



Retford Leisure Centre  
DN22 7EA

*800m + 1500m Freestyle  
events*

**BASSETLAW SWIM SQUAD'S  
1<sup>ST</sup> REGIONAL QUALIFIER**

**2<sup>ND</sup> & 3<sup>RD</sup> MARCH 2024**

**LEVEL 3 LICENSE No.: 3EM240173**

*Spot Prizes!*



# **Bassetlaw Swim Squad – 1<sup>st</sup> Regional Qualifier**

## **Level 3 License Number 3EM240173**

**Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> March 2024**

Under Swim England Regulations & Technical Rules  
Affiliated to Swim England East Midland Region

- Venue: Retford Leisure Centre, DN22 7EA
- Pool: 6 Lane, 25m Pool, Electronic Timing, Wedge Blocks, Backstroke ledges
- Age Groups: 9/10, 11, 12, 13, 14, 15, 16 and Over  
Age on day (as at 3<sup>rd</sup> March 2024)  
For event restrictions see 'no faster than' times table
- Awards: Medals awarded to top three in each age-group
- Prizes: Spot Prizes for randomly selected heats
- Events: 50m 100m and 200m all strokes, 400m, 800m\* & 1500m\* Freestyle  
and 200m & 400m IM.  
All events will be HDW with the 800m & 1500m limited to three heats.
- Fees: Race Entry Fee: £8.00 per event  
Spectator Entry £6.00 per session, £11 all day, (*plus admin fee via Eventbrite*)  
Programmes – Available Online
- Entries to: [headcoach@bassetlawswimsquad.org.uk](mailto:headcoach@bassetlawswimsquad.org.uk) or BSS Open Meet, c/o Bassetlaw  
Swim Squad, Retford Leisure Centre, Old Hall drive, Retford, DN22 7EA
- Closing Date: 12.00 noon, Friday 23<sup>rd</sup> February 2024. Entries may close early if the meet is  
full operating on a First come, first served basis
- Enquiries can be emailed to [headcoach@bassetlawswimsquad.org.uk](mailto:headcoach@bassetlawswimsquad.org.uk)

# Bassetlaw Swim Squad – 1<sup>st</sup> Regional Qualifier

## Meet Programme

### Session 1 – Saturday 2<sup>nd</sup> March

Warm Up 8.00am. Start 9.00am

Event 101	Female	100m Freestyle
Event 102	Open/Male	200m Freestyle
Event 103	Female	50m Breaststroke
Event 104	Open/Male	100m Breaststroke
Event 105	Female	200m Butterfly
Event 106	Open/Male	100m Butterfly
Event 107	Female	100m Backstroke
Event 108	Open/Male	50m Backstroke
Event 109	Female	400m Freestyle
Event 110	Open/Male	200m IM

### Session 3 – Sunday 3<sup>rd</sup> March

Warm Up 8.00am. Start 9.00am

Event 301	Open/Male	100m Freestyle
Event 302	Female	200m Freestyle
Event 303	Open/Male	50m Breaststroke
Event 304	Female	100m Breaststroke
Event 305	Open/Male	200m Butterfly
Event 306	Female	100m Butterfly
Event 307	Open/Male	100m Backstroke
Event 308	Female	50m Backstroke
Event 309	Open/Male	400m Freestyle
Event 310	Female	200m IM

### Session 2 – Saturday 2<sup>nd</sup> March

Warm TBC. Start TBC

Event 201	Female	400m IM
Event 202	Open/Male	200m Backstroke
Event 203	Female	200m Breaststroke
Event 204	MIXED	1500m Freestyle <i>*Limited to 3 heats</i>
Event 205	Open/Male	50m Freestyle
Event 206	Female	50m Butterfly

### Session 4 – Sunday 3<sup>rd</sup> March

Warm Up TBC. SKINS Start TBC

Event 401	Open/Male	400m IM
Event 402	Female	200m Backstroke
Event 403	Open/Male	200m Breaststroke
Event 404	MIXED	800m Freestyle <i>*Limited to 3 heats</i>
Event 405	Female	50m Freestyle
Event 406	Open/Male	50m Butterfly

(comfort breaks may be added)

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**Level 3 License Number 3EM240173**

**Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> March 2024**

Under Swim England Regulations & Technical Rules

Affiliated to Swim England East Midland Region

## **Meet Rules and Information**

### **Swim England Transgender and Non-Binary Competition Policy**

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.

The entry system and results may still be labelled as 'Male' 'Female' due to updates on the entry systems and rankings taking some time. The 'Male' label will refer to the 'Open/Male' category.

### **Length of Pool**

The pool is 25m long and six lanes, anti-turbulence wave lane ropes will be used. Electronic time keeping, wedge blocks and backstroke ledges will be used.

### **Entry Procedure**

Entry should be made by submitting the SportsSystems file available on: [www.bassetlawswimsquad.org.uk](http://www.bassetlawswimsquad.org.uk) In the event of the meet being oversubscribed, entries will be accepted on a first come, first served basis.

Age on day (as at 3<sup>rd</sup> March 2024)

Entry forms are available on our website and should be returned to: [headcoach@bassetlawswimsquad.org.uk](mailto:headcoach@bassetlawswimsquad.org.uk) or posted to Bassetlaw Swim Squad, Retford Leisure Centre, Old Hall drive, Retford, DN22 7EA

### **Entry Fee**

£8.00 per event

### **CLOSING DATE FOR ENTRIES: 12noon Friday 23<sup>rd</sup> February 2024**

Entries may close early if the meet is full operating on a First come, first served basis

After closing date for entries, confirmed entries will also be posted on the BSS website within 7 days.

Entry fees should be paid by BACs payments:

Bassetlaw Swim Squad, Sort Code: 60-17-28. Account Number: 90257596 Reference: BRQ

Cheques can be accepted: made payable to Bassetlaw Swim Squad and sent to Bassetlaw Swim Squad, Retford Leisure Centre, Old Hall drive, Retford, DN22 7EA

Competitors must be registered swimmers.

The mixed 800m and 1500m events are limited to three heats.

No entries will be accepted without the appropriate entry fee; submitted time; Swim England registration

### **Entry Times**

Entry times should be either Short Course or converted Long Course times and fall below the 'no faster than' times.

All events will be seeded on submitted times. Coach time trials will be accepted.

### **Awards**

Medals will be awarded to top three in each age-group.

Spot prizes for randomly selected heats.

### **Officials**

To ensure the meet can run effectively and efficiently please complete the officials form and return ASAP to BSS. Visiting clubs are requested to supply at least 3 officials, 1 with a minimum qualification of J2 for each session.

Refreshments will be provided throughout the meet along with lunch on Saturday & Sunday.

### **Coach / Poolside Application**

Coach / Poolside passes cost £25.00 for the weekend per individual and include poolside access, refreshments, lunch, programme and start lists.

DBS Numbers should be submitted with the application.

Please note only swimmers and persons with a poolside pass will be allowed on poolside. If clubs wish to have team managers on poolside they will be required to have a poolside pass. Please note there will be no exceptions.

### **Meet Results**

Meet results will be posted on the BSS website within 48 hours of the Meet closing. Results will be passed to Swim England for their reference and inclusion in rankings. We will also be running a live results service throughout the meet.

### **Car Parking**

Limited car parking is available at the leisure centre for free.

### **Spectators**

Entry £6.00 per session, or £11 all day. (*plus admin fee via Eventbrite*)

Programs will be available to download on the day of the Meet

For the safety and welfare of all swimmers spectators and parents are NOT allowed poolside or in the changing rooms during the meet.

### **Refreshments**

There are hot & hold drinks available at reception of the leisure centre.

There will be refreshments and lunches provided for persons with a poolside pass.

## **Health and Safety**

No outdoors shoes to be worn on the poolside. Swimmers are asked to ensure they wear appropriate footwear and clothing when on the balcony or reception area.

If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim Meet. A competent racing dive is defined as in the Swim England Competitive start award; Swim England requires swimmers to have reached the standard of the Competitive Start Award. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive. No swimmer should topple into the water in the event of a false start - a proper shallow dive must be performed.

It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

There will not be a secondary strobe for the start.

## **Data Protection**

Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998, submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.

## **Camera Use**

The use of mobile phones for taking photographs in the changing area is strictly forbidden. Any person found to be taking photos in these areas will be asked to leave the building and will take no further part in the competition. The club also reserves the right to take further action against anybody breaking this rule. Coaches and/or team managers may film races from poolside for use when feeding back to swimmers; these persons will have to submit their DBS number when applying for a pass. Filming from the spectator gallery is permitted. If you do not wish to be photographed, please let the organisers know prior to the start of the session.

## **General**

Any point not covered by these rules will be at the discretion of the Meet Promoter. Depending upon the situation, the Meet Promoter or Referees decision, respectively, will be final.

There will be no swim down facility apart from the allocated time in the sessions.

## **Appeals**

Any appeals must be submitted in accordance with Swim England procedures and will be handled by the Meet Promoter and Referees.



## Bassetlaw Swim Squad – 1<sup>st</sup> Regional Qualifier

### Level 3 License Number 3EM240173

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#### 'NO FASTER THAN' TIMES

	9/10 yrs	11 yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
50m Free	30.90	29.50	28.20	27.00	25.90	24.90	24.00
100m Free	1:02.60	1:00.70	59.00	57.50	56.20	54.10	52.20
200m Free	2:17.90	2:13.80	2:09.80	2:05.90	2:02.10	1:58.40	1:54.80
400m Free	4:47.60	4:40.40	4:33.30	4:26.30	4:19.40	4:12.60	4:05.90
800m Free	08:00.00						
1500m Free	08:00.00						
50m Breast	39.40	37.60	35.90	34.30	32.80	31.40	30.10
100m Breast	1:25.10	1:21.80	1:18.60	1:15.50	1:12.50	1:09.60	1:06.80
200m Breast	2:58.20	2:52.60	2:47.10	2:41.70	2:36.40	2:31.20	2:26.10
50m Fly	32.90	31.40	30.10	28.90	27.80	26.80	25.90
100m Fly	1:14.30	1:11.30	1:08.40	1:05.60	1:02.90	1:00.30	57.80
200m Fly	2:43.00	2:37.30	2:31.70	2:26.20	2:20.80	2:15.50	2:10.30
50m Back	34.50	33.10	31.80	30.60	29.50	28.50	27.60
100m Back	1:13.70	1:09.20	1:07.70	1:06.30	1:04.00	1:01.70	59.50
200m Back	2:36.90	2:32.30	2:27.70	2:23.20	2:18.80	2:14.50	2:10.30
200m IM	2:36.40	2:32.20	2:28.00	2:23.80	2:19.60	2:15.40	2:11.20
400m IM	5:25.40	5:21.40	5:14.90	5:06.60	4:58.40	4:50.30	4:42.30

FEMALE – NO FASTER THAN							
	9/10 yrs	11 yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
50m Free	30.90	29.90	28.90	28.20	27.50	26.90	26.40
100m Free	1:04.00	1:02.50	1:01.00	1:00.00	59.10	58.20	57.30
200m Free	2:21.00	2:17.30	2:14.50	2:11.80	2:08.10	2:06.30	2:04.40
400m Free	4:49.80	4:42.60	4:36.50	4:31.30	4:27.90	4:24.80	4:22.60
800m Free	08:00.00						
1500m Free	08:00.00						
50m Breast	39.60	38.30	37.10	36.00	35.00	34.10	33.30
100m Breast	1:22.30	1:20.50	1:18.80	1:17.20	1:15.70	1:14.30	1:13.00
200m Breast	2:53.20	2:50.50	2:47.80	2:45.10	2:42.40	2:39.70	2:37.00
50m Fly	33.40	32.30	31.30	30.40	29.60	28.90	28.30
100m Fly	1:10.50	1:09.80	1:08.20	1:06.70	1:05.30	1:04.00	1:02.80
200m Fly	2:36.00	2:33.20	2:30.50	2:27.90	2:25.40	2:23.00	2:20.70
50m Back	33.20	32.50	31.90	31.40	30.80	30.30	29.90
100m Back	1:13.70	1:11.90	1:10.20	1:08.60	1:07.10	1:05.70	1:04.40
200m Back	2:34.40	2:31.60	2:28.90	2:26.30	2:22.80	2:19.40	2:17.20
200m IM	2:36.60	2:33.80	2:31.10	2:28.50	2:26.00	2:23.60	2:20.30
400m IM	5:25.40	5:21.40	5:17.50	5:13.70	5:10.00	5:03.40	4:59.90

## Bassetlaw Swim Squad – 1<sup>st</sup> Regional Qualifier

# Level 3 License Number 3EM240173

Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> March 2024

Under Swim England Regulations & Technical Rules. Affiliated to Swim England East Midland Region

## OFFICIALS APPLICATION FORM

Club Name: .....

Name: .....

Qualification (J1, J2 etc.): .....

License Number: .....

Email: .....

Sessions: 1 2 3 4

Name: .....

Qualification (J1, J2 etc.): .....

License Number: .....

Email: .....

Sessions: 1 2 3 4

Name: .....

Qualification (J1, J2 etc.): .....

License Number: .....

Email: .....

Sessions: 1 2 3 4

Name: .....

Qualification (J1, J2 etc.): .....

License Number: .....

Email: .....

Sessions: 1 2 3 4

PLEASE COPY AS REQUIRED AND RETURN THIS FORM TO:

[headcoach@bassetlawswimsquad.org.uk](mailto:headcoach@bassetlawswimsquad.org.uk)

or Bassetlaw Swim Squad, Retford Leisure Centre, Old Hall Drive, Retford, DN22 7EA

**PLEASE ENSURE THIS FORM IS SUBMITTED WITH YOUR CLUB ENTRY**



## Bassetlaw Swim Squad – 1<sup>st</sup> Regional Qualifier

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### COACH / POOLSIDE APPLICATION FORM

Coach / Poolside passes cost £25.00 for the weekend per individual and include poolside access, refreshments, lunch, programme and start lists.

DBS Numbers should be submitted with the application.

Please note only swimmers and persons with a poolside pass will be allowed on poolside. If clubs wish to have team managers on poolside they will be required to have a poolside pass. Please note there will be no exceptions.

Club Name:				
	Applicant #1	Applicant #2	Applicant #3	Applicant #4
Full Name:				
Position:	Coach / Team Manager	Coach / Team Manager	Coach / Team Manager	Coach / Team Manager
Address:				
Post Code:				
Tel:				
Email Address:				
ASA Number:				
DBS Number:				

PLEASE COPY IF ADDITIONAL PASSES ARE REQUIRED AND RETURN THIS FORM TO:  
Bassetlaw Swim Squad, Retford Leisure Centre, Old Hall Drive, Retford, DN22 7EA  
[headcoach@bassetlawswimsquad.org.uk](mailto:headcoach@bassetlawswimsquad.org.uk)

**PLEASE ENSURE THIS FORM IS SUBMITTED WITH YOUR CLUB ENTRY**

**Bassetlaw Swim Squad – 1<sup>st</sup> Regional Qualifier****ENTRY FORM****Level 3 License No: 3EM240173****Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> March 2024**

Under Swim England Regulations &amp; Technical Rules. Affiliated to Swim England East Midland Region.

First Name		Surname	
Open/Male or Female	Club:	Phone Number	
DOB (dd/mm/yy)		ASA Reg. No	
Address			
Email			
Disability Exemption Code	S=	SB=	SM=
<b>Age on day (3<sup>rd</sup> March 2024)</b>	<b>Yrs. old</b>		<b>£8.00 per event</b>
<b>Event</b>	<b>Time</b>		<b>Fee</b>
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
800m Freestyle			
1500m Freestyle			
50m Backstroke			
100m Backstroke			
200m Backstroke			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Butterfly			
100m Butterfly			
200m Butterfly			
200m Individual Medley			
400m Individual Medley			
			Total @ £8.00 per event
<b>BACS Information:</b> Sort Code: 60-17-28 Acc. No.: 90257596 Ref: BRQ[surname/club]			
I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of Swim England and will abide by the conditions laid down by the promoters for this competition.			
Signature of Competitor:			Date:

# Bassetlaw Swim Squad – 1<sup>st</sup> Regional Qualifier

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### CLUB SUMMARY ENTRY FORM

Please return this completed form with your entries and send monies via BACs transfer to Bassetlaw Swim Squad, Sort Code: 60-17-28. Account Number: 90257596 Reference: BRQ[club]

**CLOSING DATE FOR ENTRIES: 12noon Friday 23<sup>rd</sup> February 2024**

Club Name:	
Contact Name:	
Postal Address:	
Email Address:	
Telephone No:	

Entry Details:

		No of Entries/ Passes	Cost
Open/Male Entries	@ £8.00 per event		£
Female Entries	@ £8.00 per event		£
Coaches Pass	@ £25.00 (inc. lunch)		£
		TOTAL	£

**Payment Method** (tick and complete): Cheque  BACs  Ref:   
Other:

Checklist –please ensure you have:

Emailed:

Club Summary Entry Form (this form)  
Sportsys Meet Entry File  
Sportsys Meet Entry Report

Coach/Helper Forms  
Officials Forms  
(BACs transfer)