



Leicester Penguins Swimming Club

(Affiliated to Swim England East Midland Region & Leicestershire & Rutland ASA)

PROUDLY PRESENTS
as part of its 62nd year

THE 35th LEICESTER PENGUINS OPEN MEET AUTUMN 2022

(Under Swim England Regulations & Technical Rules)

Licensed @ Level 3 (3EM221760) By Swim England For Entry into Regional Championships

DATE: SATURDAY 1ST & SUNDAY 2ND OCTOBER 2022

VENUE: BRAUNSTONE LEISURE CENTRE ~ LEICESTER

AGE GROUPS: Male / Female ~ 10,11,12,13,14,15,16/Over

EVENTS: 50m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly-
100m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley
200m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley
400m ~ Freestyle

Age as of 31st December 2022

HDW: ALL EVENTS ARE HEAT DECLARED WINNER

AWARDS: To the first three in each age band

SESSIONS: One & Two - Saturday 1st ~ Three & Four – Sunday 2nd

SWIM DOWN: Separate 4 lane, 25m Swim-Down Pool available at the specified times.

CLOSING DATE: **Midnight 9th September 2022, promoter reserves the right to close earlier if competition becomes full.**

FOR MORE INFORMATION & CLUB ENTRY PACK VISIT:

Web: www.swimmingmeetresults.co.uk/Penguins

Email: entries@swimmingmeetresults.co.uk

THE 2022 LEICESTER PENGUINS AUTUMN OPEN MEET
Saturday 1st & Sunday 2nd October 2022

PROGRAMME OF EVENTS

EVENT

101 BOYS
102 GIRLS
103 BOYS
104 GIRLS
105 BOYS
106 GIRLS
107 BOYS

SESSION 1

400m Freestyle
50m Freestyle
100m Butterfly
200m Breaststroke
100m Backstroke
50m Butterfly
100M Breaststroke

EVENT

208 GIRLS
209 BOYS
210 GIRLS
211 BOYS
212 GIRLS
213 BOYS
214 GIRLS
215 BOYS

SESSION 2

200m Freestyle
50m Breaststroke
100m Freestyle
200m Butterfly
50m Backstroke
200m Backstroke
100m Individual Medley
200m Individual Medley

EVENT

316 GIRLS
317 BOYS
318 GIRLS
319 BOYS
320 GIRLS
321 BOYS
322 GIRLS

SESSION 3

400M Freestyle
50m Freestyle
100m Butterfly
200m Breaststroke
100m Backstroke
50m Butterfly
100m Breaststroke

EVENT

423 BOYS
424 GIRLS
425 BOYS
426 GIRLS
427 BOYS
428 GIRLS
429 BOYS
430 GIRLS

SESSION 4

200m Freestyle
50m Breaststroke
100m Freestyle
200m Butterfly
50m Backstroke
200m Backstroke
100m Individual Medley
200m Individual Medley

Session Timings

SATURDAY 1st October 2022

SESSION 1 WARM UP 13:20 START 14:20
SESSION 2 WARM UP *TBC* START *TBC*

SUNDAY 2nd October 2022

SESSION 3 WARM UP 13:20 START 14:20
SESSION 4 WARM UP *TBC* START *TBC*

THE 2022 LEICESTER PENGUINS AUTUMN OPEN MEET

BOYS UPPER LIMIT TIMES

EVENT	10	11	12	13	14	15/OV
<i>50m Freestyle</i>	31.1	29.6	27.9	26.6	25.6	24.8
<i>100m Freestyle</i>	1:07.8	1:03.9	59.8	56.8	54.8	53.6
<i>200m Freestyle</i>	2:26.1	2:18.0	2:09.8	2:03.4	1:59.0	1:56.4
<i>400m Freestyle</i>	5:07.2	4:47.7	4:31.7	4:19.5	4:11.6	4:05.8
<i>50m Breaststroke</i>	41.0	38.5	36.1	33.8	32.5	31.4
<i>100m Breaststroke</i>	1:29.3	1:22.7	1:17.2	1:12.3	1:09.5	1:07.3
<i>200m Breaststroke</i>	3:10.6	2:57.4	2:46.6	2:36.7	2:30.2	2:26.1
<i>50m Butterfly</i>	34.9	32.8	31.1	29.3	28.1	27.1
<i>100m Butterfly</i>	1:19.6	1:12.5	1:07.6	1:03.6	1:00.8	58.8
<i>200m Butterfly</i>	2:54.0	2:38.3	2:28.8	2:20.5	2:14.6	2:09.1
<i>50m Backstroke</i>	36.0	34.1	32.3	30.4	29.4	28.4
<i>100m Backstroke</i>	1:18.3	1:12.3	1:08.0	1:04.1	1:01.4	59.5
<i>200m Backstroke</i>	2:44.0	2:33.8	2:25.0	2:17.2	2:11.7	2:08.1
<i>100 Individual Medley</i>	1.25.4	1.18.0	1.13.0	1.08.5	1.06.0	1.02.5
<i>200m Individual Medley</i>	2:48.1	2:36.8	2:27.9	2:20.7	2:14.6	2:11.2

GIRLS UPPER LIMIT TIMES

EVENT	10	11	12	13	14	15/OV
<i>50m Freestyle</i>	31.4	30.0	28.6	27.9	27.5	27.1
<i>100m Freestyle</i>	1:09.0	1:04.3	1:01.0	59.6	58.6	58.0
<i>200m Freestyle</i>	2:26.5	2:18.4	2:11.0	2:07.6	2:05.9	2:04.4
<i>400m Freestyle</i>	5:11.3	4:47.2	4:32.4	4:26.0	4:22.7	4:19.4
<i>50m Breaststroke</i>	41.0	38.5	36.4	35.2	34.5	34.0
<i>100m Breaststroke</i>	1:29.6	1:22.5	1:18.0	1:15.1	1:13.0	1:12.4
<i>200m Breaststroke</i>	3:10.2	2:56.9	2:47.2	2:41.1	2:37.7	2:36.3
<i>50m Butterfly</i>	34.8	33.1	31.4	30.5	29.9	29.4
<i>100m Butterfly</i>	1:19.3	1:12.6	1:08.2	1:06.2	1:04.6	1:04.1
<i>200m Butterfly</i>	2:56.0	2:39.8	2:29.4	2:24.4	2:20.9	2:18.8
<i>50m Backstroke</i>	35.9	34.0	32.5	31.6	31.0	30.7
<i>100m Backstroke</i>	1:18.1	1:12.3	1:08.2	1:06.2	1:05.1	1:04.1
<i>200m Backstroke</i>	2:45.1	2:32.5	2:25.0	2:21.5	2:19.2	2:16.9
<i>100 Individual Medley</i>	1.26.0	1.20.7	1.15.9	1.12.8	1.10.3	1.08.2
<i>200m Individual Medley</i>	2:47.4	2:36.3	2:28.2	2:24.7	2:22.1	2:20.5

Only swimmers **SLOWER** than the above times shown are eligible to enter
REMEMBER ~ AGE MEANS AGE AT 31st December 2022

THE 2022 LEICESTER PENGUINS AUTUMN OPEN MEET

Saturday 1st & Sunday 2nd October 2022

(Under Swim England Regulations & Technical Rules)

PROMOTORS CONDITIONS

1. The competition will be held under Swim England Regulations & Technical Rules at Braunstone Leisure Centre, 2 Hamelin Road, Braunstone, Leicester, LE3 1JN. Licence number 3EM221760.
2. 25m 8 lane competition pool with anti-turbulence lane ropes. Electronic timing in conjunction with a computerised results service. Entry information can be downloaded from the meet website and results will be available on-line throughout the event (connection dependant) at: www.swimmingmeetresults.co.uk/Penguins
3. 25m, 4 lane swim down pool will be available at the specified times only. Swimmers must be supervised throughout their swim down/warm up by coaches.
4. The competition is open to registered swimmers as defined by Swim England Rules: Age as at 31st December 2022.
5. Individual awards for the first three places in each of the HDW events in the following age bands: 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16/Over, may be collected from the designated collection point.
6. A Secondary Strobe Light will be available if required.
7. All participants and spectators must observe the safety precautions in operation at the Braunstone Leisure Centre. **Including any Covid Safety protocols.**
8. Neither Leicester Penguins Swimming Club nor Leicester City Council can be held responsible for loss or damage to spectators or competitor's property. Competitors are advised to use the lockers in the changing village and not leave belongings unattended.
9. All participants and spectators must observe the health & safety precautions in operation at Braunstone swimming pool. All stairways, walkways and thoroughfares must be kept clear at all times. **This includes any Covid-19 Precautions operating at the time of the event.**
10. There are no expected test fire alarms. Should the fire alarm sound please prepare to evacuate the building using the emergency exits and follow instructions of the leisure centre staff.
11. Heats will be seeded according to submitted entry times, with the fastest heat spearheaded.
12. All events are HEAT DECLARED WINNER.
13. **This will be a card less meet.**
14. Over the top starts may be used at the discretion of the promoter in order to maintain the scheduled timing of events. Except for backstroke
15. It is the responsibility of team managers and coaches to ensure that their competitors report to the Marshalling Stewards in time for the start of their race.
16. The Leisure Centres Café will be open for the sale of hot and cold refreshments during the meet, alternatively they also have vending machines.
17. A swim shop may be available throughout the meet.

18. Club entries must be made via **YOUR** club meet secretary using the Sportsystems Entry File found on the website. Exported Entry files must be emailed **by midnight 9th September 2022**.
The promoter reserves the right to close earlier if competition is full, this is a first come first served meet.

19. A printout of event entries from Sportsystems, a club entry summary form and proof of payment/payment reference must be sent to the address shown below no later than **7 days** after the electronic Entry File has been submitted. The entry fee is **£6.50** per event. If payment is not received before the competition, then we reserve the right to remove your entries from the meet.

20. BACS payments only, no cheques accepted.

Please make the payment directly to the club's bank account

Bank: Santander

Name: Leicester Penguins Swimming Club

Account Number: 06326724

Sort Code 09-01-29

Please include the following details on the entry e-mail

- The date of the transfer
- The amount
- The **REFERENCE** of the transfer. The reference should be made from the clubs Swim England Club Code followed by "L3-OCT" e.g. PENA-L3-OCT.

21. The acceptance of competitors will be based on **first come first served**. As many heats as possible will be run in the time available for the Meet. The promoter reserves the right to close entries prior to the advertised closing date if the meet reaches it maximum.

22. **Entries must be within the published qualifying times** for each event.

23. Entry times will be taken from Swim England Rankings only, with the earliest swim date being 1st January 2020.

24. As soon as possible after the closing date, club list sheets will be posted on the meet website, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or will be available for collection by clubs on the day. There will be no refunds for withdrawals after the closing date.

25. No entries will be accepted without full payment and fully completed individual or club summary forms. Any entry that is not accepted will be notified prior to the meet. It is the responsibility of all competing clubs to ensure that entry times, information etc is correct.

26. There will be no poolside passes available on the day and anybody poolside without the correct wristband will be asked to leave the poolside and purchase an entry ticket for admission in to the stands.

27. Entry summaries and coach poolside applications should be returned to:

Email: entries@swimmingmeetresults.co.uk

28. Known withdrawals after the closing date should be emailed to withdraw@swimmingmeetresults.co.uk or in person on the day to the recorders desk on the balcony no later than the start of the warm up for each session. This will help to reduce empty lanes and help with the flow of the competition.

29. Coaches/Poolside Passes:

£10.00 one day pass

£18.00 two day pass (including refreshments & lunch)

Passes cannot be purchased on the day of the Meet.

Spectator Entrance fees (if allowed/maybe restricted)

Adults £4 a session, £14 all weekend

Concessions £3 a session , £10 all weekend.(Concessions are over 60's)

All children free entry (up to 14)

**ANYTHING NOT COVERED IN THE ABOVE, AND PRINTED IN ANY OF THE
ASSOCIATED LITERATURE WILL BE AT THE DISCRETION OF THE PROMOTER**

PHOTOGRAPHY

Anyone wishing to take any form of photography/video imaging may only do so from the balcony area and MUST have signed in with the Leisure Centre prior to entering the balcony and show proof of having done so and sign in to LPSC Log book at entrance desk.

Only dual signed in persons would be permitted to take any photography from balcony. Leicester Penguins SC nor Braunstone LC will take any responsibility for anything put onto Social Media and the person who uploads such material is responsible for any litigation caused by their actions.

Please also remember that other persons on your imaging may not want a photo taken of them nor wish to have it out in the public domain. Please respect others.

There is a no photography policy in place on poolside/changing areas and mobile phones/ tablets in those areas must be for music or gaming use only.

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Club Summary and Coach Passes Application Form

Club		
Address		
Telephone		
e-mail		
Names of Coaches using passes		
Number Electronic Entries @ £6.50		£
Number of Poolside passes 1 day @ £10		£
Number of Poolside passes 2 day @ £18		£
<u>Total Amount of payment made</u>		£
<u>Payment reference on BACS</u>		

THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYTEMS PRINTOUTS.

THE 2022 LEICESTER PENGUINS AUTUMN OPEN MEET

Saturday 1ST & Sunday 2nd October 2022

(Under Swim England Regulations & Technical Rules)

BRAUNSTONE LEISURE CENTRE, LEICESTER

OFFICIALS REQUIRED

Are you able to help by officiating at one or more sessions?

Food provided if you cover two sessions in a day.

Can Clubs please pass this on to all qualified officials likely to be attending the meet.

			Please Tick box for all sessions you are available
Session 1	Saturday 1 st OCTOBER	13:20	
Session 2	Saturday 1 st OCTOBER	TBC	
Session 3	Sunday 2 nd OCTOBER	13:20	
Session 4	Sunday 2 nd OCTOBER	TBC	

Name	
Address	
Qualification	
Swim England No.	
Email Address	

PLEASE COMPLETE AND RETURN TO
lpscmeets@leicesterpenguins.club