



# Annual Long Course Open Meet

Held at

Corby East Midlands  
International Pool  
**21<sup>st</sup> & 22<sup>nd</sup> March 2020**

**This competition will be held under Swim England Regulations and  
Technical Rules of Swimming - Licensed at Level 3**

**(Licence no 3EM200313)**

## **MEET INFORMATION**

- Venue:** This competition will be held at Corby East Midlands International Swimming Pool, Parkland Gateway, George Street, Corby, NN17 1QB Telephone: 01536 464643 <http://www.corby.gov.uk/corbypool>
- Car Parking:** Available directly outside the pool for around 400 cars. There is additional parking at the Oasis car park which is about a 2 minute walk from the pool. The approximate cost of these car parks is 60p/2 hours.
- Pool:** An 8 lane 50 metres pool with a separate warm down pool. Backstroke start wedges will be available to use.
- Timing:** Colorado electronic timing with 8 – line scoreboard is to be used in conjunction with a computerised entry and results. There will not be a secondary strobe available for deaf swimmers.
- Entry Fee:** The entry fee is **£6.50** per event when submitted to your club gala administrator who will then forward them electronically. It will be **£7.00** if submitted individually via a paper entry form direct to Corby swimming club.
- Coaches Pass:** Coaches Passes are available to Coaches/Team Managers supporting competing swimmers. This will include poolside admission, Start Lists, poolside drinks and lunch. To assist with catering Coach Passes must be ordered with entries. When ordering coach passes please ensure their DBS numbers are enclosed. The cost of a day pass is £15. A weekend pass is £25

### **Coaches' Passes will not be sold on the day.**

*There must be sufficient poolside supervision for clubs to maintain adequate supervision of their swimmers. As a guide, a ratio of 1:10 Adults to Swimmers [inc Coach/Team Manager] should be considered as the minimum requirement which should include male and female adults to reflect the swimmers if the team is made up of male and female swimmers. Clubs with twenty or less swimmers should apply for a two passes; but where there are more than twenty swimmers, a club should apply for additional passes to maintain a 1:10 ratio of adults to swimmers.*

- Closing Date:** The closing date for entries is: **Friday 21<sup>st</sup> February 2020**  
Completed entry forms must be returned via email or post by the closing date together with the appropriate fee to:  
Chantel O'Brien  
Corby Swimming Club  
Parkland Gateway  
George Street  
Corby  
Northants  
NN17 1QB  
**Email – [team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk)**

For all other enquiries relating to the gala:  
**Email: [secretary@corbyswimmingclub.org.uk](mailto:secretary@corbyswimmingclub.org.uk)**

**Spectators:** Ticket options - Spectator seating capacity: 400  
All Day **£7 (Concessions £5)**  
Single Session **£5 (Concessions £3)**  
Children (Under 16) **Free**

The Programme will now be available on-line for this meet. It will be available prior to the day to enable people to print them out before they arrive if they so wish too.

**Refreshments:** The Swimming Pool has a small café which serves hot & cold food. There are also some vending machines in the café area. As the pool is located in Corby town centre there are numerous shops and restaurants within easy access to the pool

**Health & Safety:** All participants and spectators must observe the health & safety precautions in operation at the Corby Swimming Pool. The swimming pool and changing room areas are only available to competitors, Coaches, Officials and not to parents or carers. The Spectators balcony is available to those supporting the swimming. Access will be controlled to these areas.

The remainder of the pool complex is still open to the public for Gymnasium, Group classes and Health Suite including the café area.

The use of photography is not permitted by visitors, spectators or competitors unless their details have been registered at the swimming pool Reception and a label displayed on their person to show you have done so.

It is vital that stairs, walkways and thoroughfares must be kept clear of persons and bags.

There are no expected Fire Alarms, so should the fire alarm sound spectators and coaches should evacuate the building immediately. Swimmers have a two stage evacuation and if the alarm sounds swimmers should follow the lifeguard's directions and queue up alongside the poolside fire exits. Should swimmers need to evacuate then they will leave by the fire escapes having been given foil blankets. The assembly point is by the Corby Cube (Large glass Building) to the left of the main entrance as you exit the swimming pool.

If a competitor has any known condition that may affect the swimmer during the meet then the meet promoter and the referee should be notified in writing before the meet. This information will be passed onto the pool staff to ensure they have the appropriate level of people to deal with any potential problem occurring during the gala.

**Swim Shop:** A Swim Shop will be present on the day located by the main entrance to the building.

**Photography:** There will be no professional photography at this event. Mobile Phones and devices with an Image capturing facility can only be used pool side providing the Image capturing device is not used or registration is completed at reception and a sticker prominently displayed on their person. Anyone caught capturing an image without authorisation to do so will be asked to remove it from their device and may be expelled from the event.

**Property of Swimmers & Spectators** Neither Corby Amateur Swimming Club nor Corby East Midlands International Swimming pool cannot be held responsible for loss or damage to spectators' or competitors' property.  
Competitors can use the lockers in the changing room by obtaining an electronic wrist band from Reception (£1 deposit needed for a band which is refundable).

## PROMOTERS CONDITIONS

**Session Details:** Entry on to Poolside from 07:30hrs

**Session 1 Start 09:00**

**Warm up Starts at 08:00**

08:00 – 08:25 All Ages/Girls

08:30 – 08:55 All Ages/Boys

**Session 2 Start 14:00**

**Warm up Starts at 13:00**

13:00 – 13:25 All Ages/Boys

13:30 – 13:55 All Ages/Girls

**Session 3 Start 09:00**

**Warm up Starts at 08:00**

08:00 – 08:25 All Ages/Boys

08:30 – 08:55 All Ages/Girls

**Session 4 Start 14:00**

**Warm up Starts at 13:00**

13:00 – 13:25 All Ages/Girls

13:30 – 13:55 All Ages/Boys

**The Competition is open to amateur swimmers as defined by the Swim England Regulation.**

**All entrants must be registered as Category 2 members.**

**Age:** Age as **31st December 2020** for the following age groups: 10/11, 12, 13, 14, 15, 16/over.

**Entries:** Entries must be made on the Individual Entry Forms attached with submitted times to your Club administrator. Qualification times must be personal best times in 50m pool format (Conversion allowed) within the last 12 months from the first date of the gala. They should also be no faster than the attached table in the respective age groups for consideration for entry.

This meet will be run electronically. Clubs sending more than 3 swimmers in total will need to submit entries electronically using Sportsys Entry Manager along with the entry summary sheet. A single payment either by cheque or BACs must be made when submitting entries. Club entries will only be processed once the electronic entry file, payment and entry summary sheet are received.

[team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk) or [secretary@corbyswimmingclub.org.uk](mailto:secretary@corbyswimmingclub.org.uk)

Any paper entries (no more than 3 swimmers from any one club) must be on the official entry form, and must include the entrants Name, Swim England registration number, DOB and submitted times together with correct entry fees. (These individual paper entries will incur an extra fee)

Payment will only be accepted by single cheque payable to Corby Amateur Swimming Club or BACs to the Account No. 46838759, Sort Code 60-06-11. No entries will be registered unless the correct payment has been received.

For seeding purposes entry times must be submitted. Failing to submit a time will result in exclusion of the swimmer from that event. Dependent on the number of entries the Promoter reserves the right to restrict the number of entries to facilitate the meet running time. (i.e. First come, first served).

No entries will be accepted after the closing date or during the meet unless due to promoters error or omission. Refund of entry fees will be made for rejected entries or where the entry to an event has had to be restricted. For any other reason refund of

entry fees will only be made up until the closing date for entries or at the discretion of the Promoter.

- Officials:** Clubs taking part are asked if they can help provide officials that will both commit to attending and will be willing to mentor trainees if numbers allow. Please return the Officials form with their details and this will be passed on to the Lead Referee who will contact them directly.
- Late Entries:** Applications for entry must be correctly submitted by the specified date. Entries received without payment or incorrectly completed may be rejected.
- Warm-up:** Warm up details as noted previously. Warm up procedures will be listed at diving end of the pool. Diving is only permitted in designated sprint lanes. And this will be announced 5 minutes from the end of each 25 minute warm up session.
- Racing:** Competitors must report to the Marshalling steward when they are called. Any competitor not reporting in time may be excluded. It is the responsibility of the Team Manager and Coaches to ensure that their competitors report to the marshalling stewards in time for the start of their race.
- Withdrawals:** There will be a withdrawal system in operation. These should be forwarded to the records desk by the coaches/Team Managers before the warm up of that session has started. If a swimmer withdraws once the draw has been completed for any reason other than illness, then they will not be allowed to compete in any further events within this gala.
- Start:** To maintain the scheduled timing of events all starts will be over the top, except backstroke races.
- Seeding of Heats:** All heats without finals will be swum fully integrated and in spearhead formation time order. All heat events with finals will be cyclic seeded for the final 3 heats.
- Winners:** All events are HDW (Heat Declared Winners) for each age group.
- Awards:** Individual medals will be awarded for the first 3 places in each age group for each event. Medals may be collected from the designated collection point when results are posted (they will not be sent out after the gala).  
Results will also be available to view and download from the Corby Amateur Swimming Club website once an event has been completed. Website - [www.corbyswimmingclub.org.uk](http://www.corbyswimmingclub.org.uk)
- Admissions:** The promoter reserves the right to refuse admission to any competitor or spectator.
- Conduct:** It is the responsibility of the Club's Team Manager and/or the Lead Coach at the meet to ensure that the conduct of their swimmers is of the correct standard at all times. Those individuals are also responsible for the safety of their swimmers, including their welfare at all times. Failure of coaches and/or Team Managers to control their swimmer's actions and protect their swimmer's welfare, and possibly the welfare of others, may result in complete expulsion from the meet.
- Please respect not only the people involved in running the meet, but also the Pool Centre staff, the building and facilities as well as members of the General public who will have access to certain areas of the building during the meet.

Please ensure that all litter is placed in the bins/ bags provided around the pool.

**Health & Safety:**

All children should have suitable footwear on when not in the changing rooms or poolside.

For Health and Safety reasons at the end of each event swimmers must remain in their lanes in the pool until released by the referee.

**Data:**

DATA PROTECTION ACT 1984 – Personal information submitted to this meet is held on a data base and consent is therefore assumed to hold and disclose this information as necessary within the boundaries of this meet. For further information on GDPR please see the Corby Swimming club website.

**Miscellaneous:** Anything not covered in the above conditions and associated literature will be at the discretion of the promoter/referee, subject to Swim England Regulations and Technical Rules of Swimming.



Corby East Midlands International Pool

# Annual Long Course Open Meet

Saturday & Sunday 21<sup>st</sup> & 22<sup>nd</sup> March 2020

Licence No. 3EM200313

## Entry Times

### Female Upper Limit Times

Event	10/11	12	13	14	15	16/OV
50m Freestyle	00:29.9	00:29.1	00:28.0	00:27.5	00:27.4	00:27.3
100m Freestyle	01:04.7	01:02.7	01:00.3	00:58.9	00:58.8	00:58.6
200m Freestyle	02:19.4	02:14.6	02:10.1	02:06.7	02:06.3	02:04.5
400m Freestyle	04:49.7	04:40.7	04:31.3	04:26.7	04:25.5	04:21.8
50m Breaststroke	00:39.2	00:37.6	00:36.2	00:35.1	00:34.6	00:34.5
100m Breaststroke	01:24.8	01:19.8	01:19.0	01:16.4	01:15.4	01:15.2
200m Breaststroke	03:00.0	02:51.7	02:48.5	02:45.6	02:43.9	02:43.2
50m Butterfly	00:33.6	00:32.1	00:30.5	00:30.1	00:29.5	00:29.1
100m Butterfly	01:16.2	01:12.1	01:09.0	01:06.5	01:06.3	01:05.6
200m Butterfly	02:53.6	02:47.0	02:36.2	02:31.8	02:30.8	02:28.1
50m Backstroke	00:34.1	00:33.0	00:31.9	00:31.1	00:31.0	00:30.9
100m Backstroke	01:12.6	01:09.8	01:08.1	01:06.2	01:05.7	01:05.1
200m Backstroke	02:33.5	02:30.0	02:25.1	02:21.9	02:21.4	02:21.0
200m IM	02:36.6	02:32.4	02:27.2	02:23.4	02:23.2	02:23.0
400m IM	05:36.0	05:23.4	05:12.2	05:08.6	05:08.0	05:07.7

### Male Upper Limit Times

Event	10/11	12	13	14	15	16/OV
50m Freestyle	00:30.0	00:28.5	00:26.9	00:25.8	00:25.0	00:24.0
100m Freestyle	01:05.7	01:02.2	00:58.3	00:55.7	00:54.0	00:53.4
200m Freestyle	02:21.2	02:13.7	02:05.4	02:01.2	01:57.3	01:56.1
400m Freestyle	04:51.8	04:41.0	04:26.3	04:17.3	04:11.3	04:08.9
50m Breaststroke	00:39.9	00:37.3	00:35.4	00:33.1	00:32.8	00:30.2
100m Breaststroke	01:27.3	01:21.4	01:16.5	01:12.4	01:11.1	01:06.8
200m Breaststroke	03:04.0	02:56.0	02:42.7	02:36.8	02:34.8	02:30.1
50m Butterfly	00:34.0	00:31.8	00:30.0	00:28.4	00:27.4	00:25.4
100m Butterfly	01:18.7	01:12.0	01:07.1	01:02.6	01:00.2	00:57.2
200m Butterfly	02:58.8	02:44.8	02:36.3	02:23.8	02:20.9	02:13.8
50m Backstroke	00:34.4	00:32.9	00:31.1	00:30.1	00:28.7	00:26.7
100m Backstroke	01:14.2	01:10.5	01:07.1	01:03.8	01:01.1	00:57.6
200m Backstroke	02:35.5	02:29.1	02:22.0	02:15.8	02:12.4	02:06.5
200m IM	02:41.6	02:31.3	02:24.1	02:17.0	02:13.5	02:10.2
400m IM	05:41.9	05:23.4	05:05.3	04:55.1	04:51.2	04:42.1

**Notes:-** Age as of 31<sup>st</sup> December 2020

Times should be for a 50m Pool or 25m Converted within the last 12 months from the first date of the gala and be no faster than the table above



Corby East Midlands International Pool

# Annual Long Course Open Meet

Saturday & Sunday 21<sup>st</sup> & 22<sup>nd</sup> March 2020

Licence No. 3EM200313

## Programme of Events

Saturday 21 <sup>st</sup> March 2020	
<b>Session 1</b> Warm Up 08:00hrs – Start 09:00hrs	
Event No.	Events
101	Girls 400m Free HDW
102	Boys 100m Breast HDW
103	Girls 100m Back HDW
104	Boys 200m IM HDW
105	Girls 200m Breast HDW
106	Boys 200m Fly HDW
107	Girls 50m Free HDW
108	Boys 50m Back HDW
<b>Session 2</b> Warm Up 13:00hrs – Start 14:00hrs	
Event No.	Events
201	Boys 400m IM HDW
202	Girls 100m Free HDW
203	Boys 100m Fly HDW
204	Girls 200m Back HDW
205	Boys 200m Free HDW
206	Girls 50m Fly HDW
207	Boys 50m Breast HDW

Sunday 22 <sup>nd</sup> March 2020	
<b>Session 3</b> Warm Up 08:00hrs – Start 09:00hrs	
Event No.	Events
301	Boys 400m Free HDW
302	Girls 100m Breast HDW
303	Boys 100m Back HDW
304	Girls 200m IM HDW
305	Boys 200m Breast HDW
306	Girls 200m Fly HDW
307	Boys 50m Free HDW
308	Girls 50m Back HDW
<b>Session 4</b> Warm Up 13:00hrs – Start 14:00hrs	
Event No.	Events
401	Girls 400m IM HDW
402	Boys 100m Free HDW
403	Girls 100m Fly HDW
404	Boys 200m Back HDW
405	Girls 200m Free HDW
406	Boys 50m Fly HDW
407	Girls 50m Breast HDW

**Notes:-** Age groups 10/11, 12, 13, 14, 15, 16/OV





Corby East Midlands International Pool

# Annual Long Course Open Meet

Saturday & Sunday 21<sup>st</sup> & 22<sup>nd</sup> March 2020

Licence No. 3EM200313

## Meet Entry Form

<b>Club</b>			
<b>Surname</b>		<b>First Name</b>	
<b>Date of Birth</b>		<b>Gender</b>	
<b>Contact No.</b>		<b>Swim England No.</b>	
<b>Email</b>			

Saturday 21 <sup>st</sup> March – Sessions 1 & 2			
Sunday 22 <sup>nd</sup> March – Sessions 3 & 4			
Event	Entry Time	Event	Entry Time
50m Freestyle		50m Butterfly	
100m Freestyle		100m Butterfly	
200 Freestyle		200m Butterfly	
400 Freestyle		50m Backstroke	
50m Breaststroke		100m Backstroke	
100m Breaststroke		200m Backstroke	
200m Breaststroke		200m IM	
		400 IM	
			Payment method
<b>Total number of races entered (electronic)</b>		<b>@£6.50 each</b>	£ Chq/Cash/Bacs/Paypal
<b>Total number of races entered (paper copy)</b>		<b>@£7.00 each</b>	£ Chq/Cash/Bacs/Paypal

Notes:- Closing date is 21<sup>st</sup> February 2020  
 Age is as of 31<sup>st</sup> December 2020.  
 Times should be for a 50m pool and within the last 12 months from the first date of the gala and no faster than the Entry Times (Conversion allowed)  
 Entry forms should be returned to your meet administrator as requested by them to be entered as an electronic club entry  
 Individual paper entries should be emailed to [team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk) or posted to the address below along with the correct entry fee payable by cheque or a BACs payment.  
 Chantel O'Brien, Corby Swimming Club, Parkland Gateway, George St, Corby, Northants, NN17 1QB



Corby East Midlands International Pool

# Annual Long Course Open Meet

Saturday & Sunday 21<sup>st</sup> & 22<sup>nd</sup> March 2020

Licence No. 3EM200313

## Club Entry Summary Sheet

<b>Club</b>	
<b>Contact Name</b>	
<b>Telephone No.</b>	
<b>Email Address</b>	

<b>Number of Female Entries</b>		<b>@ £6.50</b>	<b>=</b>	<b>£</b>
<b>Number of Male Entries</b>		<b>@ £6.50</b>	<b>=</b>	<b>£</b>
<b>Number of Day Coach Passes</b>		<b>@£15 / Day</b>	<b>=</b>	<b>£</b>
<b>Number of Weekend Coach Passes</b>		<b>@ £25.00 / Weekend</b>	<b>=</b>	<b>£</b>
<b>Total Remittance</b>				<b>£</b>

<b>Please Tick Payment Method</b>	<b>Tick</b>
Payment by BACs to Account No. 46838759, Sort Code 60-06-11	
Cheque payable to "Corby Amateur Swimming Club"	

<p><b>I certify that the above information is correct (Signed)</b></p> <p><b>Club Position</b></p>
--

Please submit to [team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk) if paying by BACs or by post to:

Chantel O'Brien, Corby Swimming Club, Parkland Gateway, George St, Corby, Northants,  
NN17 1QB



Corby East Midlands International Pool

# Annual Long Course Open Meet

Saturday & Sunday 21<sup>st</sup> & 22<sup>nd</sup> March 2020

Licence No. 3EM200313

## Officials Sheet

Club Name			Sessions Available				Current Level					
Name	ASA Number	Email Address	1	2	3	4	TK	J1	J2	J2S	REF	Training

Please fill out the details of any person able to help officiate at this gala  
 Tick the sessions they can attend and what their current level is. If they are training and wish to gain experience then please tick the training box.

Please send completed Officials form to [team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk) or by post to:  
 Chantel O'Brien, Corby Swimming Club, Parkland Gateway, George St, Corby, Northants,  
 NN17 1QB



Corby East Midlands International Pool

# Annual Long Course Open Meet

Saturday & Sunday 21<sup>st</sup> & 22<sup>nd</sup> March 2020

Licence No. 3EM200313

## Withdrawals Form

<b>Club</b>	
<b>Submitted By</b>	

**Withdrawals to be forwarded to the Recorders before the start of each sessions warm up**

Event No.	Event Name	Competitors No.	Competitors Name