

North Midlands Championships 2019 – Level 3

Saturday 5th and Sunday 6th October

License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

Key Information

| | |
|------------------------|---|
| Date: | Saturday 5 th /Sunday 6 th October 2019. (License Number 3NW*****) Saturday 19 th /Sunday 20 th October 2019 (License Number 3NW*****) |
| Venue: | Macclesfield Leisure Centre Priory Lane Macclesfield SK10 4AF |
| Competition pool: | 8 lane 25m pool 1m – 3m deep Anti-turbulence lane ropes fitted Omega AOE with 8 lane scoreboard |
| Warm up and swim down: | A 17m pool will be available for warm-up and swim-down, this facility is provided on the understanding that swimmers are the responsibility of their Coach/Team Manager. If swimmers abuse the facility, it will be withdrawn. STRICTLY NO DIVING in this pool. |
| Sessions: | 5 th October 2019 Session 1: W/U – 08:00 Start – 09:15 Session 2: W/U – 13:30 Start – 14:45 (TBC) 6 th October 2019 Session 3: W/U – 08:00 Start – 09:15 Session 4: W/U – 13:30 Start – 14:45 (TBC) 19 th October 2019 Session 5: W/U – 08:00 Start – 09:15 Session 6: W/U – 13:30 Start – 14:45 (TBC) 20 th October 2019 Session 7: W/U – 08:00 Start – 09:15 Session 8: W/U – 13:30 Start – 14:45 (TBC) This are proposed warm up times and are subject to confirmation following close of entries. |
| Officials: | Anyone able to assist with the Gala as an official over the two days please contact: Email: Northmids.officials@gmail.com |
| Car Parking: | Extensive FREE car parking is available within the Leisure Centre grounds. |
| Swim Shop: | A swim shop will be situated downstairs on both days, pending confirmation. |
| Spectators: | Admission FREE. |
| Awards: | See detailed information set out below. |

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Programme of events

Saturday 5th October 2019

Session 1

Warm Up - 8AM

Session 2

Warm Up - TBC

| | | | |
|-----|-------|-------------|-------------------|
| 101 | Boys | 10 Yrs/Over | 400m Freestyle |
| 102 | Girls | 9 Yrs/Over | 200m Backstroke |
| 103 | Boys | 10 Yrs/Over | 100m Butterfly |
| 104 | Girls | 10 Yrs/Over | 100m Breaststroke |
| 105 | Boys | 10 Yrs/Over | 100m Breaststroke |

| | | | |
|-----|-------|-------------|------------------|
| 201 | Girls | 9 Yrs/Over | 50m Breaststroke |
| 202 | Boys | 9 Yrs Over | 50m Freestyle |
| 203 | Mixed | 11 Yrs/Over | 800m Freestyle |

Sunday 6th October 2019

Session 3

Warm Up - 8AM

Session 4

Warm Up - TBC

| | | | |
|-----|-------|-------------|-------------------|
| 301 | Girls | 11 Yrs/Over | 400m IM |
| 302 | Boys | 9 Yrs/Over | 200m Backstroke |
| 303 | Girls | 9 Yrs/Over | 200m Breaststroke |
| 304 | Boys | 9 Yrs/Over | 50m Butterfly |
| 305 | Girls | 9 Yrs/Over | 50m Backstroke |

| | | | |
|-----|-------|--------------|-------------------|
| 401 | Boys | 9 Yrs/Over | 200m Butterfly |
| 402 | Girls | 10 Yrs/Over | 400m Freestyle |
| 403 | Boys | 9 Yrs/Over | 50m Backstroke |
| 404 | Girls | 9 - 11 Years | 100m IM |
| 405 | Boys | 9 Yrs/Over | 200m Breaststroke |
| 406 | Girls | 10 Yrs/Over | 100m Butterfly |

Saturday 19th October 2019

Session 5

Warm Up - 8AM

Session 6

Warm Up - TBC

| | | | |
|-----|-------|--------------|----------------|
| 501 | Boys | 11 Yrs/Over | 400m IM |
| 502 | Girls | 9 Yrs/Over | 200m Freestyle |
| 503 | Boys | 10 Yrs/Over | 100m Freestyle |
| 504 | Girls | 9 Yrs/Over | 50m Butterfly |
| 505 | Boys | 9 - 11 Years | 100m IM |

| | | | |
|-----|-------|-------------|------------------|
| 601 | Girls | 9 Yrs/Over | 50m Freestyle |
| 602 | Boys | 9 Yrs Over | 50m Breaststroke |
| 603 | Mixed | 11 Yrs/Over | 1500m Freestyle |

Sunday 20th October 2019

Session 7

Warm Up - 8AM

Session 8

Warm Up - TBC

| | | | |
|-------|-------|---------------|------------------|
| 701 | Girls | 9 Yrs/Over | 200m IM |
| 702 | Boys | 9 Yrs/Over | 200m IM |
| SKINS | B/G | By Invitation | 14 under/15 Over |

| | | | |
|-----|-------|-------------|-----------------|
| 801 | Girls | 10 Yrs/Over | 100m Freestyle |
| 802 | Boys | 10 Yrs/Over | 100m Backstroke |
| 803 | Girls | 9 Yrs/Over | 200m Butterfly |
| 804 | Boys | 9 Yrs/Over | 200m Freestyle |
| 805 | Girls | 10 Yrs/Over | 100m Backstroke |

Some sessions may require breaks to conform to Swim England licensing conditions. Breaks will be announced in the week before the championships start, which session they relate to and when they will occur in a session.

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Cut off times

Girls consideration times 2019

| | 9 -10 Years | | 11 Years | | 12 Years | | 13 Years | | 14 Years | | 15 Years | | 16/Over | |
|-------------------------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER |
| 50m FREESTYLE (9+) | | 00:49.95 | | 00:49.91 | 00:29.15 | 00:45.90 | 00:28.34 | 00:43.20 | 00:27.53 | 00:41.85 | 00:27.33 | 00:41.85 | 00:27.33 | 00:41.17 |
| 100m FREESTYLE (10+) | | 01:36.97 | | 01:36.97 | 01:03.00 | 01:33.80 | 01:01.28 | 01:32.19 | 00:59.48 | 01:30.91 | 00:59.00 | 01:30.14 | 00:58.75 | 01:29.67 |
| 200m FREESTYLE (9+) | | 03:55.01 | | 03:54.43 | 02:17.35 | 03:44.22 | 02:12.81 | 03:29.23 | 02:09.56 | 03:21.14 | 02:07.63 | 03:19.11 | 02:07.31 | 03:18.44 |
| 400m FREESTYLE (10+) | | 07:20.00 | | 07:01.08 | 04:49.47 | 06:45.00 | 04:38.82 | 06:35.00 | 04:33.49 | 06:30.00 | 04:30.06 | 06:15.00 | 04:28.70 | 06:00.00 |
| 800m FREESTYLE (11+) | | N/A | | 13:10.00 | 09:57.44 | 13:20.40 | 09:35.89 | 12:39.00 | 09:24.58 | 12:22.40 | 09:21.19 | 12:22.40 | 09:16.70 | 12:22.40 |
| 1500m FREESTYLE (11+) | | N/A | | 24:41.30 | 19:56.22 | 26:29.20 | 19:02.07 | 24:56.40 | 18:45.53 | 24:21.60 | 18:45.53 | 23:46.80 | 18:45.53 | 23:29.40 |
| 50m BREASTSTROKE (9+) | | 01:00.01 | | 00:57.51 | 00:37.00 | 00:57.00 | 00:35.92 | 00:56.51 | 00:35.02 | 00:55.81 | 00:34.65 | 00:54.67 | 00:34.65 | 00:54.51 |
| 100m BREASTSTROKE (10+) | | 02:04.12 | | 02:04.12 | 01:20.77 | 01:58.32 | 01:17.17 | 01:50.20 | 01:15.53 | 01:45.66 | 01:14.50 | 01:45.01 | 01:14.50 | 01:44.78 |
| 200m BREASTSTROKE (9+) | | 04:37.00 | | 04:34.04 | 02:53.60 | 04:24.15 | 02:47.11 | 04:17.42 | 02:42.94 | 04:13.38 | 02:42.29 | 04:11.97 | 02:42.29 | 04:11.02 |
| 50m BUTTERFLY (9+) | | 00:54.51 | | 00:52.51 | 00:31.63 | 00:52.00 | 00:30.66 | 00:49.95 | 00:29.85 | 00:47.25 | 00:29.41 | 00:45.90 | 00:29.41 | 00:45.90 |
| 100 m BUTTERFLY (10+) | | 01:57.16 | | 01:57.16 | 01:10.70 | 01:50.20 | 01:07.86 | 01:39.76 | 01:06.34 | 01:36.91 | 01:05.50 | 01:36.43 | 01:05.06 | 01:36.07 |
| 200m BUTTERFLY (9+) | | 04:26.80 | | 04:26.80 | 02:37.11 | 04:07.00 | 02:31.64 | 04:00.94 | 02:26.49 | 03:56.20 | 02:26.07 | 03:53.86 | 02:25.43 | 03:53.53 |
| 50m BACKSTROKE (9+) | | 00:55.00 | | 00:52.00 | 00:33.05 | 00:51.91 | 00:31.77 | 00:49.95 | 00:31.06 | 00:47.92 | 00:30.80 | 00:47.25 | 00:30.42 | 00:47.25 |
| 100m BACKSTROKE (10+) | | 01:47.88 | | 01:47.88 | 01:10.89 | 01:42.08 | 01:08.23 | 01:38.99 | 01:06.41 | 01:37.78 | 01:06.13 | 01:36.42 | 01:04.91 | 01:36.18 |
| 200m BACKSTROKE (9+) | | 04:12.00 | | 04:09.22 | 02:32.33 | 04:02.24 | 02:26.84 | 03:57.58 | 02:21.73 | 03:44.76 | 02:21.73 | 03:40.98 | 02:19.68 | 03:40.30 |
| 100m IND MEDLEY (9-11) | | 01:47.88 | | 01:47.88 | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A |
| 200m IND MEDLEY (9+) | | 04:15.00 | | 04:12.65 | 02:35.12 | 04:05.09 | 02:29.75 | 03:58.26 | 02:26.21 | 03:50.83 | 02:24.22 | 03:45.43 | 02:23.77 | 03:45.43 |
| 400m IND MEDLEY (11+) | | N/A | | 07:26.16 | 05:28.53 | 07:50.50 | 05:16.22 | 07:16.74 | 05:10.07 | 06:57.60 | 05:08.81 | 06:54.12 | 05:05.53 | 06:54.12 |

These are 25m times.

Age as at 20th October 2019

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Boys consideration times 2019

| | 9 -10 Years | | 11 Years | | 12 Years | | 13 Years | | 14 Years | | 15 Years | | 16/Over | |
|-------------------------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER | UPPER | LOWER |
| 50m FREESTYLE (9+) | | 00:49.27 | | 00:49.27 | 00:28.64 | 00:45.90 | 00:26.94 | 00:43.20 | 00:25.50 | 00:40.50 | 00:25.07 | 00:39.15 | 00:24.66 | 00:38.47 |
| 100m FREESTYLE (10+) | | 01:36.00 | | 01:36.00 | 01:02.46 | 01:33.00 | 00:58.40 | 01:29.31 | 00:55.72 | 01:27.07 | 00:54.13 | 01:25.58 | 00:53.64 | 01:24.40 |
| 200m FREESTYLE (9+) | | 03:52.99 | | 03:30.00 | 02:16.10 | 03:20.00 | 02:08.12 | 03:15.00 | 02:01.71 | 03:10.00 | 01:57.98 | 03:05.00 | 01:57.40 | 03:03.00 |
| 400m FREESTYLE (10+) | | 07:20.00 | | 06:57.60 | 04:47.39 | 06:40.00 | 04:30.84 | 06:35.00 | 04:18.52 | 06:21.00 | 04:11.05 | 06:14.00 | 04:11.05 | 06:10.00 |
| 800m FREESTYLE (11+) | | N/A | | 13:13.60 | 10:13.36 | 13:20.40 | 09:36.04 | 12:34.00 | 09:16.66 | 12:22.40 | 09:06.23 | 11:59.20 | 09:06.23 | 11:47.60 |
| 1500m FREESTYLE (11+) | | N/A | | 25:17.00 | 19:10.80 | 26:29.20 | 17:59.44 | 24:56.40 | 17:21.72 | 23:58.40 | 16:48.30 | 23:00.40 | 16:48.30 | 22:31.40 |
| 50m BREASTSTROKE (9+) | | 01:05.01 | | 01:04.40 | 00:37.23 | 00:58.01 | 00:34.41 | 00:53.01 | 00:32.16 | 00:51.40 | 00:31.79 | 00:50.90 | 00:31.19 | 00:50.01 |
| 100m BREASTSTROKE (10+) | | 02:05.80 | | 02:05.80 | 01:21.73 | 01:53.68 | 01:14.92 | 01:46.72 | 01:10.28 | 01:45.56 | 01:08.43 | 01:40.46 | 01:07.93 | 01:38.17 |
| 200m BREASTSTROKE (9+) | | 05:00.00 | | 04:36.03 | 02:54.78 | 04:23.93 | 02:43.50 | 04:13.05 | 02:32.84 | 04:05.92 | 02:30.58 | 04:01.22 | 02:29.81 | 03:59.10 |
| 50m BUTTERFLY (9+) | | 00:58.05 | | 00:55.01 | 00:31.33 | 00:52.01 | 00:29.48 | 00:49.95 | 00:27.82 | 00:47.25 | 00:27.15 | 00:44.55 | 00:26.98 | 00:43.87 |
| 100 m BUTTERFLY (10+) | | 01:57.16 | | 01:57.16 | 01:10.14 | 01:50.20 | 01:05.63 | 01:39.76 | 01:01.91 | 01:33.23 | 00:59.60 | 01:31.03 | 00:59.60 | 01:29.93 |
| 200m BUTTERFLY (9+) | | 05:01.00 | | 04:22.28 | 02:40.08 | 04:08.00 | 02:28.23 | 03:56.50 | 02:19.88 | 03:49.90 | 02:12.88 | 03:42.54 | 02:12.88 | 03:33.28 |
| 50m BACKSTROKE (9+) | | 00:56.70 | | 00:55.41 | 00:32.73 | 00:53.32 | 00:30.86 | 00:49.95 | 00:28.94 | 00:47.25 | 00:28.15 | 00:46.57 | 00:27.97 | 00:45.90 |
| 100m BACKSTROKE (10+) | | 01:47.88 | | 01:47.88 | 01:10.45 | 01:41.01 | 01:05.74 | 01:36.85 | 01:02.45 | 01:33.74 | 01:00.15 | 01:31.72 | 00:59.80 | 01:30.61 |
| 200m BACKSTROKE (9+) | | 04:18.24 | | 04:11.20 | 02:31.15 | 04:01.63 | 02:22.22 | 03:53.17 | 02:15.26 | 03:44.62 | 02:10.49 | 03:38.01 | 02:10.49 | 03:37.33 |
| 100m IND MEDLEY(9-11) | | 01:47.88 | | 01:47.88 | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A |
| 200m IND MEDLEY (9+) | | 04:35.38 | | 04:14.02 | 02:34.02 | 04:04.94 | 02:24.60 | 03:56.69 | 02:17.41 | 03:48.94 | 02:14.04 | 03:39.36 | 02:12.83 | 03:36.79 |
| 400m IND MEDLEY (11+) | | N/A | | 07:25.84 | 05:27.69 | 07:50.15 | 05:09.17 | 07:16.16 | 04:51.16 | 06:54.12 | 04:46.47 | 06:40.32 | 04:44.53 | 06:35.56 |

These are 25m times.

Age as at 20th October 2019

Version 3
01/04/19

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License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

Promoter's Conditions

1) Introduction

- a) The competition will be held under Swim England Rules and Technical Regulations. The Meet is a Level 3 Short Course (25m) licensed meet. Licence nos. **3nw***** (5th/6th October) and 3nw***** (19th/20th October)**
- b) It will be held at Macclesfield Leisure Centre on Saturday 5th, Sunday 6th, Saturday 19th and Sunday 20th October.
- c) Proposed session timings are shown in the Meet Information, these will be confirmed once entries have closed.

2) Eligibility

- a) The Meet shall be open to all eligible swimmers who are members of Clubs affiliated to the North Midlands Swimming Association on 1st September 2019. Entries will not be accepted from members of clubs where the club has not paid the annual affiliation fee.
- b) The swimmers age for competition shall be that as at the last day of the competition (20th October 2019).
- c) Entrants must have achieved a time faster than lower consideration time and no faster than upper consideration times between 7th September 2018 and 7th September 2019 at a licensed gala except in the following instances.
 - i) 9 and 10-year old entrants may use times from unlicensed league competitions and club championships. Clubs must be able to provide evidence of such times in the form of official results sheets if challenged to do so by the promoters.
 - ii) 9 and 10-year old entrants may use times converted from 25 yards or 20m.
 - iii) At the promoter's discretion swimmers aged 11 and over may use times from unlicensed meets only in exceptional circumstances, please e-mail north.mids.entries@gmail.com explaining those circumstances. Failure to do so may result in rejection.
 - iv) Improved entry times will not be accepted for this meet.
- d) Swimmers **MUST** enter with their fastest time achieved within the qualifying period, either from a 25m competition or from a 50m competition converted to a 25m time.
- e) Entries will be subject to random checking by the promoters with a fixed percentage of entries for each club being checked. If entries within that sample are found to be incorrect then not only will those entries be rejected but the remaining entries for that swimmer and their club will come under closer scrutiny. These checks have to take place for the competition to be fair and true to its spirit. Persistent or systematic abuse of the entry process will result in a swimmer or club being ejected from the competition.

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3) Events

- a) All events will be held on a Heat Declared Winner (HDW) basis. Heats will be arranged by submitted entry times and all heats will be spearheaded
- b) 9-year olds will be eligible to swim in all 50m and 200m events plus 100m Individual Medley
- c) 10-year olds will be eligible to swim in all 50m, 100m, 200m events plus the 400m Freestyle
- d) 11-year olds will be eligible to swim in all events including 400m Individual Medley, 800m Freestyle and 1500m Freestyle.
- e) Swimmers aged 12 and over will be eligible to swim in all events except 100m Individual Medley.
- f) Some sessions may require breaks to conform to Swim England licensing conditions. Breaks will be announced in the week before the championships start, which session they relate to and when they will occur in a session.

4) Entries

- a) The entry fee is £6 per event. Late entries may be accepted after Saturday 7th September at £12 per event provided there is space in the event/session.
- b) Paper entries are NOT ACCEPTED.
- c) Entry times must be:
 - i) 25m times, or
 - ii) 50m times converted to 25m times.
 - iii) See section 2 c) for more details.
- d) All converted times must use the ASA Equivalent Performance Tables (use of the ASA Tables section on <http://www.pullbuoy.co.uk/times/> is permissible).
- e) **Refunds will not be given for incorrect entries** which result in rejection.
- f) The Competition Secretary reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Where this process is invoked the swimmers with the fastest submitted times in each age group shall take precedence. Events chosen for restriction will be at the discretion of the Promoter.
- g) Closing date for entries is Saturday 7th September. Later entries may be accepted at £12 per entry subject to there being space in the event or the session.
- h) Submission of entries
 - i) Submission of entries will be submitted via the <https://swimming.events> application.
 - ii) Any queries on the submission of entries should be directed to north.mids.entries@gmail.com

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- i) Accepted entries will be emailed to the email address used to register on Swimming Events and will be published on the Swimming Events website.
- j) Clubs will be expected to provide at least 1 official for every 10 swimmers entered.

5) Disability competitors

- a) The general conditions for the Meet shall apply to disability competitors except where varied by any of the following conditions.
- b) All competitors must:
 - i) Have an authorised British Swimming, WPS or INAS-FID Classification which is held on by British Swimming or WPS classification database OR a valid Certificate of Swimming Disability issued by Swim England, at the time of entry
 - ii) A Certificate of Swimming Disability must be presented to the Referee before the start of the race in which the competitor is entered. Failure to do so will leave the competitor liable for disqualification for non-compliance with stroke rules.
- c) Qualifying times for disability competitors are not required. However, entry times shall be submitted for the purpose of seeding the heats.
- d) Classified swimmers must state their classification codes on their entry
- e) Personal Care Attendants/Coaches:
 - i) Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4, S5 and S11.
 - ii) All coaches, chaperones and personal care attendants (no charge for personal care assistant poolside pass) must conform to the Swim England child protection procedures.
- f) The competition format will be based on disability inclusion within the able-bodied programme, i.e. there will be no separate events for swimmers with disabilities.
- g) All swimmers will be seeded in the heats according to their entry times.
- h) All disability swimmers should e-mail north.mids.entries@gmail.com to inform the promoter that you are a disability swimmer.

6) Disability competitors will be included within the results for their age group.

7) Awards

- a) Medals will be awarded to boys and girls in 1st, 2nd and 3rd place in age groups 9,10,11,12,13,14,15, 16&Over
- b) Trophies will be awarded to:
 - i) Boys and Girls, 9-12 Years, 1st, 2nd and 3rd fastest times overall in each event.

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- ii) Overall fastest in each event (boys and girls)
 - iii) Overall top boy and top girl (based on points from events 8,7,6,5,4,3,2,1)
 - iv) Most improved club (Based on points, 8,7,6,5,4,3,2,1, compared to 2018) expressed as a percentage increase of their points from the previous year. Clubs who did not take part in the 2018 championships are not eligible for this award.
 - v) Overall top club (based on points, 8,7,6,5,4,3,2,1)
- c) Where a trophy is awarded that is returnable, it will be the recipient's responsibility to have it engraved and returned by the agreed date.
- d) Disability Awards
- i) Medals shall be awarded on a multi-class basis to the first 3 swimmers in each event based upon British Disability Point scores.
 - ii) If there are less than four disability competitors in any one event, then a minus one rule shall apply.
 - iii) If there is only one disability competitor in an event, then a medal shall be presented if the swimmer better their entry time.

8) Withdrawals

- a) Notification may be completed via the Swimming Events application in your profile. This can be done no later than 23:59 on the day before the session starts.
- b) Swimmers who fail to withdraw in the prescribed manner shall be removed from that day's remaining events in which they have been entered unless there are extenuating circumstances.
- c) Refunds will be provided in only exceptional circumstances such as a medical condition. These requests will be dealt with on a case by case basis and should be emailed to north.mids.withdrawals@gmail.com. NOT Swimming Events.

9) Coaches/Team Managers

- a) Each club will receive one free coaches or team managers pass for every 10 swimmers entered or part thereof. Additional passes will be £10 each to cover all sessions.
- b) Poolside passes/wristband must be worn at all times or you will be asked to leave the pool deck.
- c) Poolside passes will only be issued to coaches and team managers with a current DBS check and Swim England registration number. These should be e-mailed to north.mids.entries@gmail.com no later than 7 days prior to the start of the competition.
- d) Clubs will receive one heat sheet for each pass issued or purchased. Programmes will not be printed for this event.

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10) Promoters Rights

- a) The promoters reserve the right to refuse admission to any competitor or spectator.
- b) The order of events may be changed at the discretion of the promoters. However this will only be done if absolutely necessary and entrants will be notified at the earliest opportunity.
- c) Anything not covered in the above - or not printed in other meet information will be at the discretion of the promoters.