

NORTH CORNWALL

NEWQUAY

DRAGONS **CORMORANTS**

NCD & NEWQUAY CORMORANTS OPEN MEET 2022

**SATURSDAY 12TH &
SUNDAY 13TH NOVEMBER 2022**

Bodmin Leisure Centre

**25m, 6 Lane Competition Pool
Electronic Timing with Hy-Tek Meet Manager**



**AGES AS AT 31ST DECEMBER 2022
Ages 9 and over**

Programme includes:

50m / 100m Freestyle
50m / 100m Butterfly
50m / 100m Backstroke
50m / 100m Breaststroke
100m / 200m Individual Medley
800m / 1500m Freestyle

All events are Heat Declared Winners
Medals for 1st, 2nd & 3rd in each age group



Closing date for entries is midnight on:

Electronically by Hy-tek file Monday 17th October 2022
Paper entries Monday 10th October 2022

LEVEL 3 LICENSED MEET

Qualifying Times
Upper Cut Off Times
£6.50 per event

North Cornwall Dragons & Newquay Cormorants Open Meet

SCHEDULE OF EVENTS

Saturday 12th November 2022

Session 1 Warm up 10.30am Start time 11.15am

Event No.	Gender	Event
1	Girls	50m Backstroke
2	Boys	50m Backstroke
3	Girls	100m Individual Medley
4	Boys	100m Individual Medley
5	Girls	100m Breaststroke
6	Boys	100m Breaststroke
7	Girls	50m Butterfly
8	Boys	50m Butterfly

Session 2 Warm up TBC Start time TBC

Event No.	Gender	Event
9	Girls	50m Freestyle
10	Boys	50m Freestyle
11	Girls	100m Backstroke
12	Boys	100m Backstroke
13	Girls	200m Individual Medley
14	Boys	200m Individual Medley
15	Mixed	800m Freestyle

Sunday 13th November 2022

Session 3 Warm up 10.30am Start time 11.15am

Event No.	Gender	Event
16	Girls	50m Breaststroke
17	Boys	50m Breaststroke
18	Girls	100m Butterfly
19	Boys	100m Butterfly
20	Girls	100m Freestyle
21	Boys	100m Freestyle

Session 4 Warm up TBC Start time TBC

Event No.	Gender	Event
22	Mixed	1500m Freestyle

Warm up times are provisional and may be subject to change once the entries have been received. Swimmers will be notified accordingly.

North Cornwall Dragons & Newquay Cormorants Open Meet
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ENTRY FORM

Surname: _____ First Name: _____

Date of Birth: _____ Age at 31/12/2022: _____

Club: _____ Email: _____

SESSION 1		
Event	Select ✓	Entry Time
GIRL 50m Backstroke		
BOY 50m Backstroke		
GIRL 100m Individual Medley		
BOY 100m Individual Medley		
GIRL 100m Breaststroke		
BOY 100m Breaststroke		
GIRL 50m Butterfly		
BOY 50m Butterfly		
SESSION 2		
Event	Select ✓	Entry Time
GIRL 50m Freestyle		
BOY 50m Freestyle		
GIRL 100m Backstroke		
BOY 100m Backstroke		
GIRL 200m Individual Medley		
BOY 200m Individual Medley		
MIXED 800m Freestyle		
SESSION 3		
Event	Select ✓	Entry Time
GIRL 50m Breaststroke		
BOY 50m Breaststroke		
GIRL 100m Butterfly		
BOY 100m Butterfly		
GIRL 100m Freestyle		
BOY 100m Freestyle		
SESSION 4		
Event	Select ✓	Entry Time
MIXED 1500m Freestyle		

Fees paid with entry _____ @ £6.50 per event = £_____

I declare I am an eligible competitor and I accept the promoters conditions

Signature of Competitor: _____

Signature of Coach / Official Club Representative: _____

Signature of Club Coach/ official is required below, ratifying the above entry times and that the swimmer is capable of divina as per the Competitive Start Award

**North Cornwall Dragons & Newquay Cormorants Open Meet
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QUALIFYING TIMES

Upper Cut Off Times (times must be slower than)

BOYS							
Race	9	10	11	12	13	14	15+
50m Free	36.00	33.66	31.14	29.20	27.57	26.57	25.72
50m Breast	48.00	44.49	41.31	37.90	35.53	33.88	32.79
50m Fly	40.40	37.12	34.50	32.39	30.30	28.95	28.03
50m Back	42.50	38.45	35.80	33.75	31.81	30.15	29.32
100m Free	1:20.00	1:15.75	1:08.62	1:03.97	1:00.00	57.50	55.76
100m Breast	1:40.00	1:35.80	1:30.41	1:22.80	1:17.32	1:14.08	1:11.75
100m Fly	1:32.40	1:25.15	1:18.72	1:13.22	1:07.87	1:03.88	1:02.18
100m Back	1:34.00	1:23.89	1:16.64	1:12.87	1:08.06	1:04.66	1:02.32
100m IM	1:34.00	1:25.18	1:19.16	1:14.13	1:09.44	1:06.14	1:04.55
200m IM	3:31.00	3:02.69	2:47.68	2:37.95	2:29.04	2:21.59	2:18.45
GIRLS							
Race	9	10	11	12	13	14	15+
50m Free	36.00	33.66	31.44	29.76	29.05	28.50	28.00
50m Breast	48.00	44.49	40.68	37.94	36.44	35.68	34.90
50m Fly	40.40	37.12	34.90	32.62	31.23	30.55	29.90
50m Back	42.50	38.45	35.91	33.75	32.51	31.57	30.68
100m Free	1:20.00	1:15.75	1:09.30	1:04.95	1:02.18	1:00.25	59.50
100m Breast	1:40.00	1:35.80	1:27.70	1:22.84	1:19.39	1:16.94	1:16.09
100m Fly	1:32.40	1:25.15	1:19.82	1:12.64	1:09.65	1:07.73	1:06.47
100m Back	1:34.00	1:23.89	1:17.12	1:12.58	1:09.44	1:07.39	1:06.00
100m IM	1:34.00	1:25.18	1:19.95	1:14.30	1:11.42	1:09.84	1:09.03
200m IM	3:31.00	3:02.69	2:49.09	2:39.18	2:31.89	2:28.61	2:26.73

North Cornwall Dragons & Newquay Cormorants Open Meet
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SUMMARY ENTRIES SHEET

Please note that Club entries of more than 5 swimmers must also be made electronically by Team Manager file. Team Manager Lite is available as a free download, www.ny-tekLtd.com/downloads.html, where instructions can be found.

Please find enclosed entries from:

Club: _____

There are a total of _____ swimmers.

No. male entries: _____ @ £6.50 each = £ _____

No. female entries: _____ @ £6.50 each = £ _____

No. coaches passes: _____ @ £10.00 each = £ _____

No. coaches passes: _____ @ £10.00 each = £ _____

I enclose a payment of £ _____

BACs Account Number 96393653 / Sort Code 54-41-12

Cheque Made Payable to Newquay Cormorants Swimming Club

Signed: _____ **Club Official /Coach**

Name & address: _____

Email: _____ Telephone: _____

Please return this form with your consolidated club cheque payable to Newquay Cormorants SC or via BACs for the above amount, together with a copy of the Hy-Tek Meet Entries Report. Individual entry forms should be retained by the club.

Contact competitions@ncdsc.uk if you have any questions.

Saturday 12th & Sunday 13th November 2022

PROMOTER'S CONDITIONS

1. The competition will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and is licensed to Level 3 by Swim England (3SW220671).
2. An automatic timing system will be in use for this meet.
3. A secondary starting strobe light is not available at this pool.
4. All entrants must be registered members of a Swim England affiliated club.
5. Entry times on the entry form must be given using 25m pool times (converted if appropriate).
6. All events will be age on 31st December 2022
7. Team entries of more than 5 swimmers must be made electronically. The Hy-Tek Meet Manager file for Team Manager or Team Manager Lite is available from Michelle Hague at cormorants.gala.entries@gmail.com to which electronic entries should also be made. Signed hard copies of entries must be retained by the submitting club for reference in the event of a query. Individual entries from clubs of less than 5 swimmers may be made by hard copy only, but must arrive by 10th October.
8. The correct entry fee must accompany each entry form or the entry will be treated as incorrect. Entry fees should be paid from a club in one consolidated cheque, made payable to Newquay Cormorants Swimming Club, or payment may be made by bank transfer, Account Number 96393653 / Sort Code 54-41-12 but should be made within 7 days of closing.
9. The closing date is Monday 17th October 2022 for entries made electronically by Hy-Tek file, and Monday 10th October 2022 for paper entries.
10. Each swimmer must be no faster than the cut-off times shown in the qualifying standard tables.
11. There are no qualifying times for the 800 m / 1500 m events.
12. The age groups for events are 9, 10, 11, 12, 13, 14, 15, 16 & over.
13. Disabled swimmers: Please advise us of any special requirements and we will do our best to meet them in consultation with coaches.
14. The promoter reserves the right to refuse or restrict entries, and in the event of over-subscription, any deletions required will be based on entry time and balanced across each age group and event.
15. Those entries not accepted, will be returned with their entry fee.
16. Warm-up times and start times will be as stated in the programme.
17. Entry fee is £6.50 per entry.
18. No refunds will be made for incorrect entries or withdrawals after entries have closed.
19. There will be neither deck entries nor substitutions on the day.
20. Refunds for injury will be made on an individual basis but the request must be made by your club in the first instance and will require a doctor's note.
21. Competing teams will be limited to 3 team managers/coaches poolside, who must be in possession of a pass.
22. These passes are to be requested along with the swimmers' entries at a cost of £10.00per day or £15.00 for the weekend.
23. Passes will not be available on the day.

24. Passes will be checked by the promoter on the day.
25. The programme will cost £2.00.
26. Entries will be seeded into heats, slowest to quickest with heats spearheaded.
27. All events are H.D.W. based on age groups.
28. Medals will be awarded to the first three swimmers in each age group for each event unless disqualified.
29. For advice and guidance on the use of recording or streaming devices throughout the duration of the competition, parents should consult the Swim England Wavepower Policy: www.swimming.org/asa/clubs-and-members/safeguarding-children/ In order to safeguard all athletes, no photography device is allowed to be used in the changing areas or toilets.
30. The pool is hired under agreements with the pool operators. As the pool is run primarily for the benefit of the public the temperature of the water and surrounding air is under the control of the pool operators. The water temperature is normally maintained above 28°C. No refunds will be given if a swimmer decides not to compete on any day based on water temperature, and a higher water temperature will not be a basis for a protest or complaint or legal action in the event of resulting harm.
31. Please look after your valuables, North Cornwall Dragons Swimming Club, Newquay Cormorants Swimming Club and/or GLL will not be responsible for any loss or damage.
32. No items of glassware are to be taken onto the poolside by any swimmers or spectators.
33. Force majeure: In situations of force majeure (including Covid related circumstances) or other unforeseen circumstances leading to the cancellation of the gala or parts thereof or other incomplete performance, North Cornwall Dragons and Newquay Cormorants' liability will be restricted to a maximum of a refund of the entry fees to those affected for the affected events. The Club will communicate the circumstances to visiting clubs as soon as possible and seek to make alternative arrangements when this is reasonably feasible.
34. All competitors must comply with the promoter's conditions.
35. Anything not covered by these conditions will be at the discretion of the referee, who also reserves the right to alter these conditions in order to ensure the smooth running of the Open Meet. Any such alterations will be announced during the meet.
36. Data Protection – North Cornwall Dragons Swimming Club and Newquay Cormorants Swimming Club uses a computer to record entries and results. By submitting entries and accepting entry to the Club Championships Meet, consent will be deemed to have been given for the holding of personal information on a computer, as required by the Data Protection Act 2018 and in line with GDPR 2018. Personal data recorded such as name, club, date of birth, and times entered and recorded may be made public during or after the Open Meet. This data will be passed to Swim England for the purpose of calculating and publishing swimmers' national rankings. Personal Data will be available for inspection during the Meet on application to the Promoter.
37. To ensure that the Open Meet can run effectively and efficiently, all clubs submitting entries are requested to assist by supplying details of any licensed officials who are willing to help us. Their details must be entered on the

Officials' Submission Form and be forwarded with their club's entries. Food and refreshments will be provided to officials who are on duty all day. Travel expenses will be offered to qualified officials attending this meet.

38. Promoter's details as follows: Charlotte Marshall, North Cornwall Dragons Competition Secretary, email competitions@ncdsc.uk