



**BASSETLAW SWIM SQUAD'S  
5<sup>TH</sup> OPEN MEET**

**1<sup>ST</sup>, 2<sup>ND</sup> & 3<sup>RD</sup> DEC 2023**

**LEVEL 3 LICENSE No.: 3EM231 129**

Worksop Leisure Centre  
S81 7EN

**NEW FOR 2023!**

800m + 1500m Freestyle  
events

**BACK BY POPULAR DEMAND!**

Freestyle Relay SKINS

**FOREVER PRESENT!**

Individual Medley  
SKINS

Individual  
Medley  
SKINS!

FREESTYLE  
RELAY  
SKINS!



## **Bassetlaw Swim Squad – 5<sup>th</sup> Open Meet**

**Level 3 License Number 3EM231129**

**Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> December 2023**

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 3<sup>rd</sup> December 2023)  
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 Open/Male & Female £25 each  
Prize for Freestyle Relay SKINS Winners
- 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 two heats.  
Fastest 6 200m IM Open/Male 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: £8.00 per event, £10 per relay team  
Spectator Entry £6.00 per session, £10 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 24<sup>th</sup> November 2023. 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 – 5<sup>th</sup> Open Meet

## Meet Programme

### Session 1 – Friday 1<sup>st</sup> December

Warm Up 5.00pm. Start 6.00pm (2hrs)

Event 101	Female	400 FR
Event 102	Open/Male	400 FR
Event 103	Female	50m Butterfly
Event 104	Open/Male	50m Backstroke

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

Warm Up 8.00am. Start 9.00am (no more than 3.5 hrs of racing)

Event 201	Open/Male	200m IM
Event 202	Female	200m IM
<b>10 minute comfort break &amp; swim down</b>		
Event 203	Open/Male	200m Backstroke
Event 204	Female	100m Breaststroke
<b>10 minute comfort break &amp; swim down</b>		
Event 205	Open/Male	50m Breaststroke
Event 206	Female	100m Backstroke
Event 207	Open/Male	100m Butterfly
<b>10 minute comfort break &amp; swim down</b>		
Event 208	MIXED	1500m Freestyle

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

Warm Up 8.00am. Start 9.00am (no more than 3.5 hrs of racing)

Event 401	Female	400m IM
Event 402	Open/Male	200m Freestyle
<b>10 minute comfort break &amp; swim down</b>		
Event 403	Female	200m Freestyle
Event 404	Open/Male	200m Butterfly
<b>10 minute comfort break &amp; swim down</b>		
Event 405	Female	100m Butterfly
Event 406	Open/Male	100m Breaststroke
Event 407	Female	50m Backstroke
<b>10 minute comfort break &amp; swim down</b>		
Event 408	MIXED	800m Freestyle

### Session 3 – Saturday 2<sup>nd</sup> December

Warm Up 1.00pm. SKINS Start 2.00pm  
(no more than 3.5 hrs of racing)

FEMALE		
SKINS	16/ov & 15/un	Individual
FINALS	OPEN/MALE	Medley
16/ov & 15/un		

**10 minute comfort break & swim down**

**Start 2.30pm**

Event 301	Female	200m Butterfly
Event 302	Open/Male	100m Backstroke
<b>10 minute comfort break &amp; swim down</b>		
Event 303	Female	100m Freestyle
Event 304	Open/Male	200m Breaststroke
<b>10 minute comfort break &amp; swim down</b>		
Event 305	Female	50m Breaststroke
Event 306	Open/Male	50m Freestyle

### Session 5 – Sunday 3<sup>rd</sup> December

Warm Up 1.00pm. SKINS Start 2.00pm  
(no more than 3.5 hrs of racing)

Mixed		
RELAY	16/ov	Freestyle
SKINS	Mixed	
15/un		

**10 minute comfort break & swim down**

**Start 2.30pm**

Event 501	Open/Male	400 IM
Event 502	Female	200m Breaststroke
<b>10 minute comfort break &amp; swim down</b>		
Event 503	Open/Male	100m Freestyle
Event 504	Female	200m Backstroke
<b>10 minute comfort break &amp; swim down</b>		
Event 305	Open/Male	50m Butterfly
Event 306	Female	50m Freestyle

# **Bassetlaw Swim Squad – 5<sup>th</sup> Open Meet**

**Level 3 License Number 3EM231129**

**Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> December 2023**

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> December 2023)

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. £10.00 per relay team

### **CLOSING DATE FOR ENTRIES: 12noon Friday 24<sup>th</sup> November 2023**

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: BSS23

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 two 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.

### **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 Open/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, Open/Male and female, junior and senior.

Winners of the Relay SKINS to win £40 prize to share between the team.

### **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 snack food 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 £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, a café located 0.2 miles away and Tesco's 0.5miles away, about a 10min walk.

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 – 5<sup>th</sup> Open Meet

## Level 3 License Number 3EM231129

Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> December 2023

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

### 'NO FASTER THAN' TIMES

OPEN/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
800m Free	8:00.00							
1500m Free	15:00.00							
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
800m Free	8:50.00							
1500m Free	16:00.00							
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	2:22.80	2:19.40	2:17.20	2:15.00
200m IM	2:36.60	2:33.80	2:31.10	2:28.50	2:26.00	2:23.60	2:20.30	2:18.10
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

# Bassetlaw Swim Squad – 5<sup>th</sup> Open Meet

## Level 3 License Number 3EM231129

Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> December 2023

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 – 5<sup>th</sup> Open Meet

### Level 3 License Number 3EM231129

Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> December 2023

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

### 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 – 5<sup>th</sup> Open Meet.****ENTRY FORM****Level 3 License No: 3EM231129****Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> December 2023**

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> December 2023)</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: BSS23[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 – 5<sup>th</sup> Open Meet

**Level 3 License Number 3EM231129**

**Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup>, Sunday 3<sup>rd</sup> December 2023**

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

## **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: BSS23[club]

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 24<sup>th</sup> November 2023**

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		£
Relay Entries	@ £10.00 per event		£
Coaches Pass	@ £25.00 (inc. lunch)		£
		TOTAL	£
<b>Payment Method</b> (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 24<sup>th</sup> November, 2023 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)