



The Borough of Harrow Swimming Club

Affiliated to Swim England London Region

Website: www.harrowswim.club Email: events@harrowswim.com

Borough of Harrow SC Club Championships 2023

(Under Swim England Laws & Technical Rules)

Level 4 Licence –4LR231605

Sunday 1 October 2023

From 9am

Barnet Copthall Pool Sessions 1 - 4

Conditions

1. Ages are as at **31st December 2023**. Swimmers must be 9 or over by 31/12/23.
2. Only Members of Borough of Harrow SC are allowed to enter. Swimmers must be Swim England Registered Category Club Train or Club Compete.
3. **Entry Deadline is Sunday 17 September 2023.** Refunds for withdrawals following this date will be considered for medical reasons only and medical evidence will be required if requested. Where swimmers have tested positive to COVID, a full refund will be given if proof of a positive test result can be shown. Full refund will be given should there be a government imposed lockdown.
4. Entry Fees. £6.50 per race
5. Entry is only available via Club Organiser. Any late entries will not count towards club awards although times will be forwarded to Swim England rankings.
6. Time Trials may be accepted on the day of the meet only if there are spaces available to fill lanes at a cost of £7.50 per time trial. Time Trial results will not count towards club awards although times will be forwarded to Swim England rankings.
7. **This is a card-less meet. Entries will be pre seeded before the meet.** Any withdrawals must be made 45mins prior to the start of each session. This is to ensure the meet runs to time.
8. A secondary starting strobe will be available.
9. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the "Female" category, a swimmer confirms that their birth sex is female.
10. We will continue to follow all current and future updates set out by Government and Swim England COVID guidelines and conditions are therefore subject to change.
11. All participants and spectators must observe all safety precautions in operation at the pool and follow instructions of Pool Staff and The Borough of Harrow SC Management Team. Prior to leaving poolside swimmers must dry off and put on appropriate clothing and footwear. No swimmers will be allowed into the spectator area or the main entrance foyer area unless they have complied with this requirement. For safety reasons spectators must ensure that all gangways and the rear of the spectator area are kept clear. All swimmers should remain on poolside at all times unless permission is obtained from the Marshalls, Team Managers or Coaches.
12. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings). A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data, they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.
13. Borough of Harrow SC reminds all those attending these meets (competitors, coaches, team managers, spectators, officials, volunteers, contracted staff etc.) wishing to use cameras, video or digital image capturing devices (including mobile phones) that they should only do so after reference to their obligations and the recommendations laid down in Wavepower 2020-2023, the Swim England Child Safeguarding

Policy & Procedures and other Swim England Photography guidance. Your adherence to the guidelines and vigilance during the event will assist in our efforts to avoid the misuse of such equipment and the images/videos produced. Flash photography is prohibited at all times. No imaging equipment is allowed to be used in the changing rooms / poolside area.

14. All swimmers must observe the pool and Swim England Safety Rules. The Depth of the water at the Shallow end of the Main Pool is 1 metre (End where the timing display board is). The Deep End of Main pool is 1.8 Meters Deep (starting block end) The starting blocks are 72cm above the level of the water. Only those swimmers who have reached the standard of the Swim England Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water.
15. All officials can claim expenses as per Borough of Harrow Swimming Club Expenses Policy. Please contact events@harrowswim.com for full details.
16. The Promoter reserves the right to amend the Conditions, without prior notice, to ensure the smooth running of the Championships. Queries to Dominique Ford at events@harrowswim.com

Club Championship Age Group & Stroke Awards

Age Group Awards

- Age Group awards are calculated on a points scoring system based on fina points. All results will be converted to fina points. Age group results will depend on total fina points from all races entered. Age Groups are: 9, 10, 11, 12, 13, 14-15, 16-17, 18 & Over
Races eligible against Age Group Awards are: 50m, 100m, 200m all strokes, 100m & 200m Individual Medley

Stroke Awards

- Fastest swimmer (male and female) in 100m (not IM), 200m 400m and 800m/1500m races

To qualify for the stroke awards for 400m Freestyle, 400m IM, 800m Freestyle (girls) & 1500m Freestyle (boys / open), times need to have been achieved at any licenced meet by 31/12/23. Swimmers to ensure that events@harrowswim.com are informed of any entries/results in races that meet this criteria.

Session 1		Warm Up: 9am – Races Commence: 9.35am		
Event	Distance	Stroke	Age Range	Gender
1	200m	Individual Medley	9 & Over	Male / Open
2	50m	Freestyle	9 & Over	Female
3	50m	Freestyle	9 & Over	Male / Open
4	200m	Breaststroke	9 & Over	Female
5	200m	Breaststroke	9 & Over	Male / Open
6	100m	Butterfly	9 & Over	Female
7	100m	Butterfly	9 & Over	Male / Open

Minimum 10 Minute Break

Session 2		Warm Up: To Be Confirmed		
Event	Distance	Stroke	Age Range	Gender
8	200m	Individual Medley	9 & Over	Female
9	50m	Butterfly	9 & Over	Male / Open
10	50m	Butterfly	9 & Over	Female
11	200m	Backstroke	9 & Over	Male / Open
12	200m	Backstroke	9 & Over	Female
13	100m	Freestyle	9 & Over	Male / Open
14	100m	Freestyle	9 & Over	Female

Minimum 40 Minute Break

Session 3		Warm Up: To Be Confirmed		
Event	Distance	Stroke	Age Range	Gender
15	100m	Individual Medley	9 & Over	Male / Open
16	50m	Backstroke	9 & Over	Female
17	50m	Backstroke	9 & Over	Male / Open
18	200m	Freestyle	9 & Over	Female
19	200m	Freestyle	9 & Over	Male / Open
20	100m	Breaststroke	9 & Over	Female
21	100m	Breaststroke	9 & Over	Male / Open

Minimum 10 Minute Break

Session 4		Warm Up: To Be Confirmed		
Event	Distance	Stroke	Age Range	Gender
22	100m	Individual Medley	9 & Over	Female
23	50m	Breaststroke	9 & Over	Male / Open
24	50m	Breaststroke	9 & Over	Female
25	200m	Butterfly	9 & Over	Male / Open
26	200m	Butterfly	9 & Over	Female
27	100m	Backstroke	9 & Over	Male / Open
28	100m	Backstroke	9 & Over	Female

