



**Diss Open 2019**  
*Sunday 13th Oct*



# 22<sup>nd</sup> Diss Otters Sprint Open 2019

Sunday 13<sup>th</sup> October 2019  
at UEA Sportspark, Norwich  
Held under Swim England Law & Technical Rules  
Licence Level 3 – ER191956

## Programme of events

Session 1 - Warm up 8:15am			Session 2 - Warm up TBA		
Event Number	Sex	Event	Event Number	Sex	Event
101	Girls	400m Free	201	Boys	400m Free
102	Boys	100m Free	202	Girls	100m Free
103	Girls	50m Free	203	Boys	50m Free
104	Boys	50m Breast	204	Girls	50m Breast
105	Girls	100m Breast	205	Boys	100m Breast
106	Boys	100m Back	206	Girls	100m Back
107	Girls	50m Back	207	Boys	50m Back
108	Boys	50m Fly	208	Girls	50m Fly
109	Girls	100m Fly	209	Boys	100m Fly
110	Boys	200m Medley	210	Girls	200m Medley

### Key Information

- Ideal opportunity to obtain 2020 county championships qualifying times
- Level 3 Short Course Meet \* 8 Lane Short Course Pool, Electronic Timing, Quality Racing blocks \* Free parking \*
- Age Groups 9, 10, 11, 12, 13, 14, 15-16, 17 and over – Age as 13<sup>th</sup> October 2019
- Awards for top three in each age category
- Session One: Warm-up 8:15 a.m. Start 9:00 a.m. Session Two: Warm-up TBA, Start TBA
- Fees: Race Entry is £4.00 per event - Spectator Entry £3.00 for one session/£5.00 all day/Programme £2.00
- Enquiries can be emailed to James Button (Promoter) Email: [j.d.button@btinternet.com](mailto:j.d.button@btinternet.com)
- Swim merchandise on sale throughout the day from specialist suppliers.
- Closing Date for entries is Monday 16<sup>th</sup> September 2019

# Rules and Conditions

1. The event will be held at UEA Sportspark, held under SE Laws and Regulations, SE Technical Rules of Racing and to the SE Open Meet Licensing Criteria. Entries may only be accepted from swimmers registered as Category 2 members of Swim England; or competitors from one of the countries affiliated to FINA.
2. The pool length is 25 metres, 8 lanes with anti-wave ropes and Automatic Electronic Timing will be in use. A secondary strobe for the starting system will be available on request.
3. Competitor's ages shall be as at 13th October 2019.
4. Closing date for entries is Monday 16th September 2019.
5. All entry times must be Short Course times or converted Long Course times achieved within the last 12 months preceding the deadline and must be SLOWER than the cut off times stated. Entries with no times submitted will be rejected. No entries on the day will be accepted unless agreed with the Promoter.
6. The Promoter retains the right to accept entries on a first come first served basis. If the number of entries meeting the entry criteria is high the Promoter reserves the right to limit entries by closing entry early to enable the gala to meet open meet licensing requirements. The 400m freestyle will be limited to a maximum of 3 heats.
7. Accepted entries will be published on the club website ([www.dissotters.co.uk](http://www.dissotters.co.uk)) following the deadline. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any changes that are required.
8. Entry fees will be £4.00 per event. Coach passes must be pre-ordered and will be £15.00 with food/drinks and £10.00 without. No Coach passes will be issued on the day.
9. All clubs who have more than 5 swimmers entering this competition must submit their entries electronically through their home club by the specified date and accepted by the promoters for an entry to be valid. The Sportsystem entry files will be sent to each club and will be available on the DOSC website to download. Payments details are; cheques made payable to Diss Otters Swimming Club, BACS Account: 90065455 Sort: 20-26-34 Name: Diss Otters Swimming Club. Ref: OPEN/club name.
10. Age Groups 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15-16 years, 17 and over
11. Heats will be seeded on submitted times and spearheaded. All events are timed finals, and the first 3 swimmers in each age group will receive awards All events are heat declared winners.
12. Withdrawals procedure: It is the responsibility of the club to advise the gala organisers if they have swimmers withdrawing from an event, either before the day of the meet in writing via e-mail or on the day by completing a withdrawal form before the warm up for the relevant session starts. This will prevent the gala running with empty lanes. Any deviations from this condition may only be at the discretion of the lead referee and/or the promoter.
13. Over the top starts may be used at the referee's discretion. In the event of a faulty/false start swimmers should perform a safe entry and not fall into the water.
14. It is the responsibility of all clubs and coaches to ensure that swimmers are competent to the standard of the Swim England Competitive Start Award. Swimmers may start in the water but must inform the relevant official before the start of the race
15. The Promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Sportspark lockers require a padlock which you should bring with you or hire from Sportspark reception. Please minimise the number of kit bags brought poolside.
16. Entries to this meet will be held on a computer and consent, as required by the General Data Protection Act 2018, to the use of personal information will be deemed to have been given by the submission of the entry. 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. 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. Further information can be found in our Privacy Notice found [here](#).
17. In accordance with the SE 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. Should you have any concerns about photography or filming please bring them to the attention of the Promoter.
18. Any matter not covered by these conditions will be determined by the Promoter and/or Referee, subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing
19. If you have any queries, please contact the Promoter: **James Button**, Email: [j.d.button@btinternet.com](mailto:j.d.button@btinternet.com)

Swimmers must be SLOWER than the times listed below

Boys SLOWER than times						Short Course Times	Girls SLOWER than times					
9	10	11	12	13	14+	Event	9	10	11	12	13	14+
34.00	32.00	29.50	28.00	26.00	24.50	50m Free	34.00	31.00	29.50	28.50	28.00	27.00
1.12.00	1.08.00	1.04.00	1.02.00	59.00	55.00	100m Free	1.12.00	1.06.00	1.04.50	1.02.00	1.00.50	59.00
5.05.00	4.52.00	4.37.00	4.26.00	4.13.00	4.04.50	400m Free	5.02.50	4.50.00	4.38.50	4.26.50	4.20.00	4.12.00
42.00	39.00	36.50	34.00	32.00	30.50	50m Brst	43.00	39.50	37.50	36.00	35.00	33.50
1.29.00	1.25.50	1.20.00	1.15.00	1.10.00	1.07.50	100m Brst	1.32.00	1.25.00	1.21.00	1.17.50	1.14.00	1.11.00
36.00	34.00	32.00	30.00	28.00	26.00	50m Fly	37.50	35.00	33.00	31.00	30.50	29.50
1.23.00	1.19.00	1.14.00	1.08.50	1.04.00	1.00.00	100m Fly	1.20.50	1.16.00	1.12.50	1.09.00	1.06.00	1.03.00
40.50	38.00	35.00	32.50	30.50	28.00	50m Back	38.50	36.50	34.50	33.00	31.50	29.00
1.24.00	1.19.00	1.13.50	1.09.00	1.05.00	1.02.50	100m Back	1.20.00	1.15.00	1.12.00	1.09.50	1.06.00	1.04.00
3.00.00	2.45.00	2.30.00	2.20.00	2.16.00	2.07.00	200m IM	3.00.00	2.45.00	2.33.50	2.28.50	2.23.00	2.16.00

Competitor's ages shall be as at 13th October 2019.

# Individual Entry Form

First Name:		Surname:	
Club:		Date of Birth:	
Sex:	M / F	Age at 13/10/17:	
E-Mail Address:			
Phone Number:		SE Registration Number:	
<b>Event</b>	<b>Cost</b>	<b>Entry Time</b>	
50m Free	£4.00		
100m Free	£4.00		
400m Free	£4.00		
50m Back	£4.00		
100m Back	£4.00		
50m Brst	£4.00		
100m Brst	£4.00		
50m Fly	£4.00		
100m Fly	£4.00		
200m IM	£4.00		
<b>Total</b>		£	
<b>Admin Fee (DOSC Swimmers Only)</b>		+ £5.00	
<b>Total</b>		£	

I certify that the above information is correct and I have read the rules and conditions. Please return the completed form as appropriate to the promoter James Button, Email: [j.d.button@btinternet.com](mailto:j.d.button@btinternet.com) or post to Duck Barn, The Street, Blo Norton, Diss, Norfolk IP22 2JB together with the Entry Fee of £4.00 per event via BACS Account: 90065455 Sort: 20-26-34 Name: Diss Otters Swimming Club Ref: OPEN/club name or Cheques made payable to Diss Otters Swimming Club.

Signed (Competitor)..... Date.....

Signed (Club Official)..... Date.....

## Request for officials

Assistance is always required to make such events possible, therefore if you can help in any way on the day please complete the slip below and return to us.

Anyone officiating all day on either day will receive a free lunch.

*If you have any special dietary requirements, please let us know before the event so we can arrange something suitable.*

Name:	
SE Number:	
Phone Number:	
E-Mail:	
Club:	
Please Circle	<i>Referee / Starter / JL1 / JL2 / Timekeeper</i>
Which Session:	<i>Session 1 / Session 2</i>
Signed:	
Date:	

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## Coach Pass Application

Any persons on poolside, apart from technical officials, must be displaying a poolside pass at all times. Please indicate how many of each of the below passes you require and include the payment within the entries.

Club	
Number of passes required at £10 each (without food)	
Number of passes required at £15 each (with food)	
Total (to be included in payment with entries)	