



**EMBRACE
CHALLENGE
ACHIEVE**

Bramcote Swimming Club, Bramcote Leisure Centre, Derby Road,
Nottingham, NG9 3GF
E-mail: bramcotesctreasurer@gmail.com
www.swim-to-win.com
www.aquastarssynchro.com



The Bramcote Open 2021 (3EM210326) Bramcote Swimming Club's 13th Annual Open Meet Sunday 28th November 2021

Rules and Conditions

1. The 13th Bramcote Open Meet will be held under Swim England Regulations and Technical Rules.
2. The Meet will be held on Sunday 28th November 2021. The venue will be Bramcote Leisure Centre, Derby Road, Nottingham NG9 3GF.
3. Competitors must be Category 2 Swim England members.
4. The Age Groups are 9, 10, 11, 12, 13 & 14/over, age at day of the Meet.
5. For 9 year olds, individual events are over 50m, all four strokes plus the 200m IM and 200m Freestyle. For swimmers aged 10/over, individual events are over 50m, all four strokes, 100m, all four strokes, plus 200m IM and 200m Freestyle. All events will be Age Group Heat Declared Winners.
6. The pool length is 25m, six lanes. The pool will be equipped with electronic timing and anti-wave lane ropes. Depth at the deep end is 11'6"; depth at the shallow end is 4'6". A secondary visual start device will be available at this meet.
7. Heats will be swum with all age groups combined and swimmers seeded by entry times. **Entries must be slower than the published upper cut-off times for each event.**
8. Overhead/side by side starts may be used at the Promoters discretion.
9. Awards will be presented to the first six places in each age group, in each individual event.
10. An award for the Top Visiting Club will also be presented.
Points will be awarded to clubs in each group and event as follows:-

1 st Place = 6 Points	2 nd Place = 5 Points	3 rd Place = 4 points
4 th Place = 3 Points	5 th Place = 2 Points	6 th Place = 1 Point
11. The meet will operate on a first come first served basis. Should a session be excessively over-subscribed, the promoters reserve the right to close entries early, at their discretion. If similar numbers of entries are not received for each session, the start time of the later sessions may be subject to change (earlier or later) and will be confirmed with the return of entry information via the website. **NO POOLSIDE ENTRIES WILL BE ACCEPTED.**
12. Clubs with more than 5 swimmers are required to submit an electronic entry. Electronic entries should be made using the Hy-Tek Team Manager entry software. For entry via Hy-Tek Team Manager the closing date for entries will be midnight **8th November 2021**. Individual paper entries will be accepted, but the deadline is earlier than for electronic entries. For paper entries, the closing date will be **1st November 2021**.
13. All entries must include the swimmer's Swim England Registration Number, date of birth, an entry time for each event entered, an e-mail address and a contact telephone number as well as the club name. Incomplete entries will not be accepted.
14. The entry fee is £6.00 per event. Payment must be made by cheque with the Hy-Tek summary sheet/individual entry form or by BACS payment when the entry is sent. For details of how to pay by BACS, please e-mail bramcoteopen@gmail.com for details. **All cheques should be made payable to Bramcote Swimming Club Ltd.**
Please send all entries to:
Open Meet Co-ordinator, Bramcote Swimming Club, Bramcote Leisure Centre, Derby Road, Nottingham, NG9 3GF
e-mail: bramcoteopen@gmail.com
15. This meet will be a cardless meet. Details confirming the events entered for all accepted swimmers will be published after 10th November on our website <http://swim-to-win.com/bramcote-open-meet/>





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16. Refunds for rejected entries will be sent to the swimmer's club after the open meet has finished. No refunds will be made for the withdrawal of accepted entries after the closing date.
17. To assist in the smooth running of the meet, and for the best interest of all competitors, if you intend not to compete in an event and it is after the closing date, then help your fellow competitors by e-mailing bramcoteopen@gmail.com by midday Saturday 20th November 2021. Swimmers wishing to withdraw from an event on the day of the meet **must text 07498 604991 prior to the start of the warm up session in which the event is due to be swum**; otherwise lanes will be left empty during that heat.
18. Entries will be held on a computer solely for the purposes of this competition and consent to the holding of personal information on computer, as required by the Data Protection Act 1984 and in compliance with the GDPR guidelines of May 2018, will be deemed to have been given by the submission of the entry. Personal Data will be available for inspection during the meet on application to the Promoters.
19. The Meet will consist of three sessions:-
Session 1 – Warm up 8:30am, start 9:30am
Sessions 2 and 3 – Warm-up & Start time to be confirmed.
Sessions 1 and 2 may be up to a maximum of 3 hrs each and Session 3 may be up to a maximum of 2hr with a total maximum competition time of 7 ½ hrs.
20. Swimmers will be called up to two events prior to their swim and should report to the Competitors Steward immediately. The Stewards will send the swimmers to the starting area.
21. Swimmers must wear appropriate footwear when leaving the poolside.
22. Swimmers & officials MUST NOT sit or climb over the spectator/poolside wall.
23. The Seating Capacity at Bramcote is 240 and there is a large, free car park at the Leisure Centre. There are no in-house catering facilities.
24. A coach's pass for the day will cost £15 per individual. This will include a programme, start sheet and meals between sessions. Please indicate the number of coaches passes required and include the remittance with entry fees. Passes are transferable between members of the same club but only one member per pass is permitted on poolside at any one time. You are reminded that entry to poolside without a pass will not be permitted. Holders of coaches passes must be registered with Swim England, hold a valid DBS check and have undertaken safeguarding training within the last 3 years.
25. Spectator entry will be £8.00 for the day (£4.50 for OAPs/NUS, children U16 free) or £5.00 per session (£2.50 OAPs/NUS, children U16 are free of charge).
26. You are advised not to leave clothing or other articles unattended as neither the Promoter nor the Pool management are able to accept any responsibility for loss or damage. There are coin lockers available for storage of clothing and valuables operated using a £1.00 coin, which is returnable.
27. By competing in the Meet, you are agreeing to photography taking place. An official photographer may be in attendance. Anyone wishing to use cameras, video recorders or camera phones must comply with Swim England guidance, a copy of which will be available on the day. Any concerns about photography should be raised with the meet co-ordinator.
28. Any conditions not covered by this information will be at the discretion of the Promoter.





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Qualifying Times

**Times are Short Course, age as at 28th November 2021
(Long Course conversions accepted)**

BOYS	NO QUICKER THAN					
Age group	9	10	11	12	13	14/over
50m Free	00:33.7	00:31.7	00:29.7	00:28.1	00:26.8	00:25.9
50m Back	00:39.3	00:36.3	00:34.4	00:32.5	00:30.8	00:29.8
50m Breast	00:44.0	00:42.4	00:38.9	00:36.2	00:34.5	00:33.5
50m Butterfly	00:38.5	00:35.4	00:33.3	00:30.9	00:29.4	00:28.6
200 Free	02:43.3	02:30.6	02:20.9	02:13.2	02:07.2	02:03.1
200 IM	03:06.3	02:50.5	02:40.6	02:32.0	02:24.7	02:20.7
100m Free		01:09.6	01:05.2	01:01.1	00:58.2	00:56.3
100m Back		01:18.6	01:14.0	01:09.2	01:06.0	01:03.5
100m Breast		01:32.4	01:25.4	01:19.6	01:15.6	01:12.2
100m Butterfly		01:21.4	01:14.3	01:09.6	01:05.4	01:03.4
GIRLS	NO QUICKER THAN					
Age group	9	10	11	12	13	14/over
50m Free	00:34.4	00:32.0	00:30.1	00:29.0	00:28.4	00:28.3
50m Back	00:40.0	00:36.7	00:34.5	00:33.0	00:32.1	00:31.8
50m Breast	00:45.9	00:41.9	00:38.9	00:37.1	00:36.2	00:36.0
50m Butterfly	00:39.1	00:35.4	00:33.1	00:31.9	00:31.0	00:30.6
200 Free	02:46.1	02:31.7	02:21.6	02:16.3	02:12.4	02:11.3
200 IM	03:08.1	02:52.4	02:41.4	02:34.6	02:30.4	02:29.0
100m Free		01:10.2	01:05.6	01:02.9	01:01.0	01:00.8
100m Back		01:18.6	01:13.9	01:10.6	01:08.2	01:08.1
100m Breast		01:31.4	01:25.4	01:20.9	01:18.0	01:17.4
100m Butterfly		01:22.4	01:14.6	01:11.5	01:08.9	01:07.8

This meet is licenced at level 3 which means that times achieved will be forwarded to Swim England for inclusion in Rankings and will be accepted for entry into County and Regional Championships. We have therefore set the cut off times for this meet with this in mind. Times achieved in this meet will not be accepted for entry into National competitions. This is in line with Swim England recommendations for "Competition for All"





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Schedule of Events

SESSION 1:

(Warm up: 8.30-8.55am Girls: 8.55am to 9.20am Boys)

1	Girls	9yr and over	200m Individual Medley
2	Boys	9yr and over	200m Freestyle
3	Girls	10yr and over	100m Breaststroke
4	Boys	10yr and over	100m Breaststroke
5	Girls	9yr and over	50m Butterfly
6	Boys	9yr and Over	50m Backstroke
7	Girls	9yr and over	50m Freestyle

SESSION 2:

(Warm up TBC)

8	Boys	9yr and over	200m Individual Medley
9	Girls	9yr and over	200m Freestyle
10	Boys	10yr and over	100m Butterfly
11	Girls	10yr and over	100m Butterfly
12	Boys	9yr and over	50m Butterfly
13	Girls	9yr and Over	50m Backstroke
14	Boys	9yr and over	50m Freestyle

SESSION 3:

(Warm up TBC)

15	Boys	10yr and over	100m Backstroke
16	Girls	9yr and over	50m Breaststroke
17	Boys	9yr and over	50m Breaststroke
18	Girls	10yr and over	100m Freestyle
19	Boys	10yr and over	100m Freestyle
20	Girls	10yr and Over	100m Backstroke

Sessions 1 and 2 will be no longer than 3hr. Session 3 will be no longer than 2hr. The total competition time will be a maximum of 7 ½ hr.





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ENTRY FORM

For electronic entries, please use Hy-Tek Team Manager. E-mail bramcoteopen@gmail.com

Closing date for paper entries: 1st November 2021. Closing date for electronic entries: 8th November 2021

Swimmer's name		Date of Birth			
Club		Age on day (28/11/21)			
Address (including postcode)					
Swim England No.		Phone No:			
Email Address		Gender		Male/Female (please delete)	
Events for 9yr/over	Entry Time	Events for 10yr/over	Entry Time	Events for 10yr/over	Entry Time
Boys and Girls		Boys and Girls		Boys and Girls (ctd)	
50m Freestyle		50m Freestyle		100m Freestyle	
50 Backstroke		50 Backstroke		100 Backstroke	
50m Breaststroke		50m Breaststroke		100m Breaststroke	
50m Butterfly		50m Butterfly		100m Butterfly	
200m Freestyle				200m Freestyle	
200m Individual Medley				200m Individual Medley	
Total number of entries			@ £6.00	£	
Number of coaches passes-please complete form below (includes start sheets, programme, lunch, tea)			@ £15.00	£	
Total amount enclosed (please make cheques payable to Bramcote Swimming Club Ltd, for details on how to pay by BACS, e-mail bramcoteopen@gmail.com)				£	

**Please send the completed form together with payment (if paying by cheque) to
Open Meet Co-ordinator, Bramcote SC Ltd, Bramcote Leisure Centre, Derby Road, NG9 3GF**





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COACHES PASS APPLICATION

Club			
Email Address			
Confirmation	I confirm that those listed below have sufficient poolside accreditation to ensure safe supervision of our athletes. Signed: Name (printed): Position in club:		
Name of coach/TM	SE number	DBS check held (tick)	Safeguarding training undertaken (tick)





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VOLUNTEER OFFICIALS ARE NEEDED TO RUN THIS MEET

Bramcote Swimming Club would like to thank all officials who have volunteered to officiate at our open meet in recent years and helped to make it a success.

A large number of volunteers are required to run a successful competition and Bramcote SC invites you to give some of your time if you are able.

Food and refreshments will be provided for the officials between sessions.

We ask all clubs sending 10 or more swimmers to provide at least one qualified official per session.

We will accommodate J1 and J2 mentoring as much as possible, given sufficient advance notice.

If you are attending with your swimmer and are a qualified official or have any officials within your Club who can help with this meet, please send an e-mail marked 'Officials' to bramcoteopen@gmail.com.

Thank you for your support!

