





PLYMOUTH  
LEANDER  
SWIMMING

**The Plymouth Leander  
National Qualifier Level 1  
Long Course Open**

**Life Centre, Plymouth**

**Saturday 25<sup>th</sup> May-Monday 27<sup>th</sup> May 2019**

[www.plymouthleander.com](http://www.plymouthleander.com)



**WATER INSTINCT**

**Held under Swim England Laws and Regulations and Swim England Technical Rules of Racing**

- Venue** : Plymouth Life Centre, Plymouth, PL2 3DG
- Pool** :
- : 10-Lane 50m Racing Pool with ROMA09-TRK Starting Blocks
  - : 2 Metres throughout and 140mm FINA regulation lane lines
  - : Constantly Available 6-Lane 25m Swim Down Pool
  - : Electronic Timing & 10-Lane Video Display Screen (No Secondary strobe on starter)
  - : On Site Cafeteria & Parking

**This is a Level 1 Licensed Meet for Entry into  
National Competitions & Championships**

- Age Groups** :
- : 9yrs, 10/11yrs, 12/13yrs, 14/15yrs, 16yrs & Over,
  - : Finals in 50m Freestyle, 100m & 200m Events for Senior and Junior
  - : Ages as at 31<sup>st</sup> December 2019
- Awards** :
- : Medals to 1<sup>st</sup> 3 in all Age Group Events
  - : Awards for Top 3 finalists
  - : Top Male Athlete & Top Female Athlete Awards
  - : Top Visiting Club Award
- Events** :
- : 50m, 100m & 200m All Strokes  
(9 yrs and 10yrs cannot enter 400m IM, 800m or 1500m events)
  - : 400m, 800m & 1500m Freestyle
  - : 200m & 400m IM
- Fees** :
- : Race Entry Fee £8.50 for all Events
  - : Deck entries will be £9 per event.
  - : Cheques made payable to PLSA, Electronic Payment:  
Account details: Sort Code: 56-00-63 Account No: 46355588
- Entries To** :
- : Andy Hutchinson;- [Meets@plymouthleander.com](mailto:Meets@plymouthleander.com)  
13 Wolseley Road  
Milehouse,  
Plymouth,  
PL2 3AA

**Closing Date :** 12.00 Midnight on Wednesday 8<sup>th</sup> May 2018



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**WATER INSTINCT**

**Meet Conditions**

1. The event will be held at Plymouth Life Centre (50m pool) on Saturday 25<sup>th</sup>, Sunday 26<sup>th</sup> & Monday 27<sup>th</sup> May 2019
2. The event will be held under SwimEngland Laws and Regulations and SwimEngland Technical Rules of Racing. All British swimmers must be registered ASA members of an ASA affiliated club and amateurs as defined by ASA Law.
3. The Meet will be run under Level 1 conditions.
4. Competitor's age groups shall be defined as at 31<sup>st</sup> December 2019, competitors must be at least 9 years old by the last day of the event (27<sup>th</sup> May 2019)
5. A competitor may enter all events (subject to Condition 6) in his/her age group;- 9yrs, 10/11yrs, 12/13 yrs; 14/15 yrs, 16yrs & Over.
6. 9 & 10 year old competitors may NOT swim 400m IM, 800m or 1500m events.
7. For entry to this Meet, times will only be accepted with actual times from British Rankings.
8. Times must be fastest Long Course time on British Rankings or Short Course converted to Long Course- whichever is the faster.
9. Disability swimmers may enter and will be placed in a Heat appropriate to their entry time within the conditions of the Level 1 Qualifying criteria, adhering to Conditions 5 and 6. There will be no separate Para-qualifying times.
10. All events are Heat Declared winners, however, there will be finals for Senior and Junior Ages across all 50m, 100m and 200m events. Senior finals will be classified as 16yrs+ and Juniors 15yrs and under.
11. Finals will be run as fastest 8 swimmers from the Heats with a limit of 3 reserves for each final. Awards will be awarded for the Top 3 from each final.
12. Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded.
13. Entries of 5 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration.
14. Clubs are responsible for their swimmer's entries. If, after publication of Accepted Entries or the programme a Club notes an error on an entry from their submission, the Promoter cannot guarantee that the swimmer will then be able to swim the preferred event or in an appropriate heat.

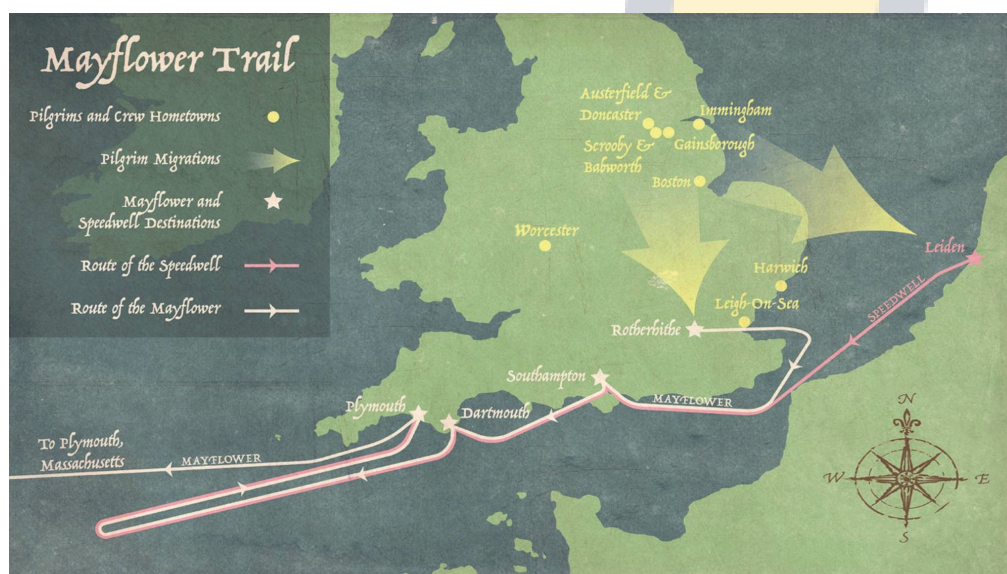


## **Meet Conditions**

15. If events are under-subscribed acceptance of additional entries will be at the Promoters discretion. These will be offered after the competition's closing date for entry. However, these competitors must still enter within the stated qualification times and will be accepted on the basis of the fastest entries first rule, by age group.
16. A system of Deck Entries will operate however extra swims will be slotted into empty lanes if space is available and the events will not be re-seeded. The Deck entries must meet the conditions of the Meet, including point 5 and 6 and must be in by the beginning of the warm up of each session. Cost of Late or Deck Entries will be £9 per event.
17. If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted on the basis of times submitted to enable the competition to meet ASA licensing requirements. Any deletions made will be slowest first and proportionate and will endeavour to ensure an equal balance of swimmers across the age groups and events.
18. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times could result in the athlete being scratched from the specific race(s) affected without refund of fees.
19. No refunds for entries will be given after the entries have been processed, except in the case of:
  - a swimmer being subsequently selected to swim for their country on the same day
  - the production of a Doctor's note confirming the athlete is unfit to compete.
20. Plymouth Leander Swimming uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet.
21. Competitors must report to the stewards in the marshalling area at least two events prior to their own where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event, and their lane space offered to a reserve swimmer.
22. On acceptance of entries, the swimmer and any supporters agree that their behaviour will be of an appropriate and respectful manner, abiding by the rules of the competition and venue. Failure to do so could result in removal from the meet.

## Meet Conditions

23. Swimmers, coaches and volunteers must not change poolside or in the spectator area and should use the facilities provided in the changing village. Failure to do so could result in sanctions for the offender or their Club.
24. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings.
25. **Safeguarding:** Plymouth Leander follow ASA Wavepower 2016-2019 guidelines.
26. To support all visiting, local and club swimmers as well as Child Safe Guarding criteria Plymouth Leander reserves the right to designate seating within the viewing balcony for swimmer use, visitors and parents are kindly requested not to occupy designated seating.
27. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter. Competitors are reminded that sensible footwear should be worn when off the pool deck at all times.
28. All Clubs will be permitted to purchase up to 3 Coach Passes per Club (regardless of entrant numbers) and one additional Coach Pass per 10 athletes over 30 swimmers. Coach Passes will not be sold on the day. Admission to pool deck will be refused to non-pass holders.
29. Any swimmer unable to execute a safe dive from the starting blocks into shallow water, are reminded that they should start from the side of the pool.
30. The swim down pool will be operated at a depth of 1.5 meters to ensure the safety of swimmers during cool down, diving is strictly prohibited in the swim down pool.
31. The referee's decision is final.

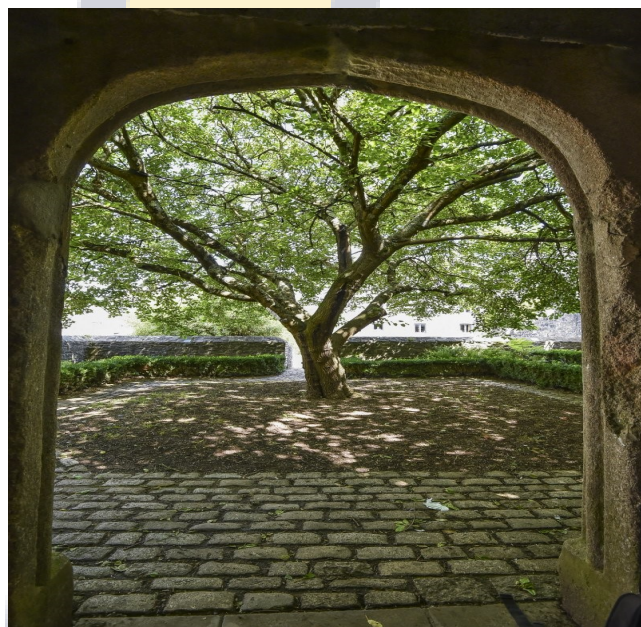


## PROGRAM DAY 1

Day 1 – Saturday 25 <sup>th</sup> May 2019				
Warm Up 8.30am – Start 9.35am				
Session 1				
NO	M/F	AGE GROUP	EVENT	FORMAT
101	Male	9yrs+	200m Backstroke	HDW
102	Female	9yrs+	200m Individual Medley	HDW
103	Male	9yrs+	100m Butterfly	HDW
104	Female	9yrs+	100m Breaststroke	HDW
<b>Short Break</b>				
101F	Male	9yrs+	200m Backstroke	Champ Finals
102F	Female	9yrs+	200m Individual Medley	Champ Finals
103F	Male	9yrs+	100m Butterfly	Champ Finals
104F	Female	9yrs+	100m Breaststroke	Champ Finals
105	Male	11rs+	400m Individual Medley	HDW

Day 1 – Saturday 25 <sup>th</sup> May 2019				
Warm Up TBC				
Session 2				
NO	M/F	AGE GROUP	EVENT	FORMAT
201	Female	9yrs+	50m Butterfly	HDW
202	Male	9yrs+	50m Freestyle	HDW
203	Female	9yrs+	100m Freestyle	HDW
204	Male	9yrs+	100m Breaststroke	HDW
<b>Short Break</b>				
201F	Female	9yrs+	50m Butterfly	Champ Finals
202F	Male	9yrs+	50m Freestyle	Champ Finals
203F	Female	9yrs+	100m Freestyle	Champ Finals
204F	Male	9yrs+	100m Breaststroke	Champ Finals
205	Mixed	11yrs+	800m Freestyle	HDW

Day 1 – Saturday 25 <sup>th</sup> May 2019				
TBC				
Session 3				
NO	M/F	AGE GROUP	EVENT	FORMAT
301	Female	9yrs+	200m Breaststroke	HDW
302	Male	9yrs+	200m Freestyle	HDW
303	Female	9yrs+	100m Butterfly	HDW
304	Male	9yrs+	100m Backstroke	HDW
<b>Short Break</b>				
301F	Female	9yrs+	200m Breaststroke	Champ Finals
302F	Male	9yrs+	200m Freestyle	Champ Finals
303F	Female	9yrs+	100m Butterfly	Champ
304F	Male	9yrs+	100m Backstroke	Champ





## PROGRAM DAY 2

Day 2 – Sunday 26 <sup>th</sup> May 2019				
Warm Up 8.30am – Start 9.30am				
Session 4				
NO	M/F	AGE GROUP	EVENT	FORMAT
401	Female	9yrs+	50m Backstroke	HDW
402	Male	9yrs+	50m Butterfly	HDW
403	Female	9yrs+	200m Butterfly	HDW
404	Male	9yrs+	200m Individual Medley	HDW
Short Break				
401F	Female	9yrs+	50m Backstroke	Champ
402F	Male	9yrs+	50m Butterfly	Champ
403F	Female	9yrs+	200m Butterfly	Champ
404F	Male	9yrs+	200m Individual Medley	Champ
405	Female	11yrs+	400m Individual Medley	HDW



Day 2 – Sunday 26 <sup>th</sup> May 2019				
TBC				
Session 6				
NO	M/F	AGE GROUP	EVENT	FORMAT
601	Male	9yrs+	200m Butterfly	HDW
602	Female	9yrs+	200m Freestyle	HDW
603	Male	9yrs+	50m Backstroke	HDW
604	Female	9yrs+	50m Breaststroke	HDW
Break				
605	Male	9yrs+	200m Butterfly	Champ
606	Female	9yrs+	200m Freestyle	Champ
603F	Male	9yrs+	50m Backstroke	Champ
604F	Female	9yrs+	50m Breaststroke	Champ
607	Female		Medley Skins	Skins
608	Male		Medley Skins	Skins

Day 2 – Sunday 26 <sup>th</sup> May 2019				
TBC				
Session 5				
NO	M/F	AGE GROUP	EVENT	FORMAT
501	Female	9yrs+	100m Backstroke	HDW
502	Male	9yrs+	100m Freestyle	HDW
503	Mixed	11yrs+	1500m Freestyle	HDW
501F	Female	9yrs+	100m Backstroke	Champ Finals
502F	Male	9yrs+	100m Freestyle	Champ Finals

## PROGRAM DAY 3

Day 3 – Monday 27 <sup>th</sup> May 2019				
Warm Up 8.30am – Start 9.30am				
Session 7				
NO	M/F	AGE GROUP	EVENT	FORMAT
701	Male	9yrs+	400m Freestyle	HDW
702	Female	9yrs+	50m Freestyle	HDW
703	Male	9yrs+	50m Breaststroke	HDW
704	Female	9yrs+	200m Backstroke	HDW
705	Male	9yrs+	200m Breaststroke	HDW
Day 3 – Monday 27 <sup>th</sup> May 2019				
Session 8				
NO	M/F	AGE GROUP	EVENT	FORMAT
801	Female	9yrs+	400m Freestyle	HDW
703F	Male	9yrs+	50m Breaststroke	Champ Finals
702F	Female	9yrs+	50m Freestyle	Champ Finals
705F	Male	9yrs+	200m Breaststroke	Champ Finals
704F	Female	9yrs+	200m Backstroke	Champ Finals







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**WATER INSTINCT**

**Qualifying Times**

	<b>FEMALE</b>								
Age	9	10	11	12	13	14	15	16	17+
50m Free	42.8	39.8	37.3	35.4	34.0	32.9	32.2	31.9	31.9
100m Free	01:38.3	01:26.2	01:19.3	01:15.2	01:12.7	01:10.7	01:09.6	01:08.8	01:08.1
200m Free	03:29.1	03:04.4	02:51.3	02:42.5	02:36.2	02:32.1	02:29.1	02:27.5	02:25.8
400m Free	07:20.7	06:27.4	05:56.4	05:38.8	05:26.3	5:18.0	05:12.8	05:09.2	05:06.3
800m Free			12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1
1500m Free			23:38.6	22:25.8	21:30.4	21:00.8	20:43.1	20:22.9	20:22.9
50m Breast	57.00	51.2	47.8	45.0	43.1	41.5	40.6	40.1	40.1
100m Breast	02:08.7	01:50.3	01:41.6	01:35.2	01:30.8	01:28.5	01:27.5	01:26.1	01:25.2
200m Breast	04:27.3	03:55.5	03:36.6	03:24.9	03:15.5	03:09.5	03:06.7	03:05.8	03:04.0
50m Fly	48.2	44.0	40.7	38.6	36.7	35.70	34.8	34.2	34.2
100m Fly	01:47.7	01:37.1	01:27.9	01:22.6	01:19.1	01:17.2	01:15.5	01:14.8	01:14.0
200m Fly	03:56.6	03:34.6	03:12.6	03:01.7	02:53.5	02:48.0	02:45.7	02:43.3	02:41.3
50m Back	50.2	46.0	43.1	40.9	39.4	38.0	37.0	36.6	36.6
100m Back	01:52.0	01:37.5	01:29.9	01:24.5	01:21.7	01:19.6	01:17.9	01:17.1	01:16.3
200m Back	03:52.7	03:26.3	03:11.0	03:00.6	02:54.3	02:49.8	02:45.8	02:43.9	02:42.8
200m IM	03:55.2	03:29.6	03:14.3	03:03.3	02:56.8	02:52.3	02:48.9	02:46.9	02:45.5
400m IM			06:47.3	06:24.9	06:10.6	06:02.0	05:55.2	05:50.8	05:48.7

	<b>MALE</b>								
Age	9	10	11	12	13	14	15	16	17+
50m Free	42.6	39.0	37.0	34.9	33.0	31.3	29.7	28.7	28.4
100m Free	01:38.2	01:24.8	01:18.8	01:13.7	01:09.8	01:06.9	01:04.4	01:02.6	01:01.5
200m Free	03:23.4	03:03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:20.7	02:16.3	02:13.7
400m Free	07:22.5	06:26.4	05:56.0	05:38.1	05:21.8	5:07.0	04:57.6	04:49.1	04:44.6
800m Free			12:44.6	11:47.1	11:12.8	10:42.5	10:21.8	10:05.0	09:55.5
1500m Free			24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0
50m Breast	56.8	51.6	48.2	44.6	41.8	39.7	37.8	36.8	35.8
100m Breast	02:07.7	01:50.7	01:41.5	01:34.7	01:28.8	01:24.6	01:21.4	01:18.9	01:17.0
200m Breast	04:20.5	03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:55.4	02:51.6	02:47.0
50m Fly	48.8	43.5	40.8	38.1	35.9	34.00	32.2	31.4	30.6
100m Fly	01:49.4	01:35.8	01:27.7	01:21.5	01:16.8	01:12.8	01:09.8	01:07.8	01:06.5
200m Fly	04:02.7	03:32.3	03:12.5	02:59.9	02:49.9	02:40.9	02:34.4	02:30.4	02:27.6
50m Back	50.3	46.0	43.2	40.5	38.2	36.1	34.5	33.5	32.7
100m Back	01:49.8	01:36.9	01:29.8	01:24.1	01:19.2	01:15.0	01:12.2	01:10.3	01:09.3
200m Back	03:46.7	03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:36.0	02:31.4	02:28.6
200m IM	03:52.0	03:29.6	03:14.2	03:02.8	02:52.7	02:44.8	02:38.4	02:33.9	02:31.0
400m IM			06:50.8	06:26.7	06:06.4	05:49.3	05:36.2	05:27.6	05:22.6



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**WATER INSTINCT**

**Entry Form** COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL  
Individual Payment Details (see Summary Sheet for Grouped Payment and Coaches Pass Details)

Club					
Surname		First Name		Middle Initial	
Preferred Name (for Programme)					
Date of Birth				M/F	
Age as at 31 <sup>st</sup> December 2019					
Telephone Number / Mobile Number (Parent* - contact for entry queries)					
e-Mail Address - (for confirmation of receipt of entry)					
ASA Number		Para Swimmer Please Tick		S Class	
EVENT		SELECT	ENTRY TIME		
50m Freestyle					
100m Freestyle					
200m Freestyle					
400m Freestyle					
1500m or 800m Freestyle					
50m Butterfly					
100m Butterfly					
200m Butterfly					
50m Breaststroke					
100m Breaststroke					
200m Breaststroke					
50m Backstroke					
100m Backstroke					
200m Backstroke					
200m Individual Medley					
400m Individual Medley					
Total No of Entries	Description	Cost per Event*		Total	
	Individual Entries	£8.50			
Cheques Payable to PLSA. Entries Close Wednesday 8th May 2019					
Electronic Payment: Account details: Sort Code: 56-00-63 Account No: 46355588.					
Please Tick:	Cheque		BACS		
I DECLARE THAT THE ABOVE DETAILS ARE CORRECT & THAT I AM ELIGIBLE TO COMPETE IN AC-CORDANCE WITH ASA LAW & THAT I UNDERSTAND & ACCEPT THE MEET CONDITIONS					
Signature of Competitor .....					
Signature of Parent*(if under 18).....					



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**WATER INSTINCT**

## **Officials Requirement**

To ensure we comply with licensing requirements and deliver a successful gala we require ASA qualified officials who are willing to assist. In recognition of this we offer expenses in line with our expenses policy, details are available from the below email, in addition lunch and refreshments will be supplied. Please provide details of your officials to [officials@plymouthleander.com](mailto:officials@plymouthleander.com) as soon as possible and include the following details:

<b>Name;</b>				
<b>Club;</b>				
<b>ASA Number;</b>				
<b>Qualification Level;</b>				
<b>Licence Expiry Date;</b>				
<b>Sessions Available;-</b>		<b><u>Please tick the boxes</u></b>		
		<b>1</b>	<b>2</b>	<b>3</b>
	<b>Saturday</b>			
	<b>Sunday</b>			
	<b>Monday</b>			

We are grateful for your support to ensure the best possible conditions for all our swimmers, thank you.

However In the event that insufficient officials are available, the promoter reserves the right to reduce lanes, scratch swimmers and or cancel sessions to ensure we meet licensing requirements.





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**WATER INSTINCT**

### Team Entry Summary Sheet

Cheques should be made payable to 'PLSA'. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek entry file for this meet will be available on [www.plymouthleander.co.uk](http://www.plymouthleander.co.uk) We would appreciate this method of entry and this is **mandatory** for 10 or more entries from the same Club. Please note that we are using Meet Manager 7.0.

**PLEASE NOTE:** Coach Passes CANNOT be purchased on the day of meet and must be bought in advance.

<b>Club</b>	
<b>Contact Name</b>	
<b>Address</b>	
<b>Telephone (Day)</b>	
<b>Telephone (Evening)</b>	
<b>Mobile</b>	
<b>E-Mail</b>	

**PLEASE REMEMBER WE NEED THE HELP OF YOUR OFFICIALS**

Total No. of Individual Entries		@	£8.50 each	=	
2 Day Coach Pass		@	£20.00 each	=	
1 Day Coach Pass;- Saturday/Sunday*		@	£12.00 each	=	
*Delete as Appropriate			Total Cheque Enclosed £		
Closing Date: 8th May 2019					

**Entries To: Andy Hutchinson, 13 Wolseley Road, Milehouse, Plymouth PL2 3AA,**

Or can be emailed to [meets@plymouthleander.com](mailto:meets@plymouthleander.com)

Electronic entries can be on e-mailed but please also submit a printout with this form

***I certify that all the above details are correct and that our Club understand and will abide by the meet conditions. Signed on behalf of all swimmers:***

***(Team Manager) ..... Date .....***