

The Two Counties Spring Open Meet 2020

License 3SW200076



(Affiliated to Cornwall & Devon ASA & Swim England South West)

Present

The Two Counties Spring Open Meet

License 3SW200076

To be held under Swim England Laws and Regulations
and Technical Rules of Racing

Licensed by Swim England at level 3 for inclusion in British Swimming
Rankings

License Number – 3SW200076

PLYMOUTH LIFE CENTRE
Friday, Saturday & Sunday
27th, 28th & 29th March 2020

50m, 100m, 200m All strokes plus 400m 800m, 1500m
Freestyle,
100m IM, 200m IM and a Medley Skins Event

9yrs (50m, 200m all strokes, 100m IM & 200m IM only),
10yrs (50m, 100m, 200m all strokes, 400m F/S, 100m IM & 200m
IM only),

11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over – all events (see
condition 7)

(Ages as at March 29th 2020)

Heat Declared Winners

Awards to first 6 in each age group 13 and under

Awards to first 3 in each age group 14 and over

Awards to first 3 in each age group for 800/1500m F/S

CASH PRIZES FOR THE SKINS EVENTS

Email: caradondinnaton@gmail.com

<http://www.dinnatonswimming.co.uk/> & <http://www.caradon-swimming.org.uk/>

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Entry Administrator: Andrew Rickards, 35 Sycamore Drive, TORPOINT PL11 2NA

Entry will be strictly first come first served and will open on January 1st 2020

Closing date on or before Monday 2nd March 2020



THE TWO COUNTIES SPRING OPEN MEET 2020 AT PLYMOUTH LIFE CENTRE Promoted by CARADON SC & DINNATON SC This is a Level 3 Event and is Licensed by Swim England for entry into District Competitions LICENSE NUMBER: 3SW200076 Ages as at 29th March 2020 (Last day of competition) DATE: FRIDAY 27 th March, SATURDAY 28 th March & SUNDAY 29 th March 2020 Held under Swim England Laws and Regulations and Technical Rules of Racing SCHEDULE OF EVENTS – 25 metre SHORT COURSE					
SESSION 1 - DATE: 27th March - Warm Up 1830 - Start TBA					
NO	EVENT	Gender	NO	EVENT	Gender
1	800M FREESTYLE	M/F	2	1500M FREESTYLE	F/M
SESSION 2 - DATE: 28th March - Warm up 1230-Start TBA					
3	400M FREESTYLE	M	4	400M FREESTYLE	F
5	50M BACKSTROKE	M	6	50M BACKSTROKE	F
7	100M INDIVIDUAL MEDLEY	M	8	100M INDIVIDUAL MEDLEY	F
9	200M BUTTERFLY	M	10	200M BUTTERFLY	F
INTERVAL					
SESSION 3 - DATE: 28th March - Warm Up No Earlier than TBA - Start No Earlier than TBA					
13 & UNDER MEDLEY SKINS EVENT					
11	200M INDIVIDUAL MEDLEY	M	12	200M INDIVIDUAL MEDLEY	F
13	100M FREESTYLE	M	14	100M FREESTYLE	F
15	50M BREASTSTROKE	M	16	50M BREASTSTROKE	F
17	100M BACKSTROKE	M	18	100M BACKSTROKE	F
SESSION 4 - DATE: 29th March - Warm Up 1200 - Start TBA					
19	200M BACKSTROKE	M	20	200M BACKSTROKE	F
21	50M FREESTYLE	M	22	50M FREESTYLE	F

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23	100M BUTTERFLY	M	24	100M BUTTERFLY	F
25	200M BREASTSTROKE	M	26	200M BREASTSTROKE	F
INTERVAL					
SESSION 5 - DATE: 29 th March - Warm Up No earlier than TBA – Start No earlier than TBA					
14 & OVER MEDLEY SKINS EVENT					
27	200M FREESTYLE	M	28	200M FREESTYLE	F
29	50M BUTTERFLY	M	30	50M BUTTERFLY	F
31	100M BREASTSTROKE	M	32	100M BREASTSTROKE	F

Friday March 27th Saturday March 28th & Sunday March 29th

Ages as at March 29th 2020

UPPER LIMIT QUALIFYING TIMES (800/1500m free see condition 7)

Any swimmer having an entry time faster than any of the upper limit times will not be able to compete in this event.

800/1500m free swimmers are to be no slower than posted times

FEMALE TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/O v
50m Free	36.37	33.22	30.06	29.27	27.52	26.59	26.48	26.00
100m Free		1.14.55	1.06.07	1.04.33	59.06	58.14	56.75	56.00
200m Free	2.45.00	2.28.32	2.23.24	2.19.47	2.11.70	2.05.98	2.01.00	1.59.50
400m Free	5.25.00	5.17.29	5.01.43	4.53.49	4.33.85	4.25.84	4.14.39	4.10.15
50m Breast	49.15	44.88	40.60	39.53	37.20	35.20	35.05	34.12
100m Breast		1.38.50	1.29.12	1.26.77	1.20.85	1.17.57	1.14.77	1.13.52
200m Breast	3.35.25	3.27.56	3.07.80	3.02.85	2.52.18	2.42.77	2.37.92	2.35.24
50m Back	42.73	39.02	35.30	34.37	32.43	31.31	30.60	29.78
100m Back		1.24.59	1.16.53	1.14.52	1.09.40	1.06.47	1.03.63	1.01.98
200m Back	3.01.25	2.56.05	2.39.29	2.35.09	2.25.10	2.22.17	2.14.17	2.12.33
50m Fly	40.25	36.75	33.25	32.38	31.45	30.33	29.27	28.96
100m Fly		1.26.82	1.18.55	1.16.49	1.12.27	1.08.26	1.04.94	1.03.65
200m Fly	3.15.22	3.09.00	2.51.00	2.46.50	2.40.76	2.34.93	2.22.65	2.19.35
100m I M	1.29.19	1.23.92	1.19.92	1.13.25	1.10.50	1.07.65	1.04.57	1.02.12
200m I M	3.02.18	2.55.62	2.38.90	2.34.72	2.31.10	2.25.71	2.20.09	2.18.56
800m Free			14.20.00	12.30.00	12.30.00	12.00.00	11.45.00	11.45.00
1500m Free			25.30.00	23.30.00	23.30.00	22.30.00	21.30.00	21.30.00

MALE TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/O v
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50m Free	36.75	33.56	30.36	29.56	27.43	25.60	24.95	24.50
100m Free		1.13.94	1.06.90	1.05.14	1.01.17	55.67	55.38	54.95
200m Free	2.45.00	2.39.81	2.24.59	2.20.79	2.13.59	2.02.31	1.57.10	1.55.50
400m Free	5.25.00	5.16.89	5.01.05	4.53.12	4.43.43	4.15.24	4.04.49	4.01.25
50m Breast	49.31	45.02	40.74	39.66	37.31	35.34	32.60	31.95
100m Breast		1.39.55	1.30.07	1.27.70	1.23.45	1.15.99	1.10.20	1.08.52
200m Breast	3.35.25	3.26.49	3.06.83	3.01.91	2.50.45	2.40.68	2.32.17	2.28.65
50m Back	43.51	39.91	36.11	35.16	33.32	30.22	29.58	28.24
100m Back		1.26.11	1.17.91	1.15.86	1.11.52	1.05.00	1.03.05	59.95
200m Back	3.03.26	2.59.19	2.42.13	2.37.86	2.28.66	2.15.29	2.11.73	2.09.26
50m Fly	41.52	37.91	34.30	33.39	30.80	29.42	28.14	27.38
100m Fly		1.30.75	1.22.11	1.19.95	1.13.36	1.06.92	1.02.07	1.00.26
200m Fly	3.35.00	3.21.77	3.02.55	2.57.75	2.43.62	2.29.40	2.16.62	2.16.80
100m I M	1.30.54	1.25.19	1.17.60	1.11.36	1.08.54	1.05.14	1.02.25	1.01.28
200m I M	3.20.54	3.11.69	2.45.56	2.41.20	2.34.47	2.20.96	2.15.78	2.12.39
800m Free			12.30.00	12.30.00	12.30.00	12.00.00	12.00.00	11.30.00
1500m Free			23.30.00	22.45.00	22.45.00	22.30.00	22.30.00	22.00.00

INDIVIDUAL PAPER ENTRY FORM

CLUB:	MALE / FEMALE
Given Name:	
Family Name:	
DOB:	
ASA Reg No:	

STROKE	TIME - mm:ss.00
50m Freestyle	
100m Freestyle (not 9yrs)	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke (not 9yrs)	
200m Backstroke	
50m Breaststroke	
100m Breaststroke (not 9yrs)	

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9yrs)	
200m Breaststroke	
50m Butterfly	
100m Butterfly (not 9yrs)	
200m Butterfly	
100m IM – All Age Groups	
200m IM	
800m Freestyle(11yrs/over)	
1500m Freestyle(11yrs/over)	

CONTACT NAME:	E-MAIL:
TELEPHONE NUMBER:	
NUMBER OF ENTRIES	800/1500mfree @£9.50 All other events @ £6.50 = £
ADD PAPER ENTRY SURCHARGE OF £1 - TOTAL ENCLOSED OR PAID BY BACS = £	

TWO COUNTIES OPEN MEET, 35 Sycamore Drive, TORPOINT PL11 2NA

Payment by BACS (PREFERRED) to: Sort Code: 20-50-40 Account No: 33058972
Cheques PAYABLE TO: CARADON SWIMMING CLUB

CLOSING DATE – MONDAY 2nd March 2020
or when full on a first come first served basis
If using Hy-Tek Entry Manger entry forms are not required.

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Entry Fees Summary Sheet

Please e-mail completed Entry Fees Summary Sheet, Hy-Tek files (or paper entry form/s), Hy-Tek entry reports and Coach Pass Application Form to: caradondinnaton@gmail.com
(Hard copy not required if paying by BACS.)

Please send cheques with hard copy of fees summary sheet and hard copies of paper entry forms to **Andrew Rickards 35 Sycamore Drive, TORPOINT PL11 2NA**
(Entry acknowledgment is via the website and/or the person named on this form)

CLUB:	
CONTACT NAME & ADDRESS:	
TEL NO:	
E-MAIL	

ENTRIES:	NUMBER OF		@ £6.50	£
ENTRIES:	NUMBER OF 800/1500		@£ 9.50	£
ENTRIES:	NUMBER OF PAPER ENTRY SURCHARGES:		@£1	£
PASSES:	NUMBER OF POOLSIDE		@ £15	£
AMOUNT DUE			TOTAL	£

PAYMENT DETAILS:

PREFERRED METHOD IS BY BACS to: Sort Code: 20-50-40 Account No: 33058972
Please use the reference TWO COUNTIES

Cheques payable to: CARADON SWIMMING CLUB

**Entries will be returned if payment is not made seven days
before the closing date (02/03/20)**

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PROMOTERS CONDITIONS THE TWO COUNTIES LEVEL 3 SPRING OPEN MEET LICENCE NUMBERS: 3SW200076

1. The Promoters **Caradon SC & Dinnaton SC.**
2. The meet will be held under Swim England Laws and Regulations and Technical Rules of Racing and licensed by the ASA at level 3 for inclusion in British Swimming Rankings.
3. Competitor's age groups shall be defined as at **March 29th 2020.**
4. **Age Groups: 9, 10, 11, 12, 13, 14, 15, 16 & Over including Masters.**
5. **Awards:** All events will be HDW and awards will be made to the Top 6 in each Age Group 13 and Under. Awards to top 3 in each age group 14 and over. 800/1500 F/S top 3 in each age group only, plus Cash prizes for the Skins events.
6. **Events:** 50m, 100m & 200m – all strokes + 400m, 800m. 1500m Freestyle, 200m IM & 100m IM. **Please note, swimmers aged 9 years cannot enter 100m stroke events. Entry to the 100m IM is permitted.**
7. **Please note the 800/1500m freestyle times are the lower cut off times and swimmers are to be no slower than those times. Swimmers for these events are to be aged 11yrs and over.**
8. Additionally, there will be Male & Female Skins Events – 13 years & Under & 14 Years & Over (The 8 fastest 100 IM swimmers in each of the qualifying age groups plus 2 reserves will be invited to compete in the Skins Finals). There will be no times from the skins event sent to rankings
9. Entries will be first come first served, **no deck entries will be accepted on the day of the competition, no exhibition swimmers will be accepted.**
10. All events will include all age groups with heats seeded slowest to fastest. All heats will be spearheaded. 'Over the top' starts will be used wherever possible.
11. All communication will be via the website and email. Accepted entries will be notified by email. Should any rejections be necessary these will be notified by email.
12. The promoters do not accept responsibility for any loss of property or damage. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings.
13. The promoters use a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the **General Data Protection Regulations 2018**, to the holding of personal information on computer. Personal

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data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet.

14. In accordance with the recommendations of the Swim England WAVE POWER 2016-2019 child safeguarding policy <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> any person wishing to use video, zoom or close-range photography should focus on their child as much as reasonably practicable. **You are reminded that flash photography is not permitted at the start of any heat.**
15. Photographs may be taken during the meet for publicity purposes and unless you notify the promoter that you do not wish your child to be included in such photography, you should notify the promoter or their representative (**Andrew Rickards**) in writing or by e-mail (caradondinnaton@gmail.com).
16. Any matters concerning the Meet not covered in these Terms & Conditions will be dealt with according to the laws of the sport and at the discretion of the Promoters. The Promoters reserve the right to change the Meet Terms & Conditions to ensure the smooth running of the at the express wish of the Referee. This will only apply due to unforeseen circumstances on the day of the meet
17. Closing date for entries is **Monday March 2nd 2020**.
18. The promoter reserves the right to accept or reject entries and to restrict entries to complete the meet within the time available.
19. Refunds will also be given for medical reasons on production of a Doctor's note no later than 72 hours prior to Meet.
18. Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoter's discretion.
19. There will currently not be a second strobe available for the Two Counties 2020 Meet

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VOLUNTEER OFFICIALS

This is a level 3 licensed meet so the requirement is for officials to be qualified, it is currently not necessary to be licensed.

Benefits:

- Free admission
- Refreshments and food
- Travel allowance of 35p per mile
- Ring side view of the action.
- Complimentary bottle of wine if you last the whole weekend!
😊
- Lose weight without the expense of a sauna 😊

Name:

Swim England No:

Contact Email:

Phone:

Please tick:

Qualified as: J1 J2/S Referee

Licensed:YN

WE DO NEED AND APPRECIATE YOUR HELP

THANK YOU