



HARPENDEN SWIMMING CLUB

(affiliated to Swim England Hertfordshire & Swim England East Region)

HSC LAST CHANCE COUNTY QUALIFIER

Held under Swim England Regulations and to the
Swim England Open Meet Licencing Criteria
Sunday 10th December 2023

Westminster Lodge Leisure Centre,
Holywell Hill, St Albans. AL1 2DL

Licence no. 3ER232352



MEET RULES AND INFORMATION

1. Harpenden Swimming Club is affiliated to Swim England Hertfordshire & Swim England East Region.
2. This Competition is licensed by Swim England for entry into Regional and County Competitions and will be held under Swim England Regulations.
3. Entries may only be accepted from competitors registered as Category 2 members of Swim England, SASA or WASA or competitors from one of the countries affiliated to FINA.
4. The pool length is 25m, 10 lanes, with anti-wave barriers, electronic timing system with an external strobe available upon request.
5. This is a 'no frills' gala - no awards will be given.
6. Age as at 10th December 2023. Minimum age is 9 years old as at 10th December 2023.
7. Heats will be swum with all ages combined and seeded on submitted times.
8. Over the top starts may be used at the Referees' discretion.
9. Once an entry has been accepted a competitor shall swim or give notice of withdrawal. Notice of withdrawals from a club shall be reported to the recorders 10 minutes after the start of warm up at the latest. No withdrawals will be accepted via email during the warm up. ALL withdrawals should be handed in on the day of Competition. No refunds will be given.
10. All swimmers should be supervised by their coaches/team managers during warm up and whilst on poolside. Team managers are responsible for the behaviour of their swimmers at all times.
11. No responsibility can be accepted for any loss or damage to clothing or other articles.
12. Swimmers will not be allowed into the viewing gallery in swimming costumes and footwear must be worn.
13. Swimmers will only be allowed to bring small bags onto poolside and should make use of the lockers provided for all large bags (£1, returnable).

 secretary@harpendsc.org.uk

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- 14.** Only swimmers, officials and team managers/coaches accredited with deck passes and Harpenden event volunteers will be allowed on poolside.
- 15.** Use of any photographic equipment in and around the changing rooms is strictly forbidden. Anyone seen using any such equipment may be asked to leave the event immediately.
- 16.** In accordance with the Swim England's Child Safeguarding Policies and Procedures any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms.
- 17.** Entry times must be achieved between 1st January 2023 and 4th December 2023.
- 18.** Entries will be restricted to ensure the meet runs to time. Valid entries will be accepted up to the closing date/time. If the gala is oversubscribed entries will be rejected across age groups from the slowest entry times. The Promoter has the authority to decide how to handle such rejections. Upper qualifying times have been set. There will be no lower qualifying times, however a valid entry time must be submitted.
- 19.** The 400m IM and 400m Freestyle may be limited to a maximum of 4 heats in total across all genders.
- 20.** The entry fee is £8 per individual event for entries THROUGH your club.
- 21.** Individual entries NOT THROUGH a club will be charged £9 per individual event.
- 22.** Complete entries for each club are requested together with a single payment. The closing date for entries is **MIDDAY Monday 4th December 2023**
- 23.** All club entries with over 8 swimmers must be via Hy-Tek software to hscmeets@harpendensc.org.uk. No entries will be accepted after the closing date or during the meet unless due to promoter's error, omission or discretion. Payment by bank transfer to: Harpenden Swimming Club. Account No 80429465 Sort Code: 20-74-09. Please use your club name as a reference.
- 24.** Confirmation of entries will be sent to clubs and posted on our website – www.harpendensc.org.uk
- 25.** Results will be emailed to British Swimming for the inclusion in the national Rankings database.
- 26.** Deck passes are available for poolside access at £15 (food included). Maximum number of passes per club will be issued on a basis of 1 pass per 10 swimmers or part thereof to a maximum of 3 per club. Deck passes will not be sold on the day.
- 27.** 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.

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- 28.** The Promoter and Referee(s), subject to Swim England Regulations, will determine any matter not covered by these conditions.
- 29.** The Promoter of this meet is Kelly Bailey who can be contacted at hscmeets@harpendensc.org.uk.



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Schedule of Events

SESSION 1	Sunday morning Warm Up 8.15am Start time 9am
1	Girls 200m Individual Medley
2	Boys/Open 400m Freestyle
3	Girls 100m Butterfly
4	Boys/Open 100m Breaststroke
5	Girls 50m Backstroke
6	Boys/Open 100m Backstroke
7	Girls 200m Breaststroke
8	Boys/Open 200m Butterfly
9	Girls 100m Freestyle
10	Boys/Open 50m Breaststroke
11	Girls 50m Butterfly
12	Boys/Open 100m Individual Medley
13	Girls 200m Freestyle
14	Boys/Open 50m Freestyle
15	Girls 400m Individual Medley
16	Boys/Open 200m Backstroke
SESSION 2	Sunday afternoon (times TBC) Warm up 12.15pm Start 1pm
17	Boys/Open 200m IM
18	Girls 400m Freestyle
19	Boys/Open 100m Butterfly
20	Girls 100m Breaststroke
21	Boys/Open 50m Backstroke
22	Girls 100m Backstroke
23	Boys/Open 200m Breaststroke
24	Girls 200m Butterfly
25	Boys/Open 100m Freestyle
26	Girls 50m Breaststroke
27	Boys/Open 50m Butterfly
28	Girls 100m Individual Medley
29	Boys/Open 200m Freestyle
30	Girls 50m Freestyle
31	Boys/Open 400m IM
32	Girls 200m Backstroke

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NO FASTER THAN TIMES
Age at 10th December 2023

Boys/Open

Age:	9/10	11	12	13	14	15	16+
50m Free	35.00	32.66	30.88	28.58	27.25	25.49	25.49
100m Free	1:17.58	1:13.00	01:07.28	01:03.16	59.38	54.85	54.85
200m Free	02:47.06	02:37.00	02:27.29	02:17.77	02:13.77	02:01.84	02:01.84
400m Free	05:35.00	05:22.39	05:07.82	04:46.81	04:33.62	04:16.97	04:16.97
50m Breast	48.00	43.52	40.38	37.40	35.94	32.64	32.64
100m Breast	1:42.00	1:35.70	01:30.00	01:23.00	01:17.76	01:11.70	01:11.70
200m Breast	03:41.40	03:23.73	03:15.00	03:02.05	02:56.66	02:39.12	02:39.12
50m Fly	40.61	37.09	33.84	32.38	30.32	27.78	27.78
100m Fly	01:40.44	01:29.00	01:22.49	01:12.74	1:08.63	01:01.44	01:01.44
200m Fly	03:48.99	03:38.00	03:33.00	02:59.09	02:37.05	02:25.86	02:25.86
50m Back	40.50	37.24	35.55	33.49	31.82	29.38	29.38
100m Back	1:28.00	1:23.10	01:16.55	01:11.94	01:09.66	01:02.65	01:02.65
200m Back	03:12.07	02:56.14	02:45.20	02:35.75	02:28.70	02:17.45	02:17.45
100m IM	01:29.87	01:23.10	01:19.03	01:13.00	01:10.17	01:05.09	01:05.09
200m IM	03:07.68	02:59.00	02:50.80	02:37.90	02:31.25	02:20.26	02:20.26
400m IM		06:10.19	06:07.78	05:29.28	05:16.17	04:54.29	04:54.29

Girls

Age:	9/10	11	12	13	14	15	16+
50m Free	35.00	32.64	31.05	29.96	29.67	28.60	28.60
100m Free	01:18.00	01:11.89	01:07.51	01:05.19	01:04.00	01:00.84	01:00.84
200m Free	02:51.23	02:35.67	02:23.23	02:20.58	02:18.30	02:13.97	02:13.97
400m Free	5:52.32	05:18.71	04:57.02	04:47.31	04:42.30	04:39.93	04:39.93
50m Breast	43.00	43.00	40.00	38.44	38.24	36.20	36.20
100m Breast	01:42.48	01:35.66	01:29.71	01:25.75	01:22.50	01:19.36	01:19.36
200m Breast	03:43.00	03:20.48	03:09.19	03:00.86	02:58.48	02:52.08	02:52.08
50m Fly	41.00	37.00	34.00	33.69	32.46	31.33	31.33
100m Fly	01:37.22	01:29.22	01:18.94	01:15.00	01:12.29	01:08.95	01:08.95
200m Fly	03:44.33	03:31.50	03:04.00	03:01.29	2:53.70	02:41.70	02:41.70
50m Back	40.69	38.00	35.59	34.34	33.86	32.27	32.27
100m Back	01:28.00	01:22.00	01:15.44	01:14.00	01:12.55	01:09.64	01:09.64
200m Back	03:12.12	02:52.00	02:43.35	02:37.35	02:36.38	02:30.57	02:30.57
100m IM	01:31.00	01:22.54	01:18.00	01:15.00	01:14.00	01:11.27	01:11.27
200m IM	03:18.09	02:59.11	02:44.65	02:42.00	02:38.00	02:33.72	02:33.72
400m IM		06:20.90	05:45.00	05:43.00	05:37.52	05:26.50	05:26.50