



**Portsmouth Northsea
End of Season 2024
Long Course Level 3 Meet**

Saturday 13th to Sunday 14th July 2024

License number 3SE240333



Program of Events

Saturday 13 th July 2024		Sunday 14 th July 2024	
SESSION 1: Warm-up 08:00 - Start 09:00 - Est Finish TBC		SESSION 3: Warm-up 08:00 - Start 09:00 - Est Finish TBC	
101	Male/Open 100 Freestyle	301	Female 100 Freestyle
102	Female 100 Breaststroke	302	Male/Open 100 Breaststroke
103	Male/Open 50 Butterfly	303	Female 50 Butterfly
104	Female 50 Backstroke	304	Male/Open 50 Backstroke
105	Male/Open 200 Breaststroke	305	Female 200 Breaststroke
106	Female 200 Freestyle	306	Male/Open 200 Freestyle
107	Male/Open Male 100 Butterfly	307	Female 100 Butterfly
108	Female 400 Individual Medley	308	Male/Open 400 Individual Medley
SESSION 2: Warm Up: 13:00 TBC - Start 14:00 TBC – Est Finish TBC		SESSION 4: Warm Up: 13:00 TBC - Start 14:00 TBC – Est Finish TBC	
201	Female 200 Butterfly	401	Male/Open 200 Butterfly
202	Male/Open 400 Freestyle	402	Female 400 Freestyle
203	Female 100 Backstroke	403	Male/Open 100 Backstroke
204	Male/Open 50 Breaststroke	404	Female 50 Breaststroke
205	Female 50 Freestyle	405	Male/Open 50 Freestyle
206	Male/Open 200 Backstroke	406	Female 200 Backstroke
207	Female 200 Individual Medley	407	Male/Open 200 Individual Medley



Qualifying Times

Upper Qualifying Times – You must not be faster than this.

MALE						FEMALE						
<u>9/10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15 & OVER</u>	<u>EVENT</u>	<u>9/10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15 & OVER</u>
32.00	31.00	29.20	27.80	26.50	23.85	<u>50 FREE</u>	32.00	31.00	30.50	29.50	28.20	27.80
1.10.00	1.07.00	1.01.50	58.79	56.79	52.86	<u>100 FREE</u>	1.10.00	1.06.41	1.03.59	1.01.92	1.00.90	59.50
2.30.90	2.22.74	2.12.32	2.07.95	2.03.54	1.56.20	<u>200 FREE</u>	2.30.90	2.23.37	2.16.76	2.13.09	2.10.88	2.09.80
5.15.70	4.59.06	4.42.93	4.30.12	4.21.82	4.09.86	<u>400 FREE</u>	5.15.70	5.00.17	4.46.54	4.39.01	4.34.61	4.32.60
37.00	35.00	32.50	31.00	29.00	27.50	<u>50 BACK</u>	37.00	35.00	34.00	33.00	32.50	31.00
1.20.00	1.15.00	1.10.27	1.07.48	1.05.00	1.00.60	<u>100 BACK</u>	1.20.50	1.15.88	1.12.26	1.10.11	1.08.85	1.06.50
2.50.20	2.42.24	2.30.57	2.24.86	2.19.57	2.11.20	<u>200 BACK</u>	2.50.20	2.41.56	2.34.53	2.29.56	2.26.81	2.23.10
38.00	35.00	31.50	30.50	28.50	26.00	<u>50 FLY</u>	38.00	34.00	33.00	32.00	30.60	28.80
1.24.00	1.16.00	1.08.50	1.05.66	1.02.88	58.87	<u>100 FLY</u>	1.23.00	1.15.55	1.11.17	1.08.70	1.06.15	1.05.00
2.58.10	2.48.57	2.36.39	2.26.98	2.20.26	2.11.83	<u>200 FLY</u>	2.58.10	2.49.08	2.37.92	2.30.99	2.26.80	2.24.50
40.00	39.00	38.00	36.50	34.50	30.50	<u>50 BRST</u>	40.00	37.00	36.00	35.00	34.50	33.00
1.32.00	1.25.00	1.20.82	1.15.04	1.12.15	1.06.95	<u>100 BREAST</u>	1.33.00	1.26.03	1.21.70	1.19.37	1.17.80	1.16.10
3.20.10	3.07.11	2.54.92	2.44.10	2.36.53	2.24.95	<u>200 BREAST</u>	3.20.10	3.04.96	2.55.24	2.50.62	2.46.82	2.43.47
2.50.50	2.42.97	2.32.92	2.25.62	2.20.52	2.11.32	<u>200 IM</u>	2.50.50	2.42.53	2.35.37	2.30.93	2.27.64	2.23.50
6.00.00	5.47.65	5.26.56	5.10.36	4.59.11	4.47.08	<u>400 IM</u>	6.00.00	5.46.93	5.28.18	5.18.73	5.13.54	5.11.30

Notes:

- All entry times should be converted to Long Course times.
- Times must be available on British rankings and achieved in a level 1-4 meet.



Promoter's Conditions

PROMOTER	The promoter is Portsmouth Northsea Swimming Club.
CONTACT	For any queries, please contact us at meets@pns.org.uk
VENUE	The Mountbatten Centre, Alexandra Park, Portsmouth PO2 9QA.
POOL	8 Lane 50 metre pool, with electronic timing and anti-turbulence lane ropes. Backstroke ledges will be used.
ELECTRONICS	Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads.
RULES	The competition is an open and will be swum under Swim England Technical Rules. A secondary strobe light is available at this meet.
AGE GROUPS	The competition will be open to age groups 9, 10, 11, 12, 13, 14, 15+.
AGE	Ages will be at midnight Sunday 14th July 2024.
COMPETING CATEGORIES:	<p>Swimmers will be required to swim in one of two groups:</p> <ul style="list-style-type: none"> • Female – Athletes with a birth sex of female. • Open/Male – Athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the female category. <p>The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.</p> <p>Please note:</p> <ul style="list-style-type: none"> - Rankings will refer to 'Open/Male' times rather than simply 'Male'. Given swimmingresults.org includes British, Welsh and Scottish rankings the term 'Male' will still be included for accuracy. <p>The Meet entry software (Hytek) has not been updated yet by its developers to comply with this new policy. Swim England is in discussion with meet entry software providers about the changes and further updates will be published in due course. Portsmouth Northsea Swimming Club endeavors to upgrade its software as soon an update is available with this change.</p>
MEET OBJECTIVE	The objective of the Meet is to provide a fun end of season meet for swimmers wanting to achieve or improve their long course times. This is an early opportunity to achieve some county qualifying times for the season 2024-25.
EVENTS	50m Freestyle, 100m and 200m all four strokes, 400m Freestyle and 200m and 400m Individual Medley. The number of heats will be limited.
QUALIFYING STANDARDS	<p>Upper qualifying times only will apply. All swimmers who are slower or have no times are eligible to enter.</p> <p>All entry times should be converted to Long Course times.</p>



	The promoters reserve the right to exclude any swimmer from an event if it is found they have a faster time on the National Rankings, 1st September 2022. If space is available time trials may be accepted at the promotor’s discretion.
ENTRY FEES	The entry fee is £9 for all 50s, 100s, 200s and £10 for 400s per event.
OPEN DATE	18:00 hours on Monday 3 rd June 2024.
CLOSING DATE	18:00 hours on Monday 17 th June 2024.
ENTRIES	<p>This is a first come, first served meet. The promoter reserves the right to limit entries if the meet is over subscribed.</p> <p>Entries should preferably be made electronically by downloading the Hy-Tek file which will be made available from the PNSC website – https://uk.teamunify.com/team/pnsc/page/home . The completed files, along with completed entry summaries, report and fee entry and any other queries should be emailed to meets@pnsc.org.uk.</p> <p>Entry times will not be updated after the closing date.</p> <p>Time trials may also be considered if space available after entries have closed, subject to space and at the Promoters discretion.</p> <p>Entries from classified Para swimmers which are outside the qualifying times will be accepted at the promoter’s discretion. Swimmers with a classification and those that require assistance to access the event are requested to notify the promoter in advance of the meet.</p> <p>This meet will operate without entry cards. No poolside entries will be accepted.</p> <p>No individual entries will be accepted.</p>
PAYMENT	Once entries have been accepted, invoices will be issued with payment details.
REJECTIONS	<p>Rejections will be made when the volume of entries exceeds the time allowed under Swim England rules for competitive meets. Refunds will be made where a swimmer is rejected from the meet due to it being over-subscribed. The following criteria will be used to determine which swimmers will be scratched:</p> <ul style="list-style-type: none"> • Entry times not meeting the qualifying standards • Reducing the number of heats to comply with session timing using the first come first serve criteria • The 400m events will have limited heats, which will be selected on a first come, first served basis. If time allows extra heats may be accepted at the promoters’ discretion.
ACCEPTED ENTRIES	Once accepted entries will be posted on the PNSC website, it will be the responsibility of the club/Individual representative to check entries, inform all swimmers of their entries and notify the meet secretary immediately of any errors. Once entry times have been accepted no changes will be made unless with agreement of the meet secretary.



STARTS	At the referee's discretion we reserve the right to use over the top starts.
SEEDING	Events will be seeded based on the submitted entry.
AWARDS	<ul style="list-style-type: none"> • We will award the Top 3 in each event for each age group they will receive a medal which can be collected from the Medal Collection Table. Please collect all medals during the course of the Meet. • Heat results will not be announced but results of each event and details of winners will be posted around the pool and meet mobile as soon as they are available. Please collect all medals during the course of the Meet.
WITHDRAWALS	<p>There will be no refund of entry fees to swimmers who withdraw from event after the initial closing date, unless the withdrawal is for medical reasons and a doctor's certificate or medical evidence is supplied. All refunds will be made via the clubs who submitted the entries.</p> <p>Withdrawals can be made up until 18:00 via email sent to meets@pns.org.uk on Friday 12th of July. After this time withdrawals must be made on the official electronic withdrawal forms which can be found in the coaches' packs and technical office. Coaches / team managers must submit withdrawal forms for any swimmers not competing to the meet computer room 40 minutes before the start of each session. This notification will help to minimize heats with empty lanes. PNSC reserve the right to implement a fine of £5 per event if withdrawals are not reported.</p>
OFFICIALS	<p>All clubs submitting entries are requested to assist in the running of the meet by supplying details of any Licensed officials who are willing to assist at this Gala. Any meet that does not have the number of officials required by the licensing board run the risk of it being downgraded. Names and contact details for officials should be provided by the person responsible for submitting the entries and forwarded to meets@pns.org.uk</p>
COACH / TEAM MANAGER PASSES	<p>Coach and Team Manager's packs are available £20 a day or £35 for both days. They include start sheets, food and refreshments. If a club has 10 or more swimmers entered, it is recommended that there is one pass per 10 swimmers.</p> <p>Late submissions (applications submitted after Wednesday 10 July at 18:00) will result in an additional £5 administration charge.</p> <p>Only swimmers, team managers and coaches with passes will be allowed on poolside. Poolside coaches need to be registered with Swim England (or equivalent national swimming organisation) and hold a valid DBS check. Team Managers need to be registered with Swim England (or equivalent national swimming organisation), hold a valid DBS check and have the relevant safeguarding and team management qualifications.</p> <p>Coach/TM passes are unique per person and are not able to be passed between others.</p>
CHAPERONE PASSES	<p>Chaperone passes are available if swimmers require assistance in the changing rooms and will allow access to the spectator area. The cost is £2 per day and the chaperone must have Swim England membership (or equivalent national swimming organisation)</p>



	& valid DBS. If a swimmer requires additional assistance on poolside please contact the meet organisers in advance
MARSHALLING	Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time may be excluded.
CHANGING VILLAGE	The changing village is for competitors only, parents are not permitted in the changing area and will be asked to leave. Competitors are politely asked not to change poolside and use the facilities available. Cameras and phones are strictly prohibited in the changing area.
JEWELLERY	For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands). PNSC will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
MEET RESULTS	Meet results will be posted on Meet Mobile and paper copies will be available in the spectators area.
SPECTATORS	Spectators may be restricted due to site capacity and safety mitigations. Spectators will be accommodated wherever possible. Full event programs (which include seeded heat sheets) will be available on MeetMobile.
CAMERAS	Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. Any photos taken should fall within the Swim England guidelines. NO FLASH photography is permitted. Please be advised that photographs may be taken at this event by a club representative. Additionally, the event may be live streamed and will be accessed through our YouTube channel. PNSC are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of an individual which may present a risk of harm to the individual concerned. The use of such equipment is difficult to control but we can all be vigilant. PNSC may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press and television. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the front of house desk on the day of the event. Should you wish to refuse photographic permission please contact the event management team on site. Post event, if at any time a individual wishes an image of themselves to be removed from the public platform, 7 days' notice must be given to PNSC after which the data will be removed.



	The event may be live streamed. The link for streaming will be available on our social media sites. The stream will start at the beginning of each session over the event. Please be aware that you and your competitors are being watched by over 50,000 people worldwide. Please behave in a manner that has a positive reflection on you and your club.
WARM UP	Swimmers and coaches must ensure that they take no action that would endanger themselves or others. Club Coaches are responsible for their swimmers during warm up. Sprint lanes will be announced.
WARM DOWN	There will not be a warm down facility provided.
POOLSIDE RULES	<p>Due to limited space poolside we kindly request that swimmers only bring small bags poolside and use the lockers provided. Chairs should not be brought on poolside.</p> <p>Teams will have a dedicated area by poolside, clubs are reminded to be mindful of officials and their working area.</p> <p>Teams are requested not to use strength and conditioning equipment (i.e. medicine balls, stretch bands, mats, etc.) on poolside. Any team wishing to bring such equipment are encouraged to contact the club and agree a specific area outside poolside that can be used.</p>
PARKING	Parking is available, however, the amount of parking may be restricted due to other events running at the venue.
EVENT CANCELLATION	If the meet has to be cancelled due to unforeseen circumstances, entry fees and passes will be refunded. The Promoter is not responsible for any travel or accommodation costs incurred.
HEALTH & SAFETY	All meet participants must observe the safety precautions in operation at the Mountbatten Center and must have footwear when leaving the poolside. Swimmers must be fully clothed on the balcony. Due to limited spectator seating we kindly request that seats are used for spectators only.
BEHAVIOUR AND ATTITUDE	<p>PNSC has a zero tolerance policy on negative behaviour at meets.</p> <p>Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on site including competitors, parents, coaches and clubs are expected to behave in an appropriate manner, respectful of officials, volunteers, staff and others. PNSC holds the right to ask those behaving inappropriately to leave the event and/or meet if deemed necessary. Refunds will not be issued for dismissal from an event. The right to remove competitors and/or clubs from the meet is held by the meet manager and senior team of officials. We ask that you remind your competitors of the above policy and remain vigilant throughout the meet. Please report any inappropriate behaviour to a member of the event team on site.</p>
DATA PROTECTION	Entries will be held on a computer solely for the purposes of this competition. Consent, as required by the General Data Protection Regulation (GDPR), to the holding of personal information on computer will be deemed to have been given by the



	submission of the entry. This data will be held at least 1 year. Data and results will be shared with the British swimming for rankings and the competitors own swimming clubs. Results will be posted at the pool & on the website.
EQUALITY	PNSC promotes inclusion and diversity, and welcomes participation from everyone. If you have any particular requirements in respect of participating, officiating or volunteering then please mention this, in confidence if required, to our Events and Volunteers Manager. PNSC aims to provide a discrimination-free environment. We are committed to an action plan and policy in line with the Equality Act 2010, which ensures that no one receives less favourable treatment because of a protected characteristic. The full equality policy can be viewed on our website.
GENERAL	Any point not covered in these rules is at the discretion of the organisers. In extenuating circumstances and due to situations out of the clubs control during the competition the promoter reserves the right to make changes to the running of the meet.