



Worksop Leisure Centre

S81 7EN

**BASSETLAW SWIM SQUAD'S
4TH OPEN MEET**

2ND, 3RD & 4TH DEC 2022

LEVEL 3 LICENSE No.: 3EM222123

Individual
Medley
SKINS!

FREESTYLE
RELAY
SKINS!



Bassetlaw Swim Squad – 4th Open Meet

Level 3 License Number: 3EM222123

Friday 2nd, Saturday 3rd, Sunday 4th December 2022

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

- Venue: Worksop Leisure Centre, S81 7EN
- Pool: 6 Lane, 25m Pool, Electronic Timing, Wedge Blocks, Backstroke ledges
- Age Groups: 9/10, 11, 12, 13, 14, 15, 16, 17 and Over
Age on day (as at 4th December 2022)
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
Individual Medley SKINS Winner Male/Female £25 each
Prize for Freestyle Relay SKINS Winners
- Events: 50m 100m and 200m all strokes, 400m Freestyle and 200m & 400m IM.
All events will be HDW
Fastest 6 200m IM males and females will qualify for the SKINS Final
Fastest 6 Relay 'A' teams to be accepted for the Freestyle Relay SKINS, 'B' teams will be accepted should space allow.
- Fees: Race Entry Fee: £7.00 per event, £10 per relay team
Spectator Entry £4.00 per session, £7 all day, (*plus admin fee via Eventbrite*)
Programmes – Available Online
- Entries to: 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 18th November 2022. 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

Bassetlaw Swim Squad – 4th Open Meet

Meet Programme

Session 1 – Friday 2nd December

Warm Up 5.00pm. Start 6.00pm (2.5hrs)

Event 101	Female	200m IM
Event 102	Male	200m IM
Event 103	Female	50m Butterfly
Event 104	Male	50m Butterfly
Event 105	Female	50m Backstroke
Event 106	Male	50m Backstroke
Event 107	Female	50m Breaststroke
Event 108	Male	50m Breaststroke

Session 2 – Saturday 3rd December

Warm Up 8.00am. Start 9.00am (no more than 3.5 hrs + Skins)

Event 201	Female	400m IM
Event 202	Male	200m Breaststroke
Event 203	Female	100m Freestyle

10 minute comfort break & swim down

Event 204	Male	100m Butterfly
Event 205	Female	200m Backstroke
Event 206	Male	400m FR

10 minute comfort break & swim down

SKINS	Female & Male	Individual
FINALS	16yrs +	Medley

Session 4 – Sunday 4th December

Warm Up 8.00am. Start 9.00am (no more than 3.5 hrs + Skins)

Event 401	Male	400m IM
Event 402	Female	200m Breaststroke
Event 403	Male	100m Freestyle

10 minute comfort break & swim down

Event 404	Female	100m Butterfly
Event 405	Male	200m Backstroke
Event 406	Female	400m FR

10 minute comfort break & swim down

RELAY	Mixed 16yrs +	Freestyle
SKINS		

Session 3 – Saturday 3rd December

Warm Up 1.00pm. Start 2.00pm (no more than 3.5 hrs + Skins)

SKINS	Female & Male	Individual
FINALS	15yrs -	Medley

5 minute comfort break & swim down

Event 301	Female	200m Butterfly
Event 302	Male	200m Freestyle
Event 303	Female	50m Freestyle

10 minute comfort break & swim down

Event 304	Male	100m Breaststroke
Event 305	Female	100m Backstroke

Session 5 – Sunday 4th December

Warm Up 1.00pm. Start 2.00pm (no more than 3.5 hrs + Skins)

RELAY	Mixed 15yrs -	Freestyle
SKINS		

5 minute comfort break & swim down

Event 501	Male	200m Butterfly
Event 502	Female	200m Freestyle
Event 503	Male	50m Freestyle

10 minute comfort break & swim down

Event 504	Female	100m Breaststroke
Event 505	Male	100m Backstroke

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Meet Rules and Information

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 In the event of the meet being oversubscribed, entries will be accepted on a first come, first served basis.

Age on day (as at 4th December 2022)

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

Entry Fee

£7.00 per event. £10.00 per relay team

We may extend the deadline but the entry fee may double after the initial closing date. This is at BSS's discretion.

CLOSING DATE FOR ENTRIES: 12noon Friday 18th November 2022

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: BSS22

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.

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.

Mixed Freestyle Relay SKINS

Relay team entry times must be a summation of the individuals PB's on rankings. Relay members must have entered the meet. A relay declaration form will be issued nearer to the event.

Each team is made up of two male and two female competitors. They may race in any order and can change the order each round, but no substitutions are permitted.

6 teams race a 4x 50m Freestyle race. Depending on time available on the day, one or two teams will be eliminated each round. Rounds to start every 4 minutes.

Awards

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

Spot prizes for randomly selected heats.

SKINS winner to receive £25, male and female, junior and senior.

Winners of the Relay SKINS to win a prize.

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 sandwiches on Friday night and 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 £4.00 per session, or £7 all day.

Programs will be available to purchase on 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 vending machines available at the leisure centre and a café located 0.2 miles away. 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.

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'NO FASTER THAN' TIMES

MALE – NO FASTER THAN								
	9/10 yrs	11 yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+yrs
50m Free	30.90	29.50	28.20	27.00	25.90	24.90	24.00	23.10
100m Free	1:02.60	1:00.70	59.00	57.50	56.20	54.10	52.20	50.50
200m Free	2:17.90	2:13.80	2:09.80	2:05.90	2:02.10	1:58.40	1:54.80	1:51.30
400m Free	4:47.60	4:40.40	4:33.30	4:26.30	4:19.40	4:12.60	4:05.90	3:59.30
50m Breast	39.40	37.60	35.90	34.30	32.80	31.40	30.10	28.90
100m Breast	1:25.10	1:21.80	1:18.60	1:15.50	1:12.50	1:09.60	1:06.80	1:04.10
200m Breast	2:58.20	2:52.60	2:47.10	2:41.70	2:36.40	2:31.20	2:26.10	2:21.10
50m Fly	32.90	31.40	30.10	28.90	27.80	26.80	25.90	25.00
100m Fly	1:14.30	1:11.30	1:08.40	1:05.60	1:02.90	1:00.30	57.80	55.40
200m Fly	2:43.00	2:37.30	2:31.70	2:26.20	2:20.80	2:15.50	2:10.30	2:05.10
50m Back	34.50	33.10	31.80	30.60	29.50	28.50	27.60	26.70
100m Back	1:13.70	1:09.20	1:07.70	1:06.30	1:04.00	1:01.70	59.50	57.30
200m Back	2:36.90	2:32.30	2:27.70	2:23.20	2:18.80	2:14.50	2:10.30	2:06.20
200m IM	2:36.40	2:32.20	2:28.00	2:23.80	2:19.60	2:15.40	2:11.20	2:07.00
400m IM	5:25.40	5:21.40	5:14.90	5:06.60	4:58.40	4:50.30	4:42.30	4:34.40

FEMALE – NO FASTER THAN								
	9/10 yrs	11 yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+yrs
50m Free	30.90	29.90	28.90	28.20	27.50	26.90	26.40	26.00
100m Free	1:04.00	1:02.50	1:01.00	1:00.00	59.10	58.20	57.30	56.40
200m Free	2:21.00	2:17.30	2:14.50	2:11.80	2:08.10	2:06.30	2:04.40	2:02.60
400m Free	4:49.80	4:42.60	4:36.50	4:31.30	4:27.90	4:24.80	4:22.60	4:19.50
50m Breast	39.60	38.30	37.10	36.00	35.00	34.10	33.30	32.60
100m Breast	1:22.30	1:20.50	1:18.80	1:17.20	1:15.70	1:14.30	1:13.00	1:11.80
200m Breast	2:53.20	2:50.50	2:47.80	2:45.10	2:42.40	2:39.70	2:37.00	2:34.30
50m Fly	33.40	32.30	31.30	30.40	29.60	28.90	28.30	27.80
100m Fly	1:10.50	1:09.80	1:08.20	1:06.70	1:05.30	1:04.00	1:02.80	1:01.70
200m Fly	2:36.00	2:33.20	2:30.50	2:27.90	2:25.40	2:23.00	2:20.70	2:18.50
50m Back	33.20	32.50	31.90	31.40	30.80	30.30	29.90	29.60
100m Back	1:13.70	1:11.90	1:10.20	1:08.60	1:07.10	1:05.70	1:04.40	1:03.20
200m Back	2:34.40	2:31.60	2:28.90	2:26.30	2:23.80	2:21.40	2:19.20	2:17.00
200m IM	2:36.60	2:33.80	2:31.10	2:28.50	2:26.00	2:23.60	2:21.30	2:19.10
400m IM	5:25.40	5:21.40	5:17.50	5:13.70	5:10.00	5:03.40	4:59.90	4:56.30

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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:

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

headcoach@bassetlawswimsquad.org.uk

PLEASE ENSURE THIS FORM IS SUBMITTED WITH YOUR CLUB ENTRY

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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

PLEASE ENSURE THIS FORM IS SUBMITTED WITH YOUR CLUB ENTRY

Bassetlaw Swim Squad – 4th Open Meet.**ENTRY FORM****Level 3 License No: 3EM222123****Friday 2nd, Saturday 3rd, Sunday 4th December 2022**

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First Name		Surname	
Male / Female	Club:	Phone Number	
DOB (dd/mm/yy)		ASA Reg. No	
Address			
Email			
Disability Exemption Code	S=	SB=	SM=
Age on day (4th December 2022)	Yrs. old		£7.00 per event
Event	Time		Fee
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
50m Backstroke			
100m Backstroke			
200m Backstroke			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Butterfly			
100m Butterfly			
200m Butterfly			
100m Individual Medley			
200m Individual Medley			
400m Individual Medley			
Total @ £7.00 per event			
Payment Method (tick and complete):			
BACS Sort Code: 60-17-28 Acc. No.: 90257596 Ref: BSS22[surname] <input type="checkbox"/>			
Cheque (payable to Bassetlaw Swim Squad) <input type="checkbox"/>			Other: <input type="checkbox"/>
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:

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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: BSS22

OR send a SINGLE cheque payable to Bassetlaw Swim Squad, and send to Bassetlaw Swim Squad, Retford Leisure Centre, Old Hall Drive, Retford, DN22 7EA

CLOSING DATE FOR ENTRIES: 12noon Friday 15th November 2022

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

Entry Details:

		No of Entries/ Passes	Cost
Male Entries	@ £7.00 per event		£
Female Entries	@ £7.00 per event		£
Relay Entries	@ £10.00 per event		£
Coaches Pass	@ £25.00		£
		TOTAL	£
Payment Method (tick and complete): Cheque <input type="checkbox"/> BACs <input type="checkbox"/> Ref: <input type="checkbox"/>			
Other: <input type="checkbox"/>			

Checklist – By the Closing Date of 18th November, 2022 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)