AGE CRITERIA

- 6.1. Age Groups swum in the meet will be based on the Swim England Swimming Pathway implementation document for English Regional competitions.

7. EVENTS

7.1. The following tables detail the schedule of events.

7.1.1. Age Groups:

Session: 1 Warm Up 8am, Sat 25 April	
HDW 101	Girls 11-14 1500 Freestyle
Heats 102	Boys 11-14 100 Freestyle
Heats 103	Girls 11-14 200 Freestyle
Heats 104	Boys 11-14 50 Breaststroke
Heats 105	Girls 11-14 100 Breaststroke

Session: 2 Warm Up TBA, Sat 25 April	
HDW 106	Boys 11-14 400 IM
Heats 107	Girls 11-14 100 Butterfly
Heats 108	Boys 11-14 200 Butterfly
Heats 109	Girls 11-14 50 Backstroke

Session: 3 Warm Up TBA, Sat 25 April	
Finals 103	Girls 11-14 200 Freestyle
Finals 102	Boys 11-14 100 Freestyle
Finals 105	Girls 11-14 100 Breaststroke
Finals 104	Boys 11-14 50 Breaststroke
Finals 107	Girls 11-14 100 Butterfly
Finals 108	Boys 11-14 200 Butterfly
Finals 109	Girls 11-14 50 Backstroke

Session: 4 Warm Up 8am, Sun 26 April	
Heats 201	Girls 11-14 200 IM
HDW 202	Boys 11-14 400 Freestyle
Heats 203	Girls 11-14 50 Freestyle
Heats 204	Boys 11-14 200 Breaststroke

Session: 5 Warm Up TBA, Sun 26 April	
HDW 205	Girls 11-14 800 Freestyle
Heats 206	Boys 11-14 100 Backstroke
Heats 207	Girls 11-14 200 Backstroke
Heats 208	Boys 11-14 50 Butterfly

Session: 6 Warm Up TBA, Sun 26 April	
Finals 201	Girls 11-14 200 IM
Finals 204	Boys 11-14 200 Breaststroke
Finals 203	Girls 11-14 50 Freestyle
Finals 206	Boys 11-14 100 Backstroke
Finals 207	Girls 11-14 200 Backstroke
Finals 208	Boys 11-14 50 Butterfly

Session: 7 Warm Up 8am, Sat 2 May	
HDW 301	Boys 11-14 800 Freestyle
Heats 302	Girls 11-14 100 Freestyle
Heats 303	Boys 11-14 200 Freestyle
Heats 304	Girls 11-14 50 Breaststroke
Heats 305	Boys 11-14 100 Breaststroke

Session: 8 Warm Up TBA, Sat 2 May	
HDW 306	Girls 11-14 400 IM
Heats 307	Boys 11-14 100 Butterfly
Heats 308	Girls 11-14 200 Butterfly
Heats 309	Boys 11-14 50 Backstroke

Session: 9 Warm Up TBA, Sat 2 May	
Finals 303	Boys 11-14 200 Freestyle
Finals 302	Girls 11-14 100 Freestyle
Finals 305	Boys 11-14 100 Breaststroke
Finals 304	Girls 11-14 50 Breaststroke
Finals 307	Boys 11-14 100 Butterfly
Finals 308	Girls 11-14 200 Butterfly
Finals 309	Boys 11-14 50 Backstroke

Session: 10 Warm Up 8am, Sun 3 May	
Heats 401	Boys 11-14 200 IM
HDW 402	Girls 11-14 400 Freestyle
Heats 403	Boys 11-14 50 Freestyle
Heats 404	Girls 11-14 200 Breaststroke

Session: 11 Warm Up TBA, Sun 3 May	
HDW 405	Boys 11-14 1500 Freestyle
Heats 406	Girls 11-14 100 Backstroke
Heats 407	Boys 11-14 200 Backstroke
Heats 408	Girls 11-14 50 Butterfly

Session: 12 Warm Up TBA, Sun 3 May	
Finals 401	Boys 11-14 200 IM
Finals 404	Girls 11-14 200 Breaststroke
Finals 403	Boys 11-14 50 Freestyle
Finals 406	Girls 11-14 100 Backstroke
Finals 407	Boys 11-14 200 Backstroke
Finals 408	Girls 11-14 50 Butterfly

7.1.2. Youths:

Session: 13 Warm Up 8am, Fri 8 May	
HDW 501	Boys 14-16 4x100 Medley Relay
HDW 502	Boys 17 & Over 4x100 Medley Relay
Heats 503	Girls 15 & Over 200 Freestyle
Heats 504	Boys 15 & Over 100 Freestyle
Heats 505	Girls 15 & Over 100 Breaststroke
Heats 506	Boys 15 & Over 50 Breaststroke
Heats 507	Girls 15 & Over 100 Backstroke
HDW 508	Boys 15 & Over 400 IM

Session: 14 Warm Up TBA, Fri 8 May	
HDW 509	Girls 14-16 4x200 Freestyle Relay
HDW 510	Girls 17 & Over 4x200 Freestyle Relay
Heats 511	Boys 15 & Over 200 Freestyle
Heats 512	Girls 15 & Over 100 Butterfly
Heats 513	Boys 15 & Over 100 Backstroke
HDW 514	Girls 15 & Over 400 Freestyle
Heats 515	Boys 15 & Over 200 Butterfly

Session: 15 Warm Up TBA, Fri 8 May	
Finals 504	Boys 15 & Over 100 Freestyle
Finals 503	Girls 15 & Over 200 Freestyle
Finals 506	Boys 15 & Over 50 Breaststroke
Finals 505	Girls 15 & Over 100 Breaststroke
Finals 511	Boys 15 & Over 200 Freestyle
Finals 507	Girls 15 & Over 100 Backstroke
Finals 513	Boys 15 & Over 100 Backstroke
Finals 512	Girls 15 & Over 100 Butterfly
Finals 515	Boys 15 & Over 200 Butterfly

Session: 16 Warm Up 8am, Sat 9 May	
HDW 601	Girls 14-16 4x100 Freestyle Relay
HDW 602	Girls 17 & Over 4x100 Freestyle Relay
Heats 603	Boys 15 & Over 200 Backstroke
Heats 604	Girls 15 & Over 50 Freestyle
HDW 605	Boys 15 & Over 400 Freestyle
Heats 606	Girls 15 & Over 200 Backstroke

Session: 17 Warm Up TBA, Sat 9 May	
HDW 607	Boys 14-16 4x100 Freestyle Relay
HDW 608	Boys 17 & Over 4x100 Freestyle Relay
Heats 609	Girls 15 & Over 200 IM
Heats 610	Boys 15 & Over 50 Butterfly
Heats 611	Girls 15 & Over 100 Freestyle
Heats 612	Boys 15 & Over 200 Breaststroke
Heats 613	Girls 15 & Over 50 Breaststroke
Heats 614	Boys 15 & Over 50 Backstroke
HDW 615	Mixed 15 & Over 800 Freestyle

Session: 18 Warm Up TBA, Sat 9 May	
Finals 604	Girls 15 & Over 50 Freestyle
Finals 603	Boys 15 & Over 200 Backstroke
Finals 606	Girls 15 & Over 200 Backstroke
Finals 610	Boys 15 & Over 50 Butterfly
Finals 609	Girls 15 & Over 200 IM
Finals 612	Boys 15 & Over 200 Breaststroke
Finals 611	Girls 15 & Over 100 Freestyle
Finals 614	Boys 15 & Over 50 Backstroke
Finals 613	Girls 15 & Over 50 Breaststroke

Session: 19 Warm Up 8am, Sun 10 May	
HDW 701	Boys 14-16 4x200 Freestyle Relay
HDW 702	Boys 17 & Over 4x200 Freestyle Relay
HDW 703	Girls 15 & Over 400 IM
Heats 704	Boys 15 & Over 100 Breaststroke
Heats 705	Girls 15 & Over 50 Butterfly
Heats 706	Boys 15 & Over 100 Butterfly
Heats 707	Girls 15 & Over 50 Backstroke

Session: 20 Warm Up TBA, Sun 10 May	
HDW 708	Girls 14-16 4x100 Medley Relay
HDW 709	Girls 17 & Over 4x100 Medley Relay
Heats 710	Boys 15 & Over 200 IM
Heats 711	Girls 15 & Over 200 Butterfly
Heats 712	Boys 15 & Over 50 Freestyle
Heats 713	Girls 15 & Over 200 Breaststroke
HDW 714	Mixed 15 & Over 1500 Freestyle

Session: 21 Warm Up TBA, Sun 10 May	
Finals 704	Boys 15 & Over 100 Breaststroke
Finals 705	Girls 15 & Over 50 Butterfly
Finals 706	Boys 15 & Over 100 Butterfly
Finals 707	Girls 15 & Over 50 Backstroke
Finals 710	Boys 15 & Over 200 IM
Finals 711	Girls 15 & Over 200 Butterfly
Finals 712	Boys 15 & Over 50 Freestyle
Finals 713	Girls 15 & Over 200 Breaststroke

- 7.2. These Championships shall be run with multi-classification para-swimming inclusive events.
- 7.3. Para-Swimming competitors may swim in the following events;

Stroke/Distance	Range of Classifications
Freestyle – 50m & 100m	S1 - S14 (inclusive)
Freestyle – 200m	S1 - S5 (inclusive) & S14
Freestyle – 400m	S6 – S14 (inclusive)
Backstroke – 50m	S1 – S5 (inclusive)
Backstroke – 100m	S1, S2 & S6 – S14 (inclusive)
Breaststroke – 50m	SB1 – SB3 (inclusive)
Breaststroke – 100m	SB4 – SB9 & SB11 – SB14 (inclusive)
Butterfly – 50m	S2 – S7 (inclusive)
Butterfly – 100m	S8 – S14 (inclusive)
Individual Medley – 200m	SM5 – SM14 (inclusive)

8. VENUES

- 8.1. The locations and dates of competition are shown in the following table:

Dates	Locations	Events
25/26 April	London Aquatics Centre, Queen Elizabeth Olympic Park, Stratford, London	Age Group Championships
2/3 May	London Aquatics Centre, Queen Elizabeth Olympic Park, Stratford, London	Age Group Championships
8/9/10 May	London Aquatics Centre, Queen Elizabeth Olympic Park, Stratford, London	Youth Championships, all Team Events and all Multi-Classification Events

9. ENTRY FEES

- 9.1. The entry fee for each event (with the specific exception of the 800m & 1500m Freestyle events) shall be £7.50.
- 9.2. The entry fee for the long-distance events (specifically the 800m & 1500m Freestyle events) and all team events shall be £10.00.
- 9.3. Full payment for entries submitted must be received by the Meet Manager on or before the stated entry deadline.
- 9.4. Entries will not be accepted from clubs with an outstanding debt to London Swimming.
- 9.5. Refunds will not be considered with the specific exception where Clause 3.4 has been exercised.

10. ENTRY PROCEDURE FOR ALL EVENTS

- 10.1. An Events file containing the full schedule of events and all qualifying times/criteria is available for download from the London Swimming website. This file should be used in conjunction with the “Hy-Tek Team Manager” software application. This is a licensable fully-featured application, however a free-to-download “Lite” edition of the software for handling meet entries only may be obtained by visiting <https://hytek.active.com/downloads.html>. The events file is also compatible for use with the Team Unify software application. Entry files from Team Unify are acceptable.
- 10.2. All qualifying entries must be made by clubs in the standard electronic format produced by this aforementioned Team Manager or Team Unify applications. This includes para swimming entries where an email should be included to identify such athletes in the entry file.
- 10.3. All clubs entering this Championship are requested to provide one licensed official and one non-technical official.
- 10.4. All entries must be accompanied by the Summary form.

11. QUALIFYING TIMES

- 11.1. The Qualifying Times for entry are set out in the following tables. Qualifying times are given as long course and short course times for all events. Swimmers may enter if they have achieved either time in the relevant pool length. No converted times are permitted. Note that short course times have been generated from the long course times using Swim England’s Equivalent Performance Tables.

11.1.1. Girls Long Course Qualification Times

Gender	Event	Age Group			Youth			
		11/12	13	14	15	16	17	18/OV
Female	50FR	32.12	31.12	30.20	29.50	29.50	29.50	29.20
Female	100FR	1:10.54	1:08.01	1:06.00	1:04.68	1:04.68	1:04.68	1:02.75
Female	200FR	2:33.26	2:26.16	2:22.85	2:21.00	2:20.50	2:20.00	2:18.00
Female	400FR	5:14.65	5:04.50	5:01.00	5:01.00	4:59.25	4:57.67	4:48.50
Female	800FR	10:44.53	10:24.22	10:14.07	10:13.00	10:12.00	10:11.50	10:09.00
Female	1500FR	21:29.06	20:48.44	20:28.14	20:26.00	20:24.00	20:23.00	20:18.00
Female	50BR	42.63	41.01	39.46	38.52	38.52	38.52	38.52
Female	100BR	1:33.38	1:29.32	1:27.29	1:26.73	1:25.05	1:25.05	1:24.21
Female	200BR	3:22.27	3:14.65	3:11.45	3:06.17	3:06.06	3:06.06	3:05.95
Female	50BU	36.03	34.31	32.92	32.55	32.55	31.92	31.24
Female	100BU	1:23.23	1:19.17	1:15.11	1:13.19	1:12.45	1:12.45	1:11.45
Female	200BU	3:03.71	2:54.07	2:49.50	2:46.64	2:45.16	2:45.16	2:44.13
Female	50BA	38.00	35.96	34.57	33.98	33.98	33.98	33.60
Female	100BA	1:20.18	1:17.14	1:15.73	1:14.52	1:14.52	1:14.52	1:13.87
Female	200BA	2:47.47	2:43.92	2:40.88	2:40.76	2:40.65	2:40.65	2:39.92
Female	200ME	2:55.59	2:47.47	2:44.43	2:41.70	2:40.65	2:39.22	2:38.45
Female	400ME	6:05.40	5:55.25	5:46.82	5:46.82	5:46.19	5:46.19	5:45.45

11.1.2. Girls Short Course Qualification Times

Gender	Event	Age Group			Youth			
		11/12	13	14	15	16	17	18/OV
Female	50FR	31.50	30.40	29.50	28.80	28.80	28.80	28.50
Female	100FR	1:09.30	1:06.80	1:04.70	1:03.40	1:03.40	1:03.40	1:01.40
Female	200FR	2:31.00	2:23.80	2:20.40	2:18.50	2:18.00	2:17.50	2:15.50
Female	400FR	5:10.20	4:59.90	4:56.30	4:56.30	4:54.50	4:52.90	4:43.60
Female	800FR	10:35.50	10:14.90	10:04.60	10:03.50	10:02.50	10:02.00	9:59.40
Female	1500FR	21:12.90	20:31.80	20:11.20	20:09.00	20:07.00	20:06.00	20:00.90
Female	50BR	41.90	40.20	38.70	37.70	37.70	37.70	37.70
Female	100BR	1:32.00	1:27.90	1:25.80	1:25.30	1:23.60	1:23.60	1:22.70
Female	200BR	3:19.60	3:11.90	3:08.70	3:03.30	3:03.20	3:03.20	3:03.10
Female	50BU	35.50	33.80	32.30	32.00	32.00	31.30	30.60
Female	100BU	1:22.30	1:18.20	1:14.10	1:12.10	1:11.40	1:11.40	1:10.40
Female	200BU	3:02.00	2:52.20	2:47.60	2:44.70	2:43.20	2:43.20	2:42.20
Female	50BA	37.50	35.40	34.00	33.40	33.40	33.40	33.00
Female	100BA	1:19.20	1:16.10	1:14.70	1:13.40	1:13.40	1:13.40	1:12.80
Female	200BA	2:45.50	2:41.90	2:38.80	2:38.70	2:38.60	2:38.60	2:37.80
Female	200ME	2:53.30	2:45.10	2:42.00	2:39.20	2:38.20	2:36.70	2:35.90
Female	400ME	6:00.60	5:50.30	5:41.70	5:41.70	5:41.10	5:41.10	5:40.30

11.1.3. Boys Long Course Qualification Times

Gender	Event	Age Group			Youth			
		11/12	13	14	15	16	17	18/OV
Male	50FR	31.85	30.65	28.92	27.81	27.49	26.97	25.50
Male	100FR	1:10.33	1:07.33	1:03.61	1:00.99	1:00.73	59.48	55.83
Male	200FR	2:32.25	2:24.64	2:19.79	2:18.01	2:11.34	2:09.80	2:08.22
Male	400FR	5:18.71	5:05.51	4:58.33	4:52.53	4:47.49	4:37.00	4:33.80
Male	800FR	10:53.36	10:26.30	10:11.58	9:59.69	9:49.35	9:27.85	9:21.29
Male	1500FR	20:58.60	20:07.85	19:12.03	19:03.87	18:40.67	18:23.00	18:06.30
Male	50BR	42.60	40.60	37.84	36.41	36.41	36.41	34.82
Male	100BR	1:34.33	1:30.21	1:24.89	1:21.52	1:19.70	1:17.71	1:15.90
Male	200BR	3:20.97	3:08.79	3:05.91	3:03.75	2:51.05	2:51.05	2:42.90
Male	50BU	35.55	34.25	31.82	30.20	29.65	29.20	27.38
Male	100BU	1:24.24	1:17.14	1:13.04	1:10.67	1:08.25	1:05.00	1:00.90
Male	200BU	3:04.73	2:51.53	2:41.38	2:40.44	2:30.05	2:30.05	2:22.90
Male	50BA	37.45	36.64	34.06	33.00	33.00	32.19	31.50
Male	100BA	1:21.96	1:17.14	1:14.50	1:12.56	1:12.56	1:09.10	1:06.38
Male	200BA	2:52.55	2:43.42	2:38.34	2:37.61	2:37.29	2:33.00	2:29.80
Male	200ME	2:54.36	2:44.43	2:40.17	2:37.29	2:32.57	2:25.30	2:23.44
Male	400ME	6:14.54	5:55.25	5:40.02	5:37.15	5:22.56	5:15.00	5:09.50

11.1.4. Boys Short Course Qualification Times

Gender	Event	Age Group			Youth			
		11/12	13	14	15	16	17	18/OV
Male	50FR	31.20	30.00	28.20	27.10	26.70	26.20	24.70
Male	100FR	1:09.10	1:06.10	1:02.30	59.60	59.30	58.10	54.30
Male	200FR	2:29.90	2:22.20	2:17.30	2:15.50	2:08.70	2:07.10	2:05.50
Male	400FR	5:14.30	5:00.90	4:53.60	4:47.70	4:42.60	4:31.90	4:28.60
Male	800FR	10:44.40	10:17.00	10:02.10	9:50.00	9:39.50	9:17.60	9:10.90
Male	1500FR	20:42.10	19:50.60	18:54.00	18:45.70	18:22.10	18:04.10	17:47.20
Male	50BR	41.90	39.80	37.00	35.50	35.50	35.50	33.90
Male	100BR	1:33.00	1:28.80	1:23.40	1:20.00	1:18.10	1:16.10	1:14.20
Male	200BR	3:18.30	3:06.00	3:03.00	3:00.90	2:47.90	2:47.90	2:39.60
Male	50BU	35.00	33.70	31.20	29.60	29.00	28.50	26.70
Male	100BU	1:23.30	1:16.10	1:12.00	1:09.60	1:07.10	1:03.80	59.60
Male	200BU	3:03.00	2:49.70	2:39.40	2:38.50	2:27.90	2:27.90	2:20.70
Male	50BA	36.90	36.10	33.50	32.40	32.40	31.60	30.90
Male	100BA	1:21.00	1:16.10	1:13.40	1:11.40	1:11.40	1:07.90	1:05.20
Male	200BA	2:50.60	2:41.40	2:36.20	2:35.50	2:35.20	2:30.80	2:27.60
Male	200ME	2:52.10	2:42.00	2:37.70	2:34.80	2:30.00	2:22.60	2:20.70
Male	400ME	6:09.80	5:50.30	5:34.80	5:31.90	5:17.10	5:09.40	5:03.80

11.2. The para swimming consideration times are set out in the following tables. Times can be achieved in Long Course or Short Course competitions.

11.2.1. Boys Para Swimming Consideration Times:

Event	Classification													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Freestyle – 50m	2:24.08	1:39.95	1:12.64	1:02.62	0:52.37	0:47.94	0:44.50	0:42.90	0:40.98	0:37.81	0:42.00	0:38.26	0:38.42	0:40.64
Freestyle – 100m	5:08.88	3:32.10	2:38.42	2:14.67	1:55.46	1:46.42	1:38.82	1:35.71	1:30.21	1:22.35	1:34.54	1:24.78	1:23.84	1:25.55
Freestyle – 200m	8:12.64	6:56.43	5:32.37	4:43.87	4:19.78									3:04.30
Freestyle – 400m						8:17.55	7:33.28	7:18.85	6:52.05	6:36.30	7:20.50	6:59.20	6:33.68	6:53.41
Backstroke – 50m	2:22.35	1:34.11	1:14.38	1:12.74	0:57.78									
Backstroke – 100m	5:10.05	3:17.57				2:00.80	1:51.50	1:50.77	1:39.47	1:37.25	1:52.69	1:38.08	1:37.33	1:37.12
Breaststroke – 50m	2:34.61	1:40.69	1:18.94											
Breaststroke – 100m				2:48.74	2:23.12	2:11.02	2:04.90	1:52.19	1:49.70		1:55.06	1:45.62	1:44.80	1:46.69
Butterfly – 50m		2:47.10	1:27.60	1:10.16	0:55.10	0:50.26	0:47.54							
Butterfly – 100m								1:43.28	1:37.62	1:33.76	1:42.88	1:32.32	1:31.81	1:31.14
Individual Medley – 200m					5:26.56	4:20.80	4:06.13	3:55.92	3:40.26	3:31.31	3:58.93	3:42.86	3:31.58	3:28.67

11.2.2. Girls Para Swimming Consideration Times:

Event	Classification													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Freestyle – 50m	2:14.58	2:10.45	1:29.28	1:07.39	1:00.59	0:53.65	0:52.69	0:48.86	0:46.69	0:45.15	0:49.12	0:44.40	0:44.27	0:45.66
Freestyle – 100m	6:39.41	6:10.43	3:17.09	2:26.58	2:11.58	1:58.19	1:55.73	1:45.78	1:40.80	1:37.22	1:49.28	1:37.15	1:35.68	1:37.76
Freestyle – 200m	10:35.89	11:07.74	7:03.95	5:33.63	4:35.12									3:22.03
Freestyle – 400m						8:30.83	8:30.30	7:45.94	7:36.90	7:19.86	8:49.44	7:45.60	7:18.99	7:39.06
Backstroke – 50m	3:37.46	1:58.37	1:34.26	1:28.26	1:12.48									
Backstroke – 100m	7:10.90	4:14.83				2:15.38	2:08.96	2:03.23	1:52.32	1:52.58	2:08.11	1:54.48	1:46.58	1:49.14
Breaststroke – 50m	3:37.31	2:50.53	1:39.76											
Breaststroke – 100m				3:02.14	2:45.42	2:37.15	2:29.34	2:11.54	2:05.90		2:16.94	2:01.41	2:01.62	2:02.13
Butterfly – 50m		3:43.66	1:51.44	3:39.34	1:13.28	0:58.27	0:57.30							
Butterfly – 100m								1:56.80	1:48.82	1:48.30	2:51.28	1:47.38	1:43.12	1:46.32
Individual Medley – 200m					5:46.27	4:52.72	4:44.90	4:19.82	4:09.54	3:58.88	4:30.46	4:04.50	3:58.59	3:53.68

12. MEET PROCEDURE

- 12.1. An official, who holds the qualification of Swim England Disability Official, will be appointed and will act as a technical advisor in each of the sessions where para-swimming competitors are entered.
- 12.2. Any Para-Swimming competitor who qualifies for a Regional final may swim in that final.
- 12.3. There will be no finals for para swimmers swimming in multi-classification events.

- 12.4. **WITHDRAWAL SYSTEM**
 - 12.4.1. A withdrawal system will be in operation. Competitors who are not intending to swim (or their representatives) must notify the Meet Manager by email up to midday on Friday 24th April 2020 (the day before the start of the competition), or at the Withdrawals table at the pool by completing an official withdrawal form no later than 50 minutes before the advertised starting time of the first event in each session.
 - 12.4.2. Failure to report to the Clerks of the Course in the call room prior to an event or final shall forfeit the competitor's right to compete. Heat start lists for each event will be posted before each session starts and it is the competitor's responsibility to ensure their name appears on the list prior to the start time of the session.
 - 12.4.3. Announced finalists and reserves not intending to swim shall withdraw by completing a withdrawal form as soon as possible, and in every case no later than the announced time determined by the Meet Manager.
 - 12.4.4. Announced finalists and reserves who withdraw from the Grand Final will have withdrawn from the whole event.

- 12.5. **HEATS AND FINALS**
 - 12.5.1. All events of 400m and greater distance shall be decided on a Heat Declared Winner (HDW) basis i.e. on individual heat time. Lanes will be assigned in accordance with FINA rule SW3.1.2 for all heats.
 - 12.5.2. All other events shall be determined by heats and a single final per age category from 11/12 to 17+ and a Grand Final for 15&Over swimmers. Lanes will be assigned in accordance with FINA rule SW3.1.1 and SW3.2.2.
 - 12.5.3. Where an event is to be determined by a final, both heats and finals will always be swum, even if there is only one heat.
 - 12.5.4. For each final, a minimum of 8 lanes will be used.
 - 12.5.5. For "Age Group" events, the finals shall be swum in this order; 11/12, 13, 14.
 - 12.5.6. For "Youth" events, the finals shall be swum in this order; 15, 16, 17&O, Grand Final.

- 12.6. **AGE GROUP FINALS (11/12, 13 & 14)**
 - 12.6.1. The swimmers who record the eight (8) fastest times in the event heats within their age category (11/12, 13, 14) shall be selected as finalists for that age category. Four (4) reserves will be announced for each age category (11/12, 13 & 14).
 - 12.6.2. All finalists and reserves who have not withdrawn should report to the call room/to the race marshals when called.
 - 12.6.3. Where a reserve is brought in after a final has been seeded, the reserve shall occupy the vacant lane.



12.7. YOUTH FINALS (15, 16, 17&O) WITH GRAND FINALS (15 YEARS & OVER)

- 12.7.1. The swimmers who record the eight (8) fastest times across the event heats, regardless of age category, shall be selected as Grand Finalists.
- 12.7.2. The swimmers who record the next eight (8) fastest times in the event heats within their age category (15, 16, 17&O), after the inclusion of faster swimmers in the Grand Final, shall be selected as finalists for that age category. These swimmers shall also be considered as reserves for the Grand Final dependent upon the time they recorded in the event heats.
- 12.7.3. The swimmers who record the next four (4) fastest times in the event heats within their age category (15, 16, 17&O), after the inclusion of faster swimmers as age category finalists, shall be selected as reserves for that age category. These swimmers will not be considered as reserves for the Grand Final.
- 12.7.4. Once all finals have been seeded, should there be a vacant lane in the Grand Final at the point of swimming, no reserve shall be promoted into that lane.
- 12.7.5. All finalists and reserves who have not withdrawn should report to the call room/to the race marshals when called.
- 12.7.6. Where a reserve is brought in after the age group (15, 16, 17&O) finals have been seeded, the reserve shall occupy the empty lane.

13. COACHES/CHAPERONES/PHYSIOTHERAPISTS/PERSONAL CARE ATTENDANTS

- 13.1. All coaches/chaperones/team managers/physiotherapists and personal care attendants who wish to be on deck/poolside during the event must have a valid Pass.
- 13.2. Passes must be clearly displayed at all times when on deck/poolside.
- 13.3. Passes are made available to clubs and their coaches to ensure the safety and wellbeing of their swimmers. Clubs must ensure there are enough adults on poolside with valid passes to provide adequate supervision.
- 13.4. Pass applications can be made by completing and submitting the application form (available on the event page on the London Swimming website). Applications and payments must be received by midnight on the closing date.
- 13.5. Passes will be available for collection at the entrance to the facility on the days of the meet.
- 13.6. All coaches, chaperones, physiotherapists and personal care attendants applying for a pass must have a valid DBS disclosure issued by Swim England/WASA/SASA.
- 13.7. Personal care attendants are only permitted for para swimming competitors where assistance is permitted on their code of exceptions. 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.
- 13.8. A Para-Swimming competitor who has assistance may have both a coach and a personal care attendant present. The personal care attendant accreditation will be free-of-charge.



14. AWARDS

- 14.1. For HDW (Heat Declared Winner) events, the first, second and third fastest swimmers in each age category (11/12, 13, 14, 15, 16 and 17&O) in each event shall be awarded medals.
- 14.2. For events decided by Finals, the first, second and third fastest finalists in each age category (11/12, 13, 14, 15, 16 and 17&O) in each event shall be awarded medals regardless of which final they competed in (including the Grand Final).
- 14.3. No awards/medals shall be awarded based on the result of the Grand Final in isolation.
- 14.4. Medals for para swimmers will be awarded, on a multi-classification basis, to the first three places in each event which will be allocated to the top three BPS points scorers.
- 14.5. Where there are only three para swimming competitors in an event, only the top two placed competitors will receive medals.
- 14.6. Where there are only two para-swimming competitors in an event, only the winner will receive a medal.
- 14.7. If there is only one para-swimming competitor in an event, they will receive a medal only if they swim faster than their entry time.
- 14.8. Competitors must make themselves available for presentation. Awards will only be made to the competitor in person. The Technical Director will determine when the presentations will take place. Competitors must report to the Presentation Marshall in the call room.
- 14.9. Full tracksuit or club shorts and shirt must be worn for presentations.
- 14.10. Only in exceptional circumstances will awards be made to competitors who do not attend the presentation ceremony.

15. FINES

- 15.1. A competitor not withdrawing from a final event in accordance with the stated procedure in paragraph 12.4 may be fined £20.00 per incident.
- 15.2. All fines are issued to clubs not competitors.
- 15.3. Fines may be reduced by 50% if paid in full within 14 days of the issue date of the fine.
- 15.4. If a club wishes to object to a fine, an official written objection must be sent to the Meet Manager within 14 days of the issue date of the fine. Objections will not be considered if received after this period has passed.

16. DISPUTES

- 16.1. Any dispute, for which the foregoing Conditions do not provide, shall be determined by the London Swimming Events Team.

17. BANK ACCOUNT FOR PAYMENT OF ENTRY FEES/COACH PASSES/FINES

- 17.1. SORT CODE: 40-20-09
- 17.2. ACCOUNT NUMBER: 41469932
- 17.3. ACCOUNT NAME: ASA London
- 17.4. PAYMENT REFERENCE: [CLUB CODE] or [COMPETITOR SURNAME]
+ “_LONSUM20