



2021 Cumbria Winter Meet

Saturday 4th and Sunday 5th December 2021
Licensed Level 3 : NW210710

Kendal Leisure Centre
Burton Road
Kendal
Cumbria LA9 7HX

<http://www.swimcumbria.org.uk>

1. General Conditions

- 1.1. Entries to the meet will be held on computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry.
- 1.2. You agree that we may publish your Personal Information as part of the results of the competition. Your information will only be shared in relation to your participation in the event, e.g. the list of entrants, results and event reports and may be shared on the Cumbria ASA website, social media pages or in emails sent by the organiser. We may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Information may include but not be limited to name, club affiliation, race times, age category and para swimming classification(s).
- 1.3. The Cumbria Winter Meet shall be run in accordance with Swim England Laws and Technical Rules
- 1.4. Event will take place on the 4th and 5th December at Kendal Leisure Centre
- 1.5. The competition is licensed at Level 3, License No: NW210710
- 1.6. The competition shall include the following age groups for each gender: 9, 10, 11, 12, 13, 14 years and over
- 1.7. The upper limit times for entry to this event are shown in section 5. There are no qualifying times.
- 1.8. Upper limit times can be achieved at a level 1, 2, 3 4 or Level 'X' licensed meet or a coach qualified time trial.
- 1.9. All events will be swum as 'Heat Declared Winner' in mixed age groups, seeded by entry time.
- 1.10. All heats shall be spearheaded.
- 1.11. Age Groups will be separated for results and awards purposes.
- 1.12. Results will be published in time order.
- 1.13. The entry fee will be £4.50 per event.
- 1.14. Entries shall reach the Competition Organiser by email: markswim@gmail.com no later than Friday 12th November 2021 accompanied by the appropriate fee. Late entries may be accepted at the discretion of the Competition Organiser. Poolside, or improved entries will not be accepted.
- 1.15. Entries maybe restricted to ensure safe running of the meet and to comply with local restrictions, this will be at the discretion of the Competition Organiser.
- 1.16. Refunds will only be given:
 - 1.16.1. Where entrants are denied entry because the number of entries has been restricted in the interests of safety or to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times shall take precedence. Events chosen for restriction will be at the discretion of the Competition Organiser.
 - 1.16.2. Where a competitor has to withdraw on proven medical grounds.
 - 1.16.3. Where event has to be cancelled or restricted because of COVID / local restrictions and SE / Government guidelines.
- 1.17. Age on the day will be as of December 4th 2021.
- 1.18. Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.
- 1.19. Competition Organiser: Mark Ralph Email: markswim@gmail.com
- 1.20. The preferred method of paying entry fees is by arranging a BACS transfer to:
Account Name: Cumbria ASA | Sort Code: 01-09-54 | Account No: 11103221
- 1.21. Alternatively, cheques should be made payable to Cumbria ASA and sent to:
K J Chisholm, 33 Rannerdale Drive, Whitehaven, Cumbria CA28 6LA

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2. Awards

- 2.1. There will be awards to the first 3 swimmers in each age group in each event.

3. Meet Procedures

- 3.1. Entries will only be accepted from club Competition Secretaries and should be made by sending the appropriate Sportsystems entry files via the internet. It is the responsibility of clubs to ensure that their entries are correct.
- 3.2. Any other entries that are received (from individuals) may not be accepted and may be referred to the appropriate club Competition Secretary.
- 3.3. Entries must be received no later than Friday 12th November 2021.
- 3.4. Clubs will be advised of the entries stored by the meet management software as soon as possible after the closing date for the competition. It is the responsibility of each club Competition Secretary to check the accuracy of the entries to allow any necessary corrections to be made.
- 3.5. The final gala programmes will be produced as a result of any corrections that are received and will be published on the Cumbria ASA website (swimcumbria.org.uk) several days in advance of the competition.
- 3.6. Withdrawals will be accepted until the start of the warm up for each session. There will be no refund of entry fees except in the case of injury.
- 3.7. Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
- 3.8. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
- 3.9. Heat Start Lists will be made available to clubs as soon as possible after the commencement of the warm-up of each session.
- 3.10. Heat start Lists will be available for spectators at 50p per session.
- 3.11. Swimmers must present themselves to the Competitors Stewards one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for their race.
- 3.12. Spectators
 - 3.12.1. Spectators will be allowed subject to local restrictions
 - 3.12.2. Spectator entry will be £3/session; £5 all day; concessions (children and seniors) will be charged £1.50 per session for entry. Wristbands will be issued to all spectators.
 - 3.12.3. Spectator fees to be cashless, card payments only.
- 3.13. Each coach/team manager requiring access to the poolside must be in possession of a pass issued by Cumbria ASA. It is mandatory that all Coaches comply with the relevant Swim England Child Protection Procedures and have an up to date DBS certificate. Mixed teams must have both male and female coaches/team staff.
- 3.14. Poolside passes will be issued on the basis of a club's entries; there will be no charge:

Up to 16 swimmers	2 passes only
17-24 swimmers	maximum of 3 passes
25-32 swimmers	maximum of 4 passes
33-40 swimmers	maximum of 5 passes
More than 41 swimmers	maximum of 6 passes

*Poolside passes maybe further restricted due to local restrictions.
*Only pass holders, swimmers and officials will be allowed on poolside.
- 3.15. 'Over the top' starts may be used in backstroke events at the referee's discretion.
- 3.16. Colorado timing system will be used in conjunction with SportSystem software, a strobe light will be available.

4. Para swimmers

- 4.1. The general conditions for the Cumbria Winter Meet shall apply to para swimmers except where varied by any of the following conditions.
- 4.2. Section 7 below shows the events and classifications that will be accepted for this competition.
- 4.3. Competitors must indicate their disability classification OR provide a valid Certificate of Disability issued by Swim England at the time of entry.
- 4.4. There are no qualifying times for para swimmers.
- 4.5. Personal Care Attendants/Coaches will be permitted for all para swimmers and they must conform to the Swim England child protection procedures.
- 4.6. Competition format:
 - *The competition format will be based on disability inclusion within the able bodied programme.
 - All swimmers will be seeded in the heats according to their entry times.
 - There will be no separate para swimmer awards.

5. Competition Programme

5.1. Saturday 4th December

Session 1

9.00am warm up
10.00am start

Event 101 Boys 9/over 200m Backstroke
Event 102 Girls 9/over 50m Breaststroke
Event 103 Boys 9/over 100m IM
Event 104 Girls 9/over 200m Butterfly
Event 105 Boys 10/over 400m Freestyle
Event 106 Girls 9/over 200m Freestyle
Event 107 Boys 9/over 50m Backstroke
Event 108 Girls 9/over 100m Breaststroke

Session 2

1.15pm warm up (TBC on day)
2.15pm start

Event 201 Girls 9/over 100m Butterfly
Event 202 Boys 9/over 50m Freestyle
Event 203 Girls 9/over 100m Backstroke
Event 204 Boys 9/over 200m Breaststroke
Event 205 Girls 11/over 400m IM
Event 206 Boys 9/over 200m IM
Event 207 Girls 9/over 50m Butterfly
Event 208 Boys 9/over 100m Freestyle

5.2. Sunday 5th December

Session 3

9.00am warm up
10.00am start

Event 301 Girls 9/over 200m Backstroke
Event 302 Boys 9/over 50m Breaststroke
Event 303 Girls 9/over 100m IM
Event 304 Boys 9/over 200m Butterfly
Event 305 Girls 10/over 400m Freestyle
Event 306 Boys 9/over 200m Freestyle
Event 307 Girls 9/over 50m Backstroke
Event 308 Boys 9/over 100m Breaststroke

Session 4

1.15pm warm up (TBC on day)
2.15pm start

Event 401 Boys 9/over 100m Butterfly
Event 402 Girls 9/over 50m Freestyle
Event 403 Boys 9/over 100m Backstroke
Event 404 Girls 9/over 200m Breaststroke
Event 405 Boys 11/over 400m IM
Event 406 Girls 9/over 200m IM
Event 407 Boys 9/over 50m Butterfly
Event 408 Girls 9/over 100m Freestyle

7. Upper Time Limits

QT's	9 Year		10 Year		11 Year		12 Year		13 Year		14 & Over	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
50 Freestyle	32.0	32.1	29.9	29.9	28.4	28.2	25.4	27.2	24.0	26.7	23.2	26.5
100 Freestyle	1:13.8	1:14.0	1:08.9	1:06.9	1:01.0	1:01.7	57.7	59.7	54.0	58.1	51.6	57.7
200 Freestyle	2:37.7	2:37.1	2:23.9	2:23.0	2:17.5	2:14.5	2:06.4	2:09.0	1:59.0	2:05.9	1:53.3	2:05.7
400 Freestyle	N/A	N/A	4:55.7	4:55.0	4:42.2	4:42.5	4:24.7	4:27.4	4:07.2	4:26.4	4:03.5	4:23.3
50 Backstroke	36.3	36.0	34.8	34.0	32.1	32.9	30.1	30.6	27.3	29.9	27.0	28.2
100 Backstroke	1:23.5	1:22.3	1:18.3	1:16.8	1:11.4	1:09.3	1:02.9	1:04.7	59.6	1:04.7	56.5	1:00.5
200 Backstroke	2:46.7	2:51.0	2:37.7	2:35.5	2:26.1	2:29.8	2:19.1	2:16.4	2:08.6	2:18.6	2:02.9	2:09.4
50 Breaststroke	41.3	42.1	36.8	38.8	34.9	35.8	31.6	34.4	30.0	33.4	28.8	32.7
100 Breaststroke	1:31.7	1:37.8	1:30.1	1:27.9	1:18.0	1:20.4	1:12.8	1:13.9	1:08.1	1:11.7	1:06.3	1:12.2
200 Breaststroke	3:15.0	3:26.3	2:56.1	3:04.0	2:44.8	2:51.8	2:36.5	2:42.5	2:31.4	2:39.8	2:22.5	2:38.4
50 Butterfly	34.8	36.1	31.8	33.0	31.4	31.0	28.2	29.5	26.0	28.7	25.1	28.4
100 Butterfly	1:26.2	1:29.0	1:22.1	1:18.5	1:11.9	1:08.8	1:03.4	1:04.7	57.8	1:02.4	55.0	1:02.5
200 Butterfly	3:14.3	3:08.4	2:51.3	2:49.5	2:34.3	2:33.3	2:23.4	2:24.9	2:11.7	2:18.5	2:04.4	2:19.1
100 Individual Medley	1:22.5	1:22.7	1:16.4	1:17.6	1:10.5	1:13.2	1:05.6	1:07.3	1:02.3	1:05.9	1:00.2	1:05.0
200 Individual Medley	2:55.2	2:58.2	2:40.3	2:43.0	2:33.2	2:31.1	2:19.0	2:24.3	2:10.9	2:20.8	2:07.5	2:18.2
400 Individual Medley	N/A	N/A	N/A	N/A	5:15.4	5:23.9	4:56.3	5:10.5	4:40.0	4:59.2	4:29.4	4:48.4

- *Swimmers must not be faster than the QT's above.*

7. Para Swimmer Available Events (Boys and Girls)

	Freestyle				Back		Fly			Breast			IM	
	50m	100m	200m	400m	50m	100m	50m	100m		50m	100m		100m	200m
S1	Yes	Yes	Yes		Yes	Yes			SB1	Yes				
S2	Yes	Yes	Yes		Yes	Yes	Yes		SB2	Yes				
S3	Yes	Yes	Yes		Yes		Yes		SB3	Yes				
S4	Yes	Yes	Yes		Yes		Yes		SB4		Yes			
S5	Yes	Yes	Yes		Yes		Yes		SB5		Yes	SM5	Yes	Yes
S6	Yes	Yes		Yes		Yes	Yes		SB6		Yes	SM6	Yes	Yes
S7	Yes	Yes		Yes		Yes	Yes		SB7		Yes	SM7	Yes	Yes
S8	Yes	Yes		Yes		Yes		Yes	SB8		Yes	SM8	Yes	Yes
S9	Yes	Yes		Yes		Yes		Yes	SB9		Yes	SM9	Yes	Yes
S10	Yes	Yes		Yes		Yes		Yes				SM10	Yes	Yes
S11	Yes	Yes		Yes		Yes		Yes	SB11		Yes	SM11	Yes	Yes
S12	Yes	Yes		Yes		Yes		Yes	SB12		Yes	SM12	Yes	Yes
S13	Yes	Yes		Yes		Yes		Yes	SB13		Yes	SM13	Yes	Yes
S14	Yes	Yes	Yes	Yes		Yes		Yes	SB14		Yes	SM14	Yes	Yes