

**LIVERPOOL & DISTRICT SWIMMING
and
WATER POLO ASSOCIATION**

Affiliated to the Lancashire County Water Polo & Swimming Association



**AGE GROUP & SWIMMING
CHAMPIONSHIPS 2022**

Under Swim England Law and FINA Technical Rules

**Saturday 15th October
&
Sunday 16th October**

Knowsley Leisure & Culture Park

Licence Number 3NWxxxxxx

LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION
(Affiliated to the Lancashire County Water Polo & Swimming Association)
AGE GROUP & SWIMMING CHAMPIONSHIPS 2022
UNDER ASA LAWS & FINA TECHNICAL RULES

Gala 1 Saturday 15th October – Licence Number 3NWxxxxxx

Session 1	Warm-up 8:00am	Start 9:00am - Finish TBA
	EVENT 101	FEMALE 200m INDIVIDUAL MEDLEY
	EVENT 102	MALE 200m BREASTSTROKE
	EVENT 103	FEMALE 100m FREESTYLE
	EVENT 104	MALE 50m FREESTYLE
	EVENT 105	FEMALE 50m BUTTERFLY
	EVENT 106	MALE 100m BACKSTROKE
	EVENT 107	FEMALE 200m BACKSTROKE
	EVENT 108	MALE 400m MEDLEY TEAM
	EVENT 109	FEMALE 400m FREESTYLE TEAM
	EVENT 110	MALE 100m BACKSTROKE FINAL
	EVENT 111	FEMALE 100m FREESTYLE FINAL
	EVENT 112	MIXED 1500m FREESTYLE

Session 2	Warm-up TBA	Start TBA - Finish
	EVENT 201	MALE 400m INDIVIDUAL MEDLEY
	EVENT 202	FEMALE 100m BREASTSTROKE
	EVENT 203	MALE 100m BUTTERFLY
	EVENT 204	FEMALE 400m FREESTYLE
	EVENT 205	MALE 50m BACKSTROKE
	EVENT 206	FEMALE 50m BREASTSTROKE
	EVENT 207	MALE 200m FREESTYLE
	EVENT 208	FEMALE 200m BUTTERFLY
	EVENT 209	MALE 100m BUTTERFLY FINAL
	EVENT 210	FEMALE 100m BREASTROKE FINAL

Gala 2 Sunday 16th October 2022 – Licence Number

Session 3	Warm-up 8:00am	Start 9:00am - Finish
	EVENT 301	MALE 200m INDIVIDUAL MEDLEY
	EVENT 302	FEMALE 200m BREASTSTROKE
	EVENT 303	MALE 100m FREESTYLE
	EVENT 304	FEMALE 50m FREESTYLE
	EVENT 305	MALE 50m BUTTERFLY
	EVENT 306	FEMALE 100m BACKSTROKE
	EVENT 307	MALE 200m BACKSTROKE
	EVENT 308	FEMALE 400m MEDLEY TEAM
	EVENT 309	MALE 400m FREESTYLE TEAM
	EVENT 310	FEMALE 100m BACKSTROKE FINAL
	EVENT 311	MALE 100m FREESTYLE FINAL
	EVENT 312	MIXED 800m FREESTYLE

Session 4	Warm-up TBA	Start TBA - Finish
	EVENT 401	FEMALE 400m INDIVIDUAL MEDLEY
	EVENT 402	MALE 100m BREASTSTROKE
	EVENT 403	FEMALE 100m BUTTERFLY
	EVENT 404	MALE 400m FREESTYLE
	EVENT 405	FEMALE 50m BACKSTROKE
	EVENT 406	MALE 50m BREASTSTROKE
	EVENT 407	FEMALE 200m FREESTYLE
	EVENT 408	MALE 200m BUTTERFLY
	EVENT 409	FEMALE 100m BUTTERFLY FINAL
	EVENT 410	MALE 100m BREASTSTROKE FINAL

Liverpool & District Swimming & Water Polo Association
UPPER LIMIT TIMES for the Age Groups & Championships 2022

Swimmers MUST NOT be faster than the times listed below.

Entries will be checked against the Swim England database for confirmation.

Level 3 Meet in Short Course Pool

BOYS										
EVENT	9	10	11	12	13	14	15	16	17	18+
50m Freestyle	34.00	29.00	28.00	27.00	26.00	25.00	24.00	23.00	22.00	21.00
100m Freestyle	1:15.00	1:05.00	1:03.00	1:00.00	58.00	53.00	52.00	51.00	50.00	49.00
200m Freestyle	2:40.00	2:04.00	2:02.00	2:00.00	1:58.00	1:56.00	1:54.00	1:52.00	1:50.00	1:49.00
400m Freestyle	5:20.00	5:00.00	4:50.00	4:40.00	4:20.00	4:10.00	4:00.00	3:55.00	3:50.00	3:45.00
800m Freestyle				9:00.00	8:35.00	8:45.00	8:35.00	8:30.00	8:25.00	8:20.00
1500m Freestyle				19:00.0	17:50.0	17:00.0	16:50.0	16:00.0	15:50.0	15:00.0
50m Breaststroke	38.00	36.00	34.00	33.00	32.00	31.00	30.00	29.00	28.00	27.00
100m Breaststroke	1:20.00	1:18.00	1:14.00	1:10.00	1:06.00	1:04.00	1:02.00	1:00.00	59.00	57.00
200m Breaststroke	3:10.00	3:00.00	2:50.00	2:40.00	2:30.00	2:27.21	2:25.00	2:20.00	2:14.00	2:10.00
50m Butterfly	35.00	30.00	29.00	28.00	27.00	26.00	25.00	26.00	25.00	24.00
100m Butterfly	1:20.00	1:15.00	1:10.00	1:05.00	1:00.00	58.00	57.00	56.00	54.00	52.00
200m Butterfly	3:00.00	2:40.00	2:35.00	2:25.00	2:15.00	2:10.00	2:07.00	2:05.00	2:01.00	2:00.00
50m Backstroke	34.00	32.00	31.00	30.00	29.00	27.00	26.00	25.00	24.00	23.00
100m Backstroke	1:20.00	1:15.00	1:10.00	1:05.00	1:00.00	58.00	56.00	55.00	54.00	53.00
200m Backstroke	2:35.00	2:30.00	2:25.00	2:20.00	2:16.00	2:06.00	2:04.00	2:03.00	2:05.00	2:04.00
200m Individual	2:40.00	2:35.00	2:30.00	2:25.00	2:20.00	2:15.00	2:09.00	2:05.00	2:04.00	2:00.00
400m Individual				5:00.00	4:35.00	4:25.00	4:30.00	4:28.00	4:25.00	4:20.00

GIRLS										
EVENT	9	10	11	12	13	14	15	16	17	18+
50m Freestyle	35.00	30.00	29.00	27.00	26.00	25.00	24.00	23.00	22.00	21.00
100m Freestyle	1:17.00	1:06.00	1:02.00	1:00.00	59.00	58.00	57.00	56.00	55.00	54.00
200m Freestyle	2:45.00	2:15.00	2:10.00	2:05.00	2:00.00	1:58.00	1:56.00	1:54.00	1:52.00	1:50.00
400m Freestyle	5:30.00	5:04.00	4:55.00	4:45.00	4:30.00	4:25.00	4:20.00	4:15.00	4:10.00	4:00.00
800m Freestyle				9:30.00	9:10.00	9:05.00	9:00.00	8:50.00	8:45.00	8:40.00
1500m Freestyle				20:46.0	19:16.0	18:14.0	18:10.0	18:05.0	18:00.0	17:20.0
50m Breaststroke	40.00	38.00	36.00	35.00	34.00	33.00	32.00	31.00	30.00	29.00
100m Breaststroke	1:30.00	1:25.00	1:20.00	1:15.00	1:13.00	1:12.00	1:11.00	1:10.00	1:08.00	1:06.00
200m Breaststroke	3:15.00	3:10.00	3:05.00	2:50.00	2:40.00	2:35.00	2:30.00	2:25.00	2:20.00	2:15.00
50m Butterfly	37.00	36.00	35.00	32.00	30.00	29.00	28.00	27.00	26.00	25.00
100m Butterfly	1:30.00	1:25.00	1:20.00	1:15.00	1:08.00	1:06.00	1:04.00	1:02.00	1:00.00	58.00
200m Butterfly	3:10.00	3:00.00	2:50.00	2:45.00	2:40.00	2:30.00	2:20.00	2:15.00	2:10.00	2:05.00
50m Backstroke	35.00	33.00	34.00	32.00	31.00	30.00	29.00	28.00	27.00	26.00
100m Backstroke	1:25.00	1:20.00	1:15.00	1:10.00	1:08.00	1:05.00	1:03.00	1:02.00	1:00.00	56.00
200m Backstroke	2:45.00	3:00.00	2:40.00	2:35.00	2:30.00	2:20.00	2:15.00	2:10.00	2:05.00	2:00.00
200m Individual	2:45.00	2:43.00	2:40.00	2:25.00	2:22.00	2:20.00	2:18.00	2:15.00	2:12.00	2:10.00
400m Individual				5:10.00	5:00.00	4:50.00	4:45.00	4:40.00	4:35.00	4:30.00

2022 Liverpool and District Age Group and Swimming Championships Conditions

1. INTRODUCTION

- 1.1 The Liverpool and District Age Group and Swimming Championships shall be competed for annually on dates decided by the Liverpool and District Swimming and Water Polo Association committee and in accordance with the Rules of the L&DSWA, SE Laws and SE Technical Rules.
- 1.2 Full details of Rules are available in the L&DSWPA Handbook, distributed annually to clubs and on request to: landdsandwpa@outlook.com

2. GENERAL CONDITIONS

- 2.1 Upper limit qualifying times apply - Swimmers MUST NOT have swum faster than the upper limit times.
There are no qualifying times for disability competitors or team events.
- 2.2 There is no minimum qualifying time. Coach times will be accepted.
- 2.3 COVID-19: L&DSWPA and the pool operator will follow Swim England & government guidelines in forces at the time of the meet.
- 2.4 The use of cameras or mobile phones for taking photographs in the changing area is strictly forbidden.
- 2.5 It is the responsibility of competitors, coaches and clubs to ensure swimmers have attained the standard of the SE Competitive Start Award in order to start from the blocks. Swimmers who have not attained this standard must lower themselves into the water, on the long whistle of the Referee.
- 2.6 Starts will be "over the top" and "side by side" where possible, at the Referees discretion.
- 2.7 Finals will be held for 100m Championship events. All other events are Heat Declared Winner.
- 2.8 Refunds will be issued subject to a relevant Doctors Note.
- 2.9 Refunds will not be made for incorrect entries.
- 2.11 Decisions made by the Meet Promoter shall be final and binding.

3. AGE GROUPS

Age groups are 9, 10, 11, 12, 13, 14, 15, 16, 17, 18+ years

Minimum Age: 9 years on the last day of the Competition 16th October 2022.

4. DISABILITY COMPETITORS

The general conditions for the L&D Championships shall apply to disability competitors.

- 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.
- Disability competitors will be included within the results for their age group.
- There will be no separate disability awards.

5. ENTRIES

- 5.1 Entries will only be accepted from affiliated clubs.
- 5.2 Entries will be processed on a 'first come/first served' basis and will only be processed once a fully completed signed "Summary Entry and Coaches Pass Form" and fees due have been received.
In summary you should:
 - a) Prepare your entries using Sportsystems Entry Manager.
 - b) Complete a Summary Entry and Coaches Pass Form.

c) Email the Summary Entry Form and Sport Systems Entry File to:
landdsandwpa@outlook.com

d) Make a bank transfer for the total fees due.

- 5.3 Submitted entry times shall be used for seeding and rejection purposes as required. All submitted times must be Short Course times or converted Long Course times. Once an entry has been submitted improved times will not be accepted.
- 5.4 Entries must be submitted via clubs using Sportsystems Entry Manager and emailed to:
landdsandwpa@outlook.com
- 5.5 Entries and the appropriate entry fee must be received by the **1st October 2022**
- 5.6 Paper entries will not be accepted.
- 5.7 Entries will not be accepted without appropriate poolside supervision.
- 5.8 Swimmers may only compete for one club during the meet.
- 5.9 All team events shall consist of four members.
- 5.10 For team events clubs should submit a list of the names of swimmers in swim order no later than the end of the session warm up. If a team sheet is not received by this time then the team concerned will be considered to have withdrawn from the event
- 5.11 Clubs may enter one or more teams, but members shall swim for one team only.
- 5.12 In addition to a Sportsystems Entry Manager file, a "Summary Entry and Coaches Pass Form" below must be submitted via email to landdsandwpa@outlook.com
- 5.13 The Promoter reserves the right to restrict entries, with fastest swimmers taking priority, in order to meet time or health and safety reasons. Entries not accepted will be refunded in full to the club.
- 5.14 A list of accepted entries and results will be made available online.

6. ENTRY FEES

- Individual via Sportsystems Entry Manager: £5.00
- Teams via Sportsystems Entry Manager: £5.00
- Coaches passes: £5.00

7. PAYMENTS

- 7.1 Cheques and cash payments will not be accepted.
- 7.2 Payments must be made by bank transfer to:
Account name: Liverpool & District Swimming & Water Polo Association
Sort Code: 20-74-45
Account No: 40735833

8. AWARDS

The top eight swimmers in each age group will receive awards with first, second and third placed swimmers in individual events awarded gold, silver and bronze medals respectively. The top 3 placed swimmers in the 100m Championship Finals will receive awards, with the winner also receiving a trophy.

8. POOLSIDE PASSES

- 8.1 All applications for passes must be made on the "Summary Entry and Coaches Pass Order form" below.
- 8.2 Clubs must sign the coaches pass declaration confirming all their poolside personnel are registered members of their club, and comply with the relevant Swim England Wavepower 2020-23 Child

Safeguarding Policy and Procedures, and have an up to date DBS certificate.

9. OFFICIALS

All participating clubs are requested to assist in the running of the meet through the provision of officials. Expenses will be paid to all qualified officials and mentoring will be available, subject to sufficient qualified officials being available.

Please notify names and qualifications of officials to: landdsandwpa@outlook.com

10. WITHDRAWALS

- 10.1 A withdrawal system will be in operation. Competitors or their representatives must inform the organisers at least one hour before the start of the session if they do not intend to swim. Failure to do so can result in the swimmer being excluded for the whole session relating to the Withdrawal. Notification may be by email, telephone or text – details will be advised to all competing clubs - or by completing the form below. There will be no refund of entry fees for such withdrawals unless the withdrawal is for medical reasons in which case an appropriate certificate must be provided.
- 10.2 Any swimmer who withdraws from a heat or from a final of any event on medical grounds will not be allowed to compete again on the same day. However, they may compete on subsequent days, if any, of the Championships. If they do not comply with this requirement they will be fined £20 for each event in which they compete.
- 10.3 Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.

11. DATA PROTECTION

- 11.1 Liverpool & District Swimming and Water polo Association will use personal data for the purpose of the applicant's application for entry into Liverpool & District Swimming and Water Polo Association events. It is understood that by submitting these forms, the applicant is consenting to receiving information about their application by post, email, text or phone unless stated otherwise.
- 11.2 In-line with the "GDPR" General Data Protection Regulations your entry data will only be used to run the administration software / equipment for the gala and printing of programmes, starter and results sheets. Your results will also be submitted to Swim England and published on the swimming.org website.
- 11.3 Entries for this meet will be held and processed on a computer. By submitting entries, consent is deemed to have been given, as required by the General Data Protection Regulations (GDPR), to the holding and processing of the data in line with these conditions.

**LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION
LEVEL 3 AGE GROUPS & CHAMPIONSHIPS 2022**

EVENT WITHDRAWAL FORM

- Prior to the competition dates, withdrawals should be made by email to landdsandwpa@outlook.com
- On the day of the event subject to Covid-19 guidance withdrawals should be made using this form which should be handed in to the timing suite on the balcony, before the start of the warm up of the relevant session.
- OR on the day of the event subject to Covid-19 guidance withdrawals should be made verbally to the timing suite on the balcony, before the start of the warm up of relevant session.

CLUB:	
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First Name:		Surname:	
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Session	Event Number	Competitor Number	Distance & Stroke

Name (Print)		Signed	
Date		Time of Delivery	

Received By			
Date		Time	

Data Protection

- I have read the Data Protection Statement - Meet condition 11 above (Please tick)