

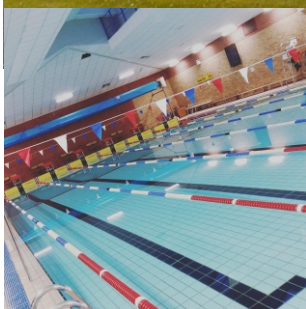


CUMBRIA WINTER MEET

2023



1923 - 2023



Copeland

Saturday 2nd & Sunday 3rd December

Copeland Pool And Fitness Centre
Cleator Moor Rd
Whitehaven
Cumbria
CA28 8RW

Events

	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle	✓	✓	✓	✓		
Backstroke	✓	✓	✓			
Breaststroke	✓	✓	✓			
Butterfly	✓	✓	✓			
Individual Medley		✓	✓		✓ (10/Over)	

Saturday 02/12/2023

8.30am Warm-Up for 9.30am Start

Session 1	101	HDW	Open/Male	9yrs/Over	200m Backstroke
	102	HDW	Female	9yrs/Over	50m Breaststroke
	103	HDW	Open/Male	9yrs/Over	100m IM
	104	HDW	Female	9yrs/Over	200m Butterfly
	105	HDW	Open/Male	9yrs/Over	400m Freestyle
	106	HDW	Female	9yrs/Over	200m Freestyle
	107	HDW	Open/Male	9yrs/Over	50m Backstroke
	108	HDW	Female	9yrs/Over	100m Breaststroke

Saturday 03/12/2024

1.15pm Warm-Up for 2.15pm Start (TBC)

Session 2	201	HDW	Female	9yrs/Over	100m Butterfly
	202	HDW	Open/Male	9yrs/Over	50m Freestyle
	501	HDW	Mixed	8/Under	50m Freestyle
	203	HDW	Female	9yrs/Over	100m Backstroke
	204	HDW	Open/Male	9yrs/Over	200m Breaststroke
	502	HDW	Mixed	8/Under	50m Breaststroke
	205	HDW	Female	11yrs/Over	400m IM
	206	HDW	Open/Male	9yrs/Over	200m IM
	503	HDW	Mixed	8/Under	50m Backstroke
	207	HDW	Female	9yrs/Over	50m Butterfly
	208	HDW	Open/Male	9yrs/Over	100m Freestyle
	504	HDW	Mixed	8/Under	50m Butterfly

Sunday 03/12/2023

8.30am Warm-Up for 9.30am Start

Session 3	301	HDW	Female	9yrs/Over	200m Backstroke
	302	HDW	Open/Male	9yrs/Over	50m Breaststroke
	303	HDW	Female	9yrs/Over	100m IM
	304	HDW	Open/Male	9yrs/Over	200m Butterfly
	305	HDW	Female	9yrs/Over	400m Freestyle
	306	HDW	Open/Male	9yrs/Over	200m Freestyle
	307	HDW	Female	9yrs/Over	50m Backstroke
	308	HDW	Open/Male	9yrs/Over	100m Breaststroke

Sunday 03/12/2023

1.15pm Warm-Up for 2.15pm Start (TBC)

Session 4	401	HDW	Open/Male	9yrs/Over	100m Butterfly
	402	HDW	Female	9yrs/Over	50m Freestyle
	403	HDW	Open/Male	9yrs/Over	100m Backstroke
	404	HDW	Female	9yrs/Over	200m Breaststroke
	405	HDW	Open/Male	11yrs/Over	400m IM
	406	HDW	Female	9yrs/Over	200m IM
	407	HDW	Open/Male	9yrs/Over	50m Butterfly
	408	HDW	Female	9yrs/Over	100m Freestyle

All Warm-Up and Session start times are estimates and will be confirmed once the entries are confirmed.

'HDW' = Heat Declared Winner
'MC' = Multi-Classification Para Inclusive Event

Female

	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14/OV</u>
50 Freestyle	00:32.10	00:29.90	00:28.20	00:27.20	00:26.70	00:26.50
100 Freestyle	01:14.00	01:06.90	01:01.70	00:59.70	00:58.10	00:57.70
200 Freestyle	02:37.10	02:23.00	02:14.50	02:09.00	02:05.90	02:05.70
400 Freestyle	05:05.00	04:55.00	04:42.50	04:27.40	04:26.40	04:23.30
50 Breaststroke	00:42.10	00:38.80	00:35.80	00:34.40	00:33.40	00:32.70
100 Breaststroke	01:37.80	01:27.90	01:20.40	01:13.90	01:11.70	01:12.20
200 Breaststroke	03:26.30	03:04.00	02:51.80	02:42.50	02:39.80	02:38.40
50 Butterfly	00:36.10	00:33.00	00:31.00	00:29.50	00:28.70	00:28.40
100 Butterfly	01:29.00	01:18.50	01:08.80	01:04.70	01:02.40	01:02.50
200 Butterfly	03:08.40	02:49.50	02:33.30	02:24.90	02:18.50	02:19.10
50 Backstroke	00:36.00	00:34.00	00:32.90	00:30.60	00:29.90	00:28.20
100 Backstroke	01:22.30	01:16.80	01:09.30	01:04.70	01:04.70	01:00.50
200 Backstroke	02:51.00	02:35.50	02:29.80	02:16.40	02:18.60	02:09.40
200 Individual Medley	02:58.20	02:43.00	02:31.10	02:24.30	02:20.80	02:18.20
100 Individual Medley	01:22.70	01:17.60	01:13.20	01:07.30	01:05.90	01:05.00
400 Individual Medley		05:38.40	05:23.90	05:10.50	04:59.20	04:48.40

Open/Male

	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14/OV</u>
50 Freestyle	00:32.00	00:29.90	00:28.40	00:25.40	00:24.00	00:23.20
100 Freestyle	01:13.80	01:08.90	01:01.00	00:57.70	00:54.00	00:51.60
200 Freestyle	02:37.70	02:23.90	02:17.50	02:06.40	01:59.00	01:53.30
400 Freestyle	05:05.70	04:55.70	04:42.20	04:24.70	04:07.20	04:03.50
50 Breaststroke	00:41.30	00:36.80	00:34.90	00:31.60	00:30.00	00:28.80
100 Breaststroke	01:31.70	01:30.10	01:18.00	01:12.80	01:08.10	01:06.30
200 Breaststroke	03:15.00	02:56.10	02:44.80	02:36.50	02:31.40	02:22.50
50 Butterfly	00:34.80	00:31.80	00:31.40	00:28.20	00:26.00	00:25.10
100 Butterfly	01:26.20	01:22.10	01:11.90	01:03.40	00:57.80	00:55.00
200 Butterfly	03:14.30	02:51.30	02:34.30	02:23.40	02:11.70	02:04.40
50 Backstroke	00:36.30	00:34.80	00:32.10	00:30.10	00:27.30	00:27.00
100 Backstroke	01:23.50	01:18.30	01:11.40	01:02.90	00:59.60	00:56.50
200 Backstroke	02:46.70	02:37.70	02:26.10	02:19.10	02:08.60	02:02.90
200 Individual Medley	02:55.20	02:40.30	02:33.20	02:19.00	02:10.90	02:07.50
100 Individual Medley	01:22.50	01:16.40	01:10.50	01:05.60	01:02.30	01:00.20
400 Individual Medley		05:30.60	05:15.40	04:56.30	04:40.00	04:29.40

Swimmers must not be faster than the time above.

	Freestyle					Back			Fly			Breast			IM	
	50m	100m	200m	400m		50m	100m		50m	100m		50m	100m		100m	200m
S1	✓	✓	✓			✓	✓				SB1	✓				
S2	✓	✓	✓			✓	✓		✓		SB2	✓				
S3	✓	✓	✓			✓			✓		SB3	✓				
S4	✓	✓	✓			✓			✓		SB4		✓			
S5	✓	✓	✓			✓			✓		SB5		✓	SM5	✓	✓
S6	✓	✓		✓			✓		✓		SB6		✓	SM6	✓	✓
S7	✓	✓		✓			✓		✓		SB7		✓	SM7	✓	✓
S8	✓	✓		✓			✓			✓	SB8		✓	SM8	✓	✓
S9	✓	✓		✓			✓			✓	SB9		✓	SM9	✓	✓
S10	✓	✓		✓			✓			✓				SM10	✓	✓
S11	✓	✓		✓			✓			✓	SB11		✓	SM11	✓	✓
S12	✓	✓		✓			✓			✓	SB12		✓	SM12	✓	✓
S13	✓	✓		✓			✓			✓	SB13		✓	SM13	✓	✓
S14	✓	✓	✓	✓			✓			✓	SB14		✓	SM14	✓	✓

Para swimmers can also enter all other events if they are within the accepted times.

1 - General Conditions

1. Entries to the meet will be held on computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry.
2. You agree that we may publish your Personal Information as part of the results of the competition. Your information will only be shared in relation to your participation in the event, e.g. the list of entrants, results and event reports and may be shared on the Cumbria ASA website, social media pages or in emails sent by the organiser. We may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Information may include but not be limited to name, club affiliation, race times, age category and para swimming classification(s).
3. The Cumbria Winter Meet shall be run in accordance with Swim England Laws and Technical Rules
4. Event will take place on the 2nd and 3rd December at Copeland Leisure Centre
5. The competition is licensed at Level 3 for events 101-408 - Open all SE affiliated clubs
6. The competition is licensed at Level 4 for events 501-504, these events will be limited to 8 clubs which are affiliated to Cumbria ASA (Barrow ASC, Carlisle Aquatics, Copeland SC, Cockermouth SC, Kendal ASC, Penrith SC, Ulverston SC, Workington ASC) , these events have no qualifying times. The purpose of these events is for the development of inexperienced athletes and to promote and develop swimming and across the county and outside the swimmers own club environment.
7. The competition shall include the following age groups for each gender: 9, 10, 11, 12, 13, 14 years and over for events 101-408 and 8/Under for events 501-504.
8. The upper limit times for entry to this event are shown in section 5. There are no qualifying times.
9. Upper limit times can be achieved at a level 1, 2, 3 or 4 licensed meet.
10. All events will be swum as 'Heat Declared Winner' in mixed age groups, seeded by entry time.
11. All heats shall be spearheaded.
12. Age Groups will be separated for results and awards purposes.
13. Results will be published in time order.
14. The entry fee will be £5.00 per event for events 101-408 and £3.00 per event for events 501-504
15. Entries shall reach the Competition Organiser by email: markrswim@gmail.com no later than Monday 13th November 2023 accompanied by the appropriate fee. Late entries may be accepted at the discretion of the Competition Organiser. Poolside, or improved entries will not be accepted.
16. Entries maybe restricted to ensure safe running of the meet and to comply with local restrictions, this will be at the discretion of the Competition Organiser.
17. Refunds will only be given:
 - Where entrants are denied entry because the number of entries has been restricted in the interests of safety or to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times shall take precedence. Events chosen for restriction will be at the discretion of the Competition Organiser.
 - Where a competitor has to withdraw on proven medical grounds.
 - Where event has to be cancelled or restricted because of COVID / local restrictions and SE / Government guidelines.
18. Age on the day will be as of December 2nd 2023.

19. 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
20. Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.
21. Competition organiser:
 - M Ralph
 - Tel: 07793-325179
 - e-mail: markrswim@gmail.com
2. The preferred method of paying entry fees is by arranging a BACS transfer to:
 - Account name: Cumbria ASA
 - Sort Code: 010954
 - Account No: 11103221
3. Treasurer
 - K J Chisholm
 - Tel: 01946-694019
 - e-mail: keithchisholm@gmail.com

2 - Awards

1. There will be awards to the first 3 swimmers in each age group in each event.

4. Para Swimmers

1. The general conditions for the Cumbria Winter Meet shall apply to para swimmers except where varied by any of the following conditions.
2. Para Events page shows the events and classifications that will be accepted for this competition.
3. Competitors must indicate their disability classification OR provide a valid Certificate of Disability issued by Swim England at the time of entry.
4. There are no qualifying times for para swimmers.
5. Personal Care Attendants/Coaches will be permitted for all para swimmers and they must conform to the Swim England child protection procedures.
6. Competition format:
 - The competition format will be based on disability inclusion within the able bodied programme
 - All swimmers will be seeded in the heats according to their entry times.
 - There will be no separate para swimmer awards

3. Meet Procedures

1. Entries will only be accepted from club Competition Secretaries and should be made by sending the appropriate Sportsystems entry files via the internet. It is the responsibility of clubs to ensure that their entries are correct.
2. Any other entries that are received (from individuals) may not be accepted and may be referred to the appropriate club Competition Secretary.
3. Entries must be received no later than Monday 13th November 2023.
4. Clubs will be advised of the entries stored by the meet management software as soon as possible after the closing date for the competition. It is the responsibility of each club Competition Secretary to check the accuracy of the entries to allow any necessary corrections to be made.
5. The final gala programmes will be produced as a result of any corrections that are received and will be published on the Cumbria ASA website (swimcumbria.org.uk) several days in advance of the competition.
6. Withdrawals will be accepted until the start of the warm up for each session. There will be no refund of entry fees except in the case of injury.
7. Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
8. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
9. Heat Start Lists will be made available to clubs as soon as possible after the commencement of the warm-up of each session.
10. Heat start Lists will be available for spectators at 50p per session.
11. Swimmers must present themselves to the Competitors Stewards one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for their race
12. Spectators
 - Spectators will be allowed subject to local restrictions
 - Spectator entry will be £4/session. Wristbands will be issued to all spectators
 - Spectator fees to be cashless, card payments only.
13. Each coach/team manager requiring access to the poolside must be in possession of a pass issued by Cumbria ASA. It is mandatory that all Coaches comply with the relevant Swim England Child Protection Procedures and have an up to date DBS certificate. Mixed teams must have both male and female coaches/team staff
14. Poolside passes will be issued on the basis of a club's entries; there will be no charge:
 - Up to 20 swimmers: 3 passes only
 - 21-30 swimmers: maximum of 4 passes
 - 31-40 swimmers: maximum of 5 passes
 - More than 41 swimmers: maximum of 6 passes.
 - *Poolside passes maybe further restricted due to local restrictions.
15. Only pass holders, swimmers and officials will be allowed on poolside.
16. Over the top' starts may be used in backstroke events at the referee's discretion.
17. Swiss Quantum timing system will be used in conjunction with SportSystem software, a strobe light will be available.