



A/B Easter Short Course Meet 2023

KINGSTON UPON HULL SWIMMING CLUB

(Affiliated to Swim England North East Region)

A/B Easter Short Course Meet

Licence 3NE230298

Under ASA Laws & ASA Technical Rules

Licensed Level 3 Event

(For entry into Regional and County Championships)

**Friday 31st March 2023,
Saturday 1st and Sunday 2nd April 2023
Ennerdale Leisure Centre, Hull**

Events

All age groups - 50m, 100m and 200m all strokes and 200m IM
11 yr – 15+ 400 Free and 400 IM

Awards

**9 / 10 Years Medals 1st – 6th
11/ 12 / 13 / 14/ 15 Years & Over Medals 1st – 3rd**

**Age as at 2nd April 2023
Closing Date: 5th March 2023**



A/B Easter Short Course Meet 2023

General Information

Organisation

- The competition will be held under ASA Laws and ASA Technical Rules of Swimming.
- Age as at **2nd April 2023**
- Over the top starts will be used at the discretion of the Lead Referee and Meet Management.
- Integrated heats (i.e. multiple age groups) will be seeded according to entry times.
- All events are Heat Declared Winner.

Disability Swimmers

- Swimmers with a disability will swim under IPC Rules
- Qualifying times for disability competitors are not required, however entry times will be submitted for the purpose of seeding the heats.
- Poolside passes/Coach passes will attract the advertised fee. All Coaches, Chaperones and Personal Care Assistants must conform to the Swim England hold Protection Procedures and hold a current DBS certificate.
- The competition format will be based on disability inclusion within the able-bodied programme. As such, there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability swimmers will also be included within the results for their age group.

Venue

- Ennerdale Leisure Centre, Sutton Road, Hull, HU7 6EA.
- Free Parking

Pools

- 25m, 6 Lane Pool with anti-wave ropes.
- Wedge starting blocks.
- Swim down times will be integrated within the meet.
- This facility will be withdrawn if abused. Vigilance over behaviour in the swim down pool from coaches and team managers is expected.
- Mobile phones are not to be used for photography or filming on poolside.

Footwear

- All Meet participants must observe the safety precautions in operation at Ennerdale Leisure Centre and **must wear footwear when leaving poolside.**

Timing

- Colorado Electronic timing will be used throughout the meet.

Session Times

- | | | |
|---------------------------------|----------------|--------------|
| • Friday evening | Warm Up 5.30pm | Start 6:00pm |
| • Saturday and Sunday Morning | Warm Up 8:00am | Start 9:00am |
| • Saturday and Sunday Afternoon | Warm Up 1:00pm | Start 2:00pm |

Age Groups

- Boys 9 / 10 / 11 / 12 / 13 / 14 / 15 & Over.
- Girls 9 / 10 / 11 / 12 / 13 / 14 / 15 & Over.



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Individual Events

- All age groups graded (except 9 year Age Group) – 50m, 100m, 200m all strokes, 200m IM
- All age groups ungraded - 400 Free and 400 IM
- All events are Heat Declared Winner.

Awards

- 9 / 10 Medals 1st – 6th
- 11/ 12 / 13 / 14/ 15 & Over Medals 1st – 3rd
- Speeding Tickets for all who swim faster than the upper A grade limit times by the following tolerances:
 - 1 second on 50m events 3 seconds on 200m events
 - 2 seconds on 100m events 4 seconds on 400m events

Coaches Passes

- **Coaches pass costs £40** this includes: admissions to all sessions, a programme, results sheets, and lunch with refreshments.

Entry Procedures and fees

All entries to be submitted using the Sports System file which will be available at www.kuhsc.co.uk

- The entry file will be available **?????**
- All entries are £6.50 per event and must be submitted electronically using the Sports System files provided, however, additional costs will be applied for paper and late/poolside entries.
- **Only small entries will be accepted without the sports systems entry file at £7.50 per entry.**
- Entries must meet the qualifying times and be no faster than the upper limit times.
- Entries will be accepted on a first come first served basis providing that the entry times submitted are within the upper and lower qualifying times. It may be necessary to close entries prior to the official closing date.
- Refunds for rejected entries will be returned via your club secretary. No refunds will be made for cancellation of accepted entries after the meet closes.
- Refunds will only be given on the completion of a KUHSC refund form if:
 - The withdrawal is before the Gala has closed, which may be prior to the advertised date if the Gala is full.
 - The withdrawal is after the Gala has closed and is on medical grounds, subject to submission of an appropriate medical certificate. In such cases, the swimmer will be withdrawn from all other events.
- Poolside entries will be accepted if the meet is not full at the discretion of the lead referee, and will cost £8.50.
- The **entry summary** and the **coach/team manager sheet** must be emailed to kuhsopenmeets@gmail.com
- Payment is to be made by **BACS** – with a payment reference –Club(abbreviations accepted) followed by ApAB23
BACS PAYMENT HSBC, HULL JAMESON STREET
SORT CODE – **40-25-49** ACCOUNT NO. **50118575**

PLEASE E-MAIL AN 'ENTRY SUMMARY' AND 'COACH/TEAM MANAGER SHEET' TO kuhsopenmeets@gmail.com

ENTRY CLOSING DATE: Sunday 5th March 2023



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Withdrawals

- All entry withdrawal forms must be presented to the recorders desk no later than 45 minutes before the start of each session.

Spectators

- Admission for spectators will be **£7 for the day**
- Programmes will cost **£5 each**.
- Users of any video, zoom or close range cameras must register their details at the entrance. Stickers will be issued, and must be worn at all times.
- No Photography is permitted on poolside (with exception to the KUHSC official photographer) or in the changing rooms at any point during the competition.

Swim Shop

- There will be a swim shop open throughout the meet.

Further Information

For further information, please contact us at kuhsopenmeets@gmail.com / kuhsctrustees@outlook.com

The entry file will be available **?????**

- Or you can visit our website and click on gala information www.kuhsc.co.uk

Any points not covered here will be at the discretion of the Promoter / meet organisers



A/B Easter Short Course Meet 2023

Schedule of Events

<u>Friday 31st March 2023</u>	
<u>Session One</u> <u>Warm Up 5.30pm Start 6pm</u>	
1. GIRLS	400 FREE
2. BOYS	400 FREE
3. GIRLS	400 IM
4. BOYS	400 IM

<u>Saturday 1st April 2023</u>	<u>Saturday 1st April 2023</u>
<u>Session One</u> <u>Sat Warm Up 8.00am start 9:00am</u>	<u>Session Two</u> <u>Warm Up 1.00pm start 2.00pm</u>
5. GIRLS 200 FREE	11. GIRLS 200 IM
6. BOYS 200 BACK	12. BOYS 200 BREAST
7. GIRLS 50 BREAST	13. GIRLS 50 BACK
8. BOYS 50 FLY	14. BOYS 50 FREE
9. GIRLS 100 BACK	15. GIRLS 100 FREE
10. BOYS 100 BREAST	16. BOYS 100 FLY
	17. GIRLS 200 FLY

<u>Sunday 2nd April 2023</u>	<u>Sunday 2nd April 2023</u>
<u>Session One</u> <u>Warm Up 8.00am start 9:00am</u>	<u>Session Two</u> <u>Warm Up 1.00pm start 2.00pm</u>
18. BOYS 200 FREE	24. BOYS 200 IM
19. GIRLS 200 BACK	25. GIRLS 200 BREAST
20. BOYS 50 BREAST	26. BOYS 50 BACK
21. GIRLS 50 FLY	27. GIRLS 50 FREE
22. BOYS 100 BACK	28. BOYS 100 FREE
23. GIRLS 100 BREAST	29. GIRLS 100 FLY
	30. BOYS 200 FLY



A/B Easter Short Course Meet 2023

A Grade Cut Off Times (Not Faster Than)

No A Grade cut off times for the 9&10 year age groups

Boys							EVENT	Girls						
9	10	11	12	13	14	15/OV		9	10	11	12	13	14	15/OV
-	-	30.0	29.0	28.0	27.0	26.0	50m Free	-	-	30.0	29.5	29.0	28.0	27.0
-	-	1:07.0	1:03.0	59.0	57.0	55.0	100m Free	-	-	1:06.0	1:04.0	1:02.0	1:01.0	1:00.0
-	-	2:26.0	2:17.0	2:10.0	2:04.0	2:01.0	200m Free	-	-	2:25.0	2:19.0	2:14.0	2:12.0	2:10.0
		5:11.0	4:55.0	4:41.0	4:30.0	4:23.0	400m Free			5:05.0	4:54.0	4:46.0	4:42.0	4:37.0
-	-	40.0	37.0	35.0	34.0	32.0	50m Breast	-	-	39.0	38.0	37.0	36.0	35.0
-	-	1:26.0	1:21.0	1:16.0	1:12.0	1:10.0	100m Breast	-	-	1:26.0	1:22.0	1:18.0	1:16.0	1:15.0
-	-	3:08.0	2:55.0	2:44.0	2:37.0	2:32.0	200m Breast	-	-	3:06.0	2:55.0	2:49.0	2:44.0	2:43.0
-	-	34.0	33.0	30.0	29.0	28.0	50m Fly	-	-	33.0	32.5	32.0	31.0	30.0
-	-	1:16.0	1:12.0	1:07.0	1:03.0	1:01.0	100m Fly	-	-	1:16.0	1:12.0	1:09.0	1:07.0	1:07.0
-	-	2:49.0	2:38.0	2:28.0	2:21.0	2:15.0	200m Fly	-	-	2:49.0	2:38.0	2:32.0	2:27.0	2:25.0
-	-	36.0	34.0	32.0	30.0	29.0	50m Back	-	-	35.0	34.0	33.0	32.0	31.0
-	-	1:16.0	1:11.0	1:07.0	1:04.0	1:02.0	100m Back	-	-	1:16.0	1:12.0	1:09.0	1:08.0	1:07.0
-	-	2:43.0	2:33.0	2:24.0	2:18.0	2:13.0	200m Back	-	-	2:41.0	2:33.0	2:29.0	2:25.0	2:23.0
-	-	2:45.0	2:36.0	2:28.0	2:21.0	2:16.0	200m IM	-	-	2:44.0	2:36.0	2:32.0	2:29.0	2:26.0
		5:59.0	5:36.0	5:20.0	5:06.0	4:56.0	400 IM			5:57.0	5:37.0	5:26.0	5:19.0	5:15.0



A/B Easter Short Course Meet 2023

B Grade Cut Off Times (NOT Faster Than)

No cut off times for the 9 year age group

Boys							EVENT	Girls						
9	10	11	12	13	14	15/OV		9	10	11	12	13	14	15/OV
-	39.0	37.0	34.0	32.0	30.0	29.0	50m Free	-	39.0	36.0	34.0	33.0	32.0	31.0
-	1:27.0	1:20.0	1:14.0	1:08.0	1:05.0	1:02.0	100m Free	-	1:26.0	1:19.0	1:13.0	1:10.0	1:09.0	1:08.0
-	3:09.0	2:55.0	2:41.0	2:30.0	2:21.0	2:16.0	200m Free	-	3:05.0	2:50.0	2:39.0	2:31.0	2:28.0	2:26.0
							400m Free							
-	52.0	48.0	44.0	40.0	38.0	36.0	50m Breast	-	51.0	47.0	43.0	41.0	40.0	39.0
-	1:53.0	1:43.0	1:34.0	1:27.0	1:22.0	1:19.0	100m Breast	-	1:51.0	1:40.0	1:33.0	1:28.0	1:25.0	1:25.0
-	4:03.0	3:43.0	3:24.0	3:08.0	2:58.0	2:51.0	200m Breast	-	3:57.0	3:36.0	3:21.0	3:10.0	3:04.0	3:03.0
-	44.0	41.0	38.0	35.0	33.0	31.0	50m Fly	-	43.0	40.0	37.0	36.0	35.0	34.0
-	1:40.0	1:30.0	1:23.0	1:16.0	1:12.0	1:09.0	100m Fly	-	1:38.0	1:28.0	1:22.0	1:18.0	1:15.0	1:15.0
-	3:43.0	3:21.0	3:04.0	2:49.0	2:39.0	2:31.0	200m Fly	-	3:38.0	3:16.0	3:01.0	2:51.0	2:45.0	2:43.0
-	46.0	42.0	39.0	36.0	34.0	33.0	50m Back	-	44.0	41.0	39.0	37.0	36.0	36.0
-	1:39.0	1:30.0	1:23.0	1:17.0	1:12.0	1:09.0	100m Back	-	1:37.0	1:29.0	1:22.0	1:18.0	1:16.0	1:15.0
-	3:33.0	3:14.0	2:58.0	2:45.0	2:36.0	2:30.0	200m Back	-	3:26.0	3:07.0	2:56.0	2:48.0	2:43.0	2:41.0
-	3:36.0	3:18.0	3:03.0	2:49.0	2:40.0	2:33.0	200m IM	-	3:30.0	3:12.0	2:59.0	2:52.0	2:47.0	2:45.0
							400m IM							



Schedule of Events

A/B Easter Short Course Meet

Cash and Entry Summary

Club:

Contact name:

Tel. Number:

E-Mail Address:

This will be used to notify you when the draft programme is available and to resolve any queries with the entries.

***Individual Boys Entries** @ £6.50 each - Sub – total £

***Individual Girls Entries** @ £6.50 each - Sub – total £

Coaches/Club Manager Passes @ £40.00 each - Sub – total £

GRAND TOTAL ENCLOSED £

*Entries not submitted via sports system will cost **£7.50 each**

*Late/poolside entries will cost **£8.50 each**

Payments by **BACS** - with a payment reference –Club (abbreviations accepted) followed by **ApAB23**

KUHSC

SORT CODE – 40-25-49 ACCOUNT NO. 50118575

PLEASE E-MAIL AN 'ENTRY SUMMARY' AND 'COACH/TEAM MANAGER SHEET' TO

kuhsopenmeets@gmail.com



OFFICIALS - WE WOULD APPRECIATE YOUR HELP

We need many officials to run a successful meet. If you are willing to officiate at our Regional Qualifier meet, could you please fill the form below and return it with your club entries.

We will contact you nearer the date confirming when we require your help.

Any help you give is very much appreciated. Expenses and a lunch will be provided for anyone willing to help for the day – expenses for Officials with no swimmer shall not be capped – those with a swimmer competing will be limited to £20 for travel expenses only.

Name	Address	Contact No./Email	Qualification

Please e-mail: kuhsctrustees@outlook.com