



FLITWICK DOLPHINS SWIMMING CLUB

(Affiliated to Swim England East Region & Swim England Bedfordshire formerly Bedfordshire ASA)

PRESENTS

FLITWICK OPEN 2022

(Under Swim England Regulations and Technical Rules of Racing)

Level 3 Licence 3ER221166 Year 12 of this popular meet



DATE:	Saturday 15 th and Sunday 16 th October 2022
VENUE:	Saxon Pool, Saxon Drive, Biggleswade SG18 8SU
AGE AS AT:	16 th October 2022
AGE GROUPS:	Male / Female: 9~ 10 ~ 11~ 12 ~ 13~14 ~15 & 16 and Over
EVENTS:	50m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly 100m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley 200m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley 400m ~ Freestyle ~ Individual Medley
EVENT FORMAT:	All Events are on Timed Final Basis (formerly referred to as Heat Declared Winner)
AWARDS:	Medals awarded to 1 st , 2 nd and 3 rd in each age group Top visiting Club trophy
SESSIONS:	Two Saturday and Two Sunday
ENTRIES:	First Come First Serve
CLOSING DATE:	Midnight Sunday 11th September 2022 or when full

8 LANE 25m COMPETITION POOL - ELECTRONIC TIMING

FOR MORE INFORMATION & CLUB ENTRY PACK VISIT:

Web: www.flitwickdolphins.org.uk

Email: FlitwickMeets@gmail.com



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Under Swim England Laws and Regulations, and Technical Rules of Racing

Level 3 Licence 3ER221166

Saturday 15th & Sunday 16th October 2022 Saxon Pool, Saxon Drive, Biggleswade, SG18 8SU

PROMOTER CONDITIONS

1. The competition is a Level 3 licensed meet, held under Swim England Laws and Regulations, Technical Rules of Racing and the Swim England and Open Meet Licensing Criteria. All competitors must be Swim England Category 2 members.
2. All events will be run on a timed final basis (formerly referred to as heat declared winner) with the fastest three swimmers in each age group being awarded medals
3. The age groups for boys and girls are: 9, 10, 11, 12, 13, 14, 15 and 16 years and over. Age as at 16th October 2022. The minimum age for participation is 9 years.
4. Qualifying and Upper Limit times apply for entries.
5. There will be a Top Visiting Club award presented at the end of the competition, which will be kept by the winners for 12 months. Points are as follows: 1st = 3pts, 2nd = 2pts, 3rd = 1pt. Although Flitwick Dolphins are not eligible to win the trophy their results will be included when calculating the points.
6. Heats will be swum with all age groups combined and swimmers seeded by entry times.
7. Over the top starts may be used at the referee's discretion.
8. Anti-wave ropes will be used in an eight-lane, 25m pool.
9. AOE will be used. There will be no secondary strobe
10. Valid entries will be accepted on a first come first served basis and the Promoter reserves the right to close entries for the meet or for individual events to maintain a balanced programme and control the duration of the meet. Entries will only be entered into our system and processed once a fully completed signed Club Summary Form, any fees due and funds cleared. In summary you should: -
 - a) prepare your entries using Sportsystems Entry Manager
 - b) complete a Club Summary form
 - c) Email the Club Summary Form and Sportsystems Entry file to – FlitwickMeets@gmail.com
 - d) Make a Bank Transfer for the total fees due plus the cost of any coach passes.
11. The entry fee is £7.50 per event. All entries must include the entrant's Swim England identification number together with all entry fees. Where a club enters five or more swimmers, entries must be submitted electronically. The entry files will be available from the Flitwick Dolphins website: flitwickdolphins.org.uk. Paper entries must be on the official entry form included in this pack but are only required if not using electronic entry. Paper entries will be subject to an additional admin fee of £5.00 per swimmer excluding entries made for Disability swimmers (see Condition 13).

All Clubs **must** return a fully completed signed Summary Entry form (preferably by email)
12. Bank transfer is the preferred method of payment: please contact the Promoter for details. Consolidated entries are requested to be submitted for each club, together with a single Electronic payment.
13. Entries are welcomed from swimmers with disabilities. These swimmers will be exempt from the Qualification standards stated in these conditions, but must have times; entries should be submitted using the paper entry form with the disability classification indicated (where applicable) – these entries will not be subject to the administration fee detailed in Condition 11.



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Swimmers must have a classification (S Categories) or be in possession of an ASA Certificate of Exception (previously named Certificate of Swimming Disability).

Those who require additional provisions to access the event are requested to notify the Promoter in advance of the meet.

Medals for disability swimmers will be awarded separately from those for other competitors

14. Closing Date for entries: Midnight, Sunday 11th September 2022. Late entries will only be accepted at the discretion of the Promoter.
15. The accepted entries list will be posted on the club's website: flitwickdolphins.org.uk. It is the responsibility of the participating Clubs representatives to check the entries for any errors in names, gender, times etc., and to notify the Promoter of any such errors by 1st October 2022.
16. Full refund of entry fees will be given if an entry is not accepted because an event is over-subscribed. Otherwise, refunds will only be given on medical grounds, supporting evidence may be required.
17. Should the event have to be cancelled on the advice of Swim England or the UK Government due to Covid-19 Lockdown or Restrictions to reduce the risk of virus transmission; a full refund of entry fees paid and confirmation of Event cancellation will be issued. For consolidated entries this refund will be sent to the participating Club Treasurer, and for individual entries to the contact identified on the entry form. Should there be a need to take such action the Promoter will take the decision to do this at the most opportune time to avoid the outlay of any unnecessary expenses.
18. Results will be posted on the flitwickdolphins.org.uk web site and submitted to the Swim England.
19. Swimmers will be required to inform the Recorders of withdrawal at least 45 minutes before the start of each session. Withdrawals after the 45-minute deadline may only be made on medical grounds and must be notified by the club coach to the Recorders.
20. Coaches and team managers will be allowed on deck only if they have a meet coach pass, which must be purchased in advance using the official application form. The cost is £20.00 for one day or £30.00 for both days, including an on-line programme and lunch/refreshments. Applications for coach passes must be submitted with entries by 11th September 2022 to assist with catering and will be available at the door with the coach's pack.
21. All coaches, team managers and volunteers on deck must be Swim England members.
22. Swimmers, coaches and team managers are responsible for the security of their possessions. The changing area has lockers operated for a returnable £1 fee.
23. In order to comply with Swim England's child protection policy and the conditions of the meet licence, the Promoter is obliged to ensure that anyone who wishes to take photographs or video at the meet must comply with the latest Swim England guidance on photography as described in detail in 'Wavepower 2020-23' (<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs>).

This also applies to the use and sharing of any images or video, including social media. Anyone who wishes to take images or video are requested to focus on their own children as much as reasonably possible and to avoid including other children in images. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.



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The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras.

NOTE: The use of cameras or mobile phones for taking any photography within the changing area is strictly forbidden by both the Promoter and the Management of the centre being used.

Only coaches and team managers may take photos or film races on poolside for use as educational evidence and these must comply with Swim England guidance and the focus of the filming should be of their swimmers only. Any swimmer or coach found to be breaking these rules will be asked to leave the building and will take no further part in the competition. The club also reserves the right to take further action against anybody breaking this rule. The safety of children and young people for this event is of paramount importance. If you have any child safeguarding concerns at the event, please contact the meet coordinator.

24. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
25. Any conditions not covered by the above will be at the discretion of the promoter and lead referee.
26. All entries and enquiries should be submitted to the promoter below:

Mr Ian Fowler

c/o Flitwick Dolphins SC Email: FlitwickMeets@gmail.com



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PROGRAMME OF EVENTS

SATURDAY 15th OCTOBER 2022

SESSION 1		WARM UP: 13:00 WITHDRAWAL: 13:15 START: 14:00	SESSION 2		WARM UP: TBC WITHDRAWAL: TBC START: TBC
101	Male	400m IND. MEDLEY	201	Male	200m BUTTERFLY
102	Female	100m FREESTYLE	202	Female	400m FREESTYLE
103	Male	100m FREESTYLE	203	Male	200m IND. MEDLEY
104	Female	100m BACKSTROKE	204	Female	100m BUTTERFLY
105	Male	200m BACKSTROKE	205	Male	100m BREASTSTROKE
106	Female	200m IND. MEDLEY	206	Female	200m BREASTSTROKE
107	Male	50m BREASTSTROKE	207	Male	50m BACKSTROKE
108	Female	50m BREASTSTROKE	208	Female	50M BACKSTROKE

SUNDAY 16th OCTOBER 2022

SESSION 3		WARM UP: 13:00 WITHDRAWAL: 13:15 START: 14:00	SESSION 4		WARM UP: TBC WITHDRAWAL: TBC START: TBC
301	Female	400m IND. MEDLEY	401	Female	200m BUTTERFLY
302	Male	200m BREASTSTROKE	402	Male	400m FREESTYLE
303	Female	100m BREASTSTROKE	403	Female	100m IND. MEDLEY
304	Male	200m FREESTYLE	404	Male	100m BUTTERFLY
305	Female	200m FREESTYLE	405	Female	200m BACKSTROKE
306	Male	100m IND. MEDLEY	406	Male	100m BACKSTROKE
307	Female	50m BUTTERFLY	407	Female	50m FREESTYLE
308	Male	50m BUTTERFLY	408	Male	50m FREESTYLE



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Individual Entry Form

First Name:		Surname:	
Date of Birth:		Age @ 16th October 2022:	
Swim England Number	Male		Female
	(Delete as appropriate)		
Club			
Disability Classification (if applicable)			
Home Address including Postcode:			
E-mail Address			

Event	Time
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
100m Ind.Medley	
200m Ind.Medley	
400m Ind.Medley	
Total cost:	Total no. of events

Bank transfer is the preferred method of payment:
please contact the Promoter for details on
FlitwickMeets@gmail.com

Please reference FO22 and your swimmer's name
in the BACS reference so we can match against
your entries.
i.e., FO22<Club 4 digit code> or <swimmer's surname name>

Closing date for entries: Midnight, Sunday 11th September 2022

		@ £7.50 per event is	£ _____
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I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws Swim England and I will abide by the conditions laid down by the Promoter for this competition.

Signature of Competitor: Date:

Club Official's Signature: Date:



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Qualification Times: GIRLS

EVENT	GIRLS UPPER LIMIT TIMES							
	9	10	11	12	13	14	15	16+
50m Freestyle	35.0	32.8	30.3	29.5	28.0	27.7	27.5	27.0
100m Freestyle	1:20.0	1:12.1	1:07.0	1:03.7	1:02.0	1:00.9	1:00.2	59.5
200m Freestyle	2:49.7	2:33.1	2:22.5	2:12.9	2:09.9	2:08.9	2:07.0	2:06.0
400m Freestyle	6:12.5	5:24.9	4:55.1	4:41.6	4:37.2	4:33.1	4:29.3	4:28.3
50m Breaststroke	45.8	42.7	39.1	37.0	36.2	35.8	35.2	35.0
100m Breaststroke	1:44.3	1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1	1:14.8
200m Breaststroke	3:37.5	3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:42.1	2:41.4
50m Butterfly	40.2	36.3	34.5	31.7	31.2	30.7	30.4	30.3
100m Butterfly	1:37.6	1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.4	1:06.0
200m Butterfly	3:33.1	3:00.0	2:42.5	2:35.8	2:30.2	2:26.4	2:23.9	2:23.1
50m Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.8	31.4
100m Backstroke	1:31.1	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4	1:06.1
200m Backstroke	3:08.4	2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:22.0	2:20.8
100m IM	1:30.7	1:20.8	1:18.0	1:14.3	1:11.7	1:10.8	1:09.8	1:08.9
200m IM	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8	2:24.9
400m IM	6:50.1	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:06.0	5:03.4

EVENT	GIRLS QUALIFYING TIMES							
	9	10	11	12	13	14	15	16+
50m Freestyle	48.5	45.5	42.5	39.9	37.7	36.2	35.2	34.5
100m Freestyle	1:49.1	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9	1:14.2
200m Freestyle	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2	2:39.8
400m Freestyle	8:25.6	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9	5:35.1
50m Breaststroke	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2	43.4
100m Breaststroke	2:20.3	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5	1:32.9
200m Breaststroke	4:54.9	4:32.7	4:09.8	3:52.9	3:38.2	3:28.8	3:23.7	3:20.3
50m Butterfly	54.3	49.9	46.5	43.5	41	39.3	38.1	37.4
100m Butterfly	2:08.8	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3	1:21.6
200m Butterfly	4:41.5	4:09.3	3:45.0	3:27.8	3:15.1	3:06.4	3:01.0	2:57.7
50m Backstroke	55.5	51.7	48.1	45.1	42.6	40.8	39.8	38.9
100m Backstroke	2:02.9	1:52.2	1:42.5	1:35.2	1:29.7	1:26.1	1:23.6	1:22.1
200m Backstroke	4:16.6	3:58.3	3:37.2	3:23.0	3:12.2	3:04.5	2:58.9	2:55.1
100m IM	2:03.7	1:52.7	1:46.2	1:39.4	1:33.4	1:30.1	1:27.7	1:25.5
200m IM	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0	3:00.6
400m IM	9:18.4	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1	6:18.4



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Qualification Times: BOYS

EVENT	BOYS UPPER LIMIT TIMES							
	9	10	11	12	13	14	15	16+
50m Freestyle	34.9	32.4	30.8	29.1	27.7	26.0	25.8	25.0
100m Freestyle	1:18.9	1:10.6	1:06.6	1:02.5	59.2	57.0	55.4	54.3
200m Freestyle	2:47.9	2:32.3	2:24.0	2:15.6	2:08.7	2:03.8	2:00.8	1:57.0
400m Freestyle	6:06.0	5:20.5	5:00.4	4:40.0	4:30.9	4:21.9	4:15.2	4:03.5
50m Breaststroke	46	42.5	38.8	36.5	34.1	33.5	32.1	31.3
100m Breaststroke	1:44.0	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8	1:08.2
200m Breaststroke	3:35.4	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5	2:28.7
50m Butterfly	39.7	36.3	34.1	31.3	30.5	29.2	28.1	26.6
100m Butterfly	1:36.6	1:22.6	1:15.4	1:10.4	1:06.2	1:03.2	1:00.9	1:00.0
200m Butterfly	3:30.1	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8	2:12.1
50m Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	29.4	28.5
100m Backstroke	1:29.6	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7	1:00.5
200m Backstroke	3:06.5	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.8	2:10.4
100m IM	1:29.5	1:22.4	1:18.2	1:13.9	1:09.8	1:06.5	1:04.5	1:02.7
200m IM	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1	2:13.7
400m IM	6:52.6	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5	4:42.8

EVENT	BOYS QUALIFYING TIMES							
	9	10	11	12	13	14	15	16+
50m Freestyle	48.5	45.3	42.3	39.7	37	34.4	32.4	31.2
100m Freestyle	1:49.0	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1	1:07.5
200m Freestyle	3:54.0	3:35.4	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0	2:27.1
400m Freestyle	8:27.1	7:34.5	6:59.2	6:33.0	6:06.9	5:42.1	5:23.6	5:11.4
50m Breaststroke	1:03.1	58.8	54.5	50.8	46.8	43.5	40.9	39.2
100m Breaststroke	2:21.3	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0	1:24.4
200m Breaststroke	4:56.1	4:35.4	4:13.1	3:56.4	3:38.3	3:22.2	3:10.7	3:03.8
50m Butterfly	54.4	50.3	46.5	43.8	40.6	37.6	35.2	33.9
100m Butterfly	2:08.9	1:53.4	1:42.7	1:35.5	1:28.3	1:21.7	1:16.7	1:14.0
200m Butterfly	4:42.6	4:09.1	3:45.8	3:30.8	3:15.1	3:01.0	2:48.8	2:43.3
50m Backstroke	55.8	51.8	48.2	45.4	41.9	39.2	36.7	35.1
100m Backstroke	2:02.2	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6	1:14.6
200m Backstroke	4:17.5	3:58.1	3:40.4	3:26.4	3:11.4	2:57.5	2:47.5	2:41.4
100m IM	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9	1:17.3
200m IM	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9	2:45.6
400m IM	9:29.9	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7	5:50.9



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Club Summary Form

Club	
Swim England Abbreviation	
Contact Name	
Contact Address	
Contact Phone	
Contact E-mail	

Number of Individual Entry Forms enclosed	
Number of entries submitted electronically	
Total of Entry Fees (£7.50 per event)	£

Coach Pass Application Form

Number of coach's / poolside passes required

	Number	Cost each	Total cost
Saturday Only		£20	
Sunday Only		£20	
Saturday and Sunday		£30	
Total For Event			

Please contact the Promoter to arrange payment by bank transfer:

Ian Fowler – FlitwickMeets@gmail.com

Closing date for entries: 11th September 2022



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OFFICIALS REQUIRED

Are you able to help by officiating at one or more sessions?

Meals provided if you cover two sessions in a day. General refreshments will be available.

Can Clubs please pass this on to all qualified officials likely to be attending the meet.

		Please Tick box for all sessions you are available for
Session 1	Saturday 15 th October	
Session 2	Saturday 15 th October	
Session 3	Sunday 16 th October	
Session 4	Sunday 16 th October	

Name:	
Swim England Number:	
Qualification Level: (Please indicate which one)	Referee / Judge Level 2 / Judge Level 1
Mobile number:	
Email Address:	

PLEASE COMPLETE AND RETURN TO ASAP

Any questions can be directed to the Officials Co-ordinator at FlitwickDolphinsOfficialsCo@gmail.com

Mentoring may be available: If you require mentoring, please enquire @ FlitwickDolphinsOfficialsCo@gmail.com advising the qualification level you wish to be mentored at, and the Session that mentoring is required for.



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Electronic Entry

Download and install the SPORTSYSTEMS Entry Manager V2.0 from www.sportsys.co.uk

The website also has several webcasts (videos) which can be viewed to help you get started.

Once installed, this application may be retained on your computer for future competitions that also use the SPORTSYSTEMS Entry Manager V2.0 system. You will only need to download the Entry File Set for the specific competition being entered.

Full instructions can also be found within the program under Help.

The Entry File Set for the 2022 Flitwick Dolphins Open Meet will be sent by email and can be downloaded from our website: flitwickdolphins.org.uk

You will find using this system makes entering your entries very easy. One click to enter a swimmers personal details and any entry time entered is dynamically checked against the entry standards for the meet. If a time is entered, automatically from rankings or manually, that does not satisfy the entry standard, the Y (green) / N (red) button adjacent to the time will be Y (yellow). These times will not be accepted for the Meet. You should ensure only Y (green) times are submitted.

You can use the report feature to calculate the total cost of your entries. This sum should be paid to Flitwick Dolphins Swimming Club by bank transfer. If you require the club's bank details please contact the Promoter.

After completing your entries e-mail the single export file to FlitwickMeets@gmail.com

Closing date for entries is Midnight, Sunday 11th September 2022.

Original paper entry forms are not required to be sent to the promoter if an electronic entry is submitted; however please ensure you are compliant with Condition 10 and have submitted your Sportsystems entry file and Club Summary form, plus coach pass application form and payment. Under these circumstances, the person sending the electronic entry accepts that all swimmers are bound by the agreement printed on the individual entry form

Failure to comply with the requirements of Condition 10 could impede our ability to accept and process your Club entry.

Swimmers with a disability classification should use a paper entry form, ensuring that their disability classification is indicated.

