



Leicester Penguins Swimming Club

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

PROUDLY PRESENTS

THE 34th LEICESTER PENGUINS OPEN MEET 2019

(Under Swim England Regulations & Rules)

Licensed @ Level 3 (3EM191954) By Swim England For Entry into Regional Championships

DATE: **SATURDAY 5th & SUNDAY 6th OCTOBER 2019**

VENUE: BRAUNSTONE LEISURE CENTRE ~ LEICESTER

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

EVENTS: 50m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly-
4 x 50m Medley Relay(2 x Girls and 2 x Boys)one swimmer from each age group 10/11, 12/13,14/15,16/open

100m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley
200m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley
400m ~ Freestyle

[Skins Competition](#) retained by popular request

Age as of 31st December 2019

HDW: ALL EVENTS ARE HEAT DECLARED WINNER

AWARDS: To the first three in each age band

SESSIONS: One & Two - Saturday 5th ~ Three & Four - Sunday 6th

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

CLOSING DATE: **Midnight 1st SEPTEMBER 2019, promoter reserves the right to close earlier if competition is full.**

FOR MORE INFORMATION & CLUB ENTRY PACK VISIT:

Web: www.leicesterpenguins.club

Email: lpsscmeets@leicesterpenguins.club

THE 2019 LEICESTER PENGUINS OPEN MEET

Saturday 5th & Sunday 6th October 2019

PROGRAMME OF EVENTS

<u>EVENT</u>	<u>SESSION 1</u> <u>w/u 08:30</u> <u>Start 09:30</u>
1 MIXED (2 X Girls & 2 X Boys one from each age group)	4 x 50m Medley Relay (1 x heat only to first 8 clubs entering a team)
2 BOYS	400m Freestyle
3 GIRLS	50m Freestyle
4 BOYS	100m Butterfly
5 GIRLS	200m Breaststroke
6 BOYS	100m Backstroke
7 GIRLS	50m Butterfly
8 BOYS	100M Breaststroke

Girls Skins Competition

<u>EVENT</u>	<u>SESSION 2</u> <u>TBA</u>
9 GIRLS	100m Individual Medley
10 BOYS	50m Breaststroke
11 GIRLS	100m Freestyle
12 BOYS	200m Butterfly
13 GIRLS	50m Backstroke
14 BOYS	200m Backstroke
15 GIRLS	200m Freestyle
16 BOYS	200m Individual Medley

<u>EVENT</u>	<u>SESSION 3</u> <u>w/u 08:30</u> <u>Start 09:30</u>
17 GIRLS	400M Freestyle
18 BOYS	50m Freestyle
19 GIRLS	100m Butterfly
20 BOYS	200m Breaststroke
21 GIRLS	100m Backstroke
22 BOYS	50m Butterfly
23 GIRLS	100m Breaststroke

Boys Skins Competition

<u>EVENT</u>	<u>SESSION 4</u> <u>TBA</u>
24 BOYS	100m Individual Medley
25 GIRLS	50m Breaststroke
26 BOYS	100m Freestyle
27 GIRLS	200m Butterfly
28 BOYS	50m Backstroke
29 GIRLS	200m Backstroke
30 BOYS	200m Freestyle
31 GIRLS	200m Individual Medley

Session Timings

SATURDAY 5th OCTOBER 2019

SESSION 1 WARM UP 8.30am START 9.30am SESSION LENGTH 3.25 hours
SESSION 2 WARM UP *TBC* SESSION LENGTH 3 hours

SUNDAY 6th OCTOBER 2019

SESSION 3 WARM UP 8.30am START 9.30am

SESSION 4 WARM UP *TBC*

SESSION LENGTH 3.25 hours

SESSION LENGTH 3.25 hours

THE 2019 LEICESTER PENGUINS 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	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	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	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
<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
<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 2019

THE 2019 LEICESTER PENGUINS OPEN MEET

Saturday 5th & Sunday 6th October 2019
(Under Swim England Regulations & Rules)

PROMOTORS CONDITIONS

1. The competition will be held under A.S.A. Laws & A.S.A Technical Rules at Braunstone Leisure Centre, 2 Hamelin Road, Braunstone, Leicester, LE3 1JN. Licence number 3EM19
2. 25m 8 lane competition pool with anti-turbulence lane ropes. Electronic timing with 8 – lane scoreboard is to be used in conjunction with a computerised results service. Entry information can be downloaded from our website and results will be available on-line after the event at: www.leicesterpenguins.club
3. 25m 4 lanes swim down pool will be available at the specified times only. Swimmers must be supervised throughout their swim down/warm up.
4. The competition is open to registered swimmers as defined by ASA Laws: Age as at 31st December 2019.
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. All participants and spectators must observe the safety precautions in operation at the Braunstone Leisure Centre.
7. 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.
8. 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.
9. There will be a professional photographer present during the meet, a) Flash photography is not allowed at all. Anyone not complying will be asked to leave. a) Leicester Penguins reserve the right to take & publish still or video photography during the meet. Any request not to be photographed or videoed MUST be documented and be received before commencement of competition. c) The use of Skype/Facetime or similar platform to broadcast live footage to third parties is prohibited. Anyone not complying will be asked to leave the poolside or spectator area.
10. There are no expected fire alarm or test fire alarms, should the fire alarm sound please 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.
12. All events are HEAT DECLARED WINNER.
13. **This will be a card less meet.** No cards will be issued for this 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 1st SEPTEMBER 2019** **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 **£6.00** per event. Entries will not be processed until payment has been received.
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=This must include the club/swimmer name and the name of the meet in order to be able to distinguish the payment among others, eg Neptunes LPSCOpen
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 British Rankings
 24. As soon as possible after the closing date, club list sheets will be posted on the clubs 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:

Vikki Everest
30, Copt Oak Road
Narborough
Leicester
Leicestershire
LE19 3EF

Email: Leicester.penguins@swimclubmanager.co.uk

Entry Fee: £6.00 per event

Mixed Relay £10 per team to first 8 teams entering (It is a one heat event) CASH PRIZE for winners

Coaches Passes: £10.00 one day pass/ £18 two day pass (including refreshments & lunch)

Coaches' passes cannot be purchased on the day of the Meet.

Spectator Entrance fees

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.