



STAFFORD APEX SWIMMING CLUB

(Affiliated to ASA Midland District and Staffordshire ASA)

STAFFORD APEX WINTER OPEN MEET 2023

(Under ASA Laws and ASA Technical Rules for Swimming)

License No. 3WM230889

**FRIDAY 24th & SATURDAY 25th & SUNDAY 26th
NOVEMBER 2023**

VENUE:

Freedom Leisure Centre, Lamascote Road, Stafford, ST16
3TA

POOL:

8 Lane - 25m pool - electronic timing – anti
turbulence lane ropes

This is a Level 3 Licensed Meet

AGE: as at 26th November 2023

CLOSING DATE: 26th October 2023 or until the gala is full

Entries are on a first come first served basis



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PROGRAMME OF EVENTS

FRIDAY 24TH NOVEMBER

SESSION ONE

Warm up 18:30 Start 19:00 Finish 21:00

- Event 1 Girls 800 M Freestyle
- Event 2 Boys 800 M Freestyle
- Event 3 Girls 1500 M Freestyle
- Event 4 Boys 1500 M Freestyle
- Event 5 Girls 400 M IM
- Event 6 Boys 400 M IM

SATURDAY 26TH NOVEMBER

SESSION TWO

Warm up 11:30 Start 12:30

- Event 7 Boys 200 M Butterfly
- Event 8 Girls 50 M Breaststroke
- Event 9 Boys 50 M Backstroke
- Event 10 Girls 200 M Backstroke
- Event 11 Boys 100 M Butterfly
- Event 12 Girls 100 M Freestyle
- Event 13 Boys 100 IM

SESSION THREE

Warm up TBC Start TBC

- Event 14 Girls 200 M Freestyle
- Event 15 Boys 200 IM
- Event 16 Girls 100 M Backstroke
- Event 17 Boys 100 M Breaststroke
- Event 18 Girls 50 M Butterfly
- Event 19 Boys 50 M Freestyle
- Event 20 Girls 200 M Breaststroke

SUNDAY 27TH NOVEMBER

SESSION FOUR

Warm up 08.15 Start 08.30

- Event 21 Girls 400m Freestyle
- Event 22 Boys 400m Freestyle

SESSION FIVE

Warm up 09.30 Start 10:30

- Event 23 Girls 200 M Butterfly
- Event 24 Boys 50 M Breaststroke
- Event 25 Girls 50 M Backstroke
- Event 26 Boys 200 M Backstroke
- Event 27 Girls 100 M Butterfly
- Event 28 Boys 100 M Freestyle
- Event 29 Girls 100 IM

SESSION SIX

Warm up TBC Start TBC

- Event 30 Boys 200 M Freestyle
- Event 31 Girls 200 IM
- Event 32 Boys 100 M Backstroke
- Event 33 Girls 100 M Breaststroke
- Event 34 Boys 50 M Butterfly
- Event 35 Girls 50 M Freestyle
- Event 36 Boys 200 M Breaststroke

****Please note session times may change due to the number of entries received****



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SPECTATORS Entry £6.00 per day (£4 half day). OAP/Concessions £3.00 entry per day (£2 half day). Friday session £3.00 entry and £1.50 for OAP/Concessions. Children under 5 years free to all sessions. Payment is required for the full day and a refund will be given on handing back of the wristband before warm up of the second session.

REFRESHMENTS An extensive selection of hot food and drinks can be purchased from the cafe located in the main reception area of the leisure centre, subject to availability.

OFFICIALS It is requested that all clubs provide at least two licensed officials for each day and session please. Complimentary lunch/tea after the first session and drinks will be provided both days.

Any club who provides 3 or more officials will receive 2 free coach passes for the weekend.

MEET CONDITIONS

The competition will be held under Swim England Laws and Swim England Technical Rules at Stafford Leisure Centre.

- 25m pool, 8 lanes with anti-turbulence lane ropes.
- Electronic timing with 8-lane scoreboard is to be used in conjunction with a computerised result service.
- Backstroke ledges will be available to use at this event.
- A secondary strobe for the starting system is available.
- Results will be displayed during the meet and a full set will be published on the Stafford Apex website.

The competition is open to swimmers 9 years and over. Age is at 26th November 2023. All competitors must be registered with Swim England or their own national association as appropriate.

Individual awards for the first three places in each event in the following age groups:

- 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16yrs/over and may be collected from the designated collection point.
- £50 cash award for Top Club.

The use of cameras and video recording is not permitted. This includes mobile phones with a camera facility.

- All participants must observe the safety precautions in operation at Stafford Leisure Centre and **must** wear footwear when leaving the pool area.
- Neither Stafford Apex Swimming Club or Freedom Leisure can be held responsible for loss or damage to spectators or competitor's property. Competitors are advised to use the lockers in the changing rooms and not to leave belongings lying around unattended.

Entries will be accepted in accordance with the **Entry Procedures**.

- All events are **HEAT DECLARED WINNER**
- Over the top starts may be used, when necessary, to maintain the scheduled timing of events.



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It is the responsibility of **Team Managers** and **Coaches** to check start lists for each event to ensure that their competitors are recorded correctly and that they report to the Marshalling Stewards in time for the start of their race.

If cancellation of the event is necessary, then the only claim will be the entry fees paid.

The Meet Administrator will decide anything not covered by these notes.

ENTRY PROCEDURES

- Application for entry must be correctly submitted by the specified date 26th October 2023, and on the Sports System entry file.
- Entries received without payment will not be processed.
- Entries should be made electronically using SPORTSYSTEM software, the entry pack/files can be obtained by emailing galas.staffordapex@gmail.com. It will also be available on our website www.staffordapex.com.
- **Entries, summary sheets and coach pass applications should be emailed to: galas.staffordapex@gmail.com.** No paper entries are accepted.
- Entry fee: £6.50 per event apart from 800m & 1500m Freestyle which are £8.50 per event.
- Coach Passes: £5.00 for Friday, £10.00 per Saturday or Sunday or £18.00 for a Sat/Sun pass.
- BACS payment can be made to 'Stafford Apex SC' Sortcode: 08-92-99. Account number: 65812408, Ref: Your Club Name + WM23
- The date that entries are received will be classified as the entry date.
- Qualifying times will be accepted to all events.
- Entry times must not be faster than the published upper qualifying times and must have been achieved since 1st November 2022.
- In the event that an individual event is oversubscribed, entries will be accepted on a first come first served basis.
- Session One will last a maximum of 2 hours and will be apportioned depending on number of entries.

The planned start times each day are as per the programme of events however confirmed start times for all sessions will be advised with the accepted entries.

- Entry times are to be converted to 25m pool length.
- Heats will be seeded according to submitted entry times.
- Poolside entries will not be accepted.
- Coaches' passes cannot be purchased on the day of the Meet.
- Passes will be inspected each day to authorise poolside access.
- It is the responsibility of attending clubs to ensure that poolside passes are issued only to people who have an up-to-date DBS.

The competitor's club shall be responsible for:

- checking and validating the entry forms and fees



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- entering the information from the entry forms into a database using a computer programme provided
- returning the entry files electronically by email to the Meet Administrator
- the entries summary form with one payment per club by email
- informing the Meet Administrator of any relevant health conditions and/or allergies.

A list of all accepted and rejected swims will be posted to the Stafford Apex website shortly after the closing date has passed. Rejected swims will be given full refunds. Once entries have been accepted, no refunds will be given unless supported by a valid doctor's certificate.

The club co-ordinator is responsible for checking the accepted entry lists posted on the Stafford Apex website and reporting any errors and discrepancies to the Meet Administrator. Known errors should be reported before the day of meet, no changes will be made on the day.

Any enquiries can be made by emailing galas.staffordapex@gmail.com

WITHDRAWAL PROCEDURE

In order to facilitate a smooth running of the event, any withdrawals should be made by 6pm on 23rd November 2023. Please email withdrawal notification to: galas.staffordapex@gmail.com or text the gala team 07368 941479 stating competitor name, club, Swim England number and the event(s) that they wish to withdraw from.



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ENTRY FORM

STAFFORD APEX SWIMMING CLUB LEVEL 3 WINTER OPEN MEET

ENTRY TO THIS MEET WILL BE ON A FIRST COME FIRST SERVED BASIS

(Please complete in block capitals)

Club.....

Forename.....Surname.....

SE Reg No..... Male / Female

Date of Birth.....

Age as at 26th November 2023.....

Address

.....

Post Code..... Tel Number:

Email address

Event Entry	Time	Event Entry	Time
50m Freestyle		200m IM	
100m Freestyle		50m Breaststroke	
200m Freestyle		100m Breaststroke	
400m Freestyle		200m Breaststroke	
800m Freestyle		50m Backstroke	
1500m Freestyle		100m Backstroke	
50m Butterfly		200m Backstroke	
100m Butterfly		100m IM	
200m Butterfly 10+		400m IM	

Number of entries @ £6.50 per event

Number of entries @ £8.50 per event (800m & 1500m)

Total entries

Total Amount

Signature of Competitor..... Date



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**THIS FORM IS FOR CLUBS INTERNAL USE ONLY – NO PAPER ENTRIES WILL BE ACCEPTED
SPORTSYSTEM FILE ENTRIES ONLY**

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LEVEL 3 OPEN MEET

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POOLSIDE PASS APPLICATION

This form should be used only for applying for poolside passes.

Clubs must have swimmers competing to obtain a poolside pass.

Club Name:	
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Person's Name	DBS Number:

DBS Number must be supplied in advance of the meet

Poolside passes will not be issued unless a valid DBS number has been provided.

Poolside Pass	Quantity	Total
Friday Pass @ £5		
Saturday or Sunday one day pass only @ £10 per day		
Weekend pass (Saturday and Sunday) @ £18		

I certify that all the above details are correct and that I will abide with the promoter's conditions:

Signed (Club Official): Date:



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SUMMARY OF ENTRIES

This form should be used as a summary of entries and coaches passes (separate application form required).

Entry to poolside will not be permitted without a coaches' pass.

Club:		Poolside passes required:	
	Quantity		Total
Total Entries		@ £6.50 per event	£
Total 800m & 1500m Entries		@ £8.50 per event	£
Poolside Pass (Friday Only)		@ £5 each	
Poolside Passes (1 day pass)		@£10 each	£
Poolside Passes (Sat & Sun)		@£18 each	£
		TOTAL	£

Payment by BACS transfer as per terms and conditions.

Sort code: 08-92-99. Account number: 65812408

Please use Your Club Name + WM23 as payment reference

I certify that all the above details are correct and that I will abide with the promoter's conditions:

Signed (Club Official): Date:

All entries accepted on a first come first served basis, The date that entries are received is the date the Meet Administrator has the completed Sportsystems entry file, summary sheet and payment.



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Qualifying times for Stafford Apex Level 3 Winter Open Meet 24th, 25th and 26th November 2023

Entry times must not be faster than those listed below

Male Senior	Male (Age 15 or under)	EVENT	Female (Age 15 or under)	Female Senior
00:24.00	00:25:21	50m Freestyle	00:27:68	00:26:41
00:52.97	00:54:58	100m Freestyle	01:00:00	00:58:47
01:56:65	01:59:59	200m Freestyle	02:10:30	02:07:53
04.00.00	04.05.00	400m Freestyle	04.20.00	04.12.00
08.53.20	09.05.00	800m Freestyle	09.26.80	09.22.10
16.54.50	17.23.80	1500m Freestyle	18.17.00	18.10.60
00:30:54	00:30:54	50m Breaststroke	00:34:33	00:34:33
01:07:52	01:09:52	100m Breaststroke	01:16:63	01:15:15
02:28:20	02:32:45	200m Breaststroke	02:44:76	02:42:39
00:26:02	00:26:02	50m Butterfly	00:28:93	00:28:93
00:57:77	00:59:39	100m Butterfly	01:05:85	01:04:34
02:11:09	02:13:82	200m Butterfly	02:25:90	02:24:34
00:27:90	00:27:90	50m Backstroke	00:30:87	00:30:87
00:59:98	01:01:40	100m Backstroke	01:07:57	01:06:03
02:11:83	02:14:01	200m Backstroke	02:25:59	02:22:79
1:01.80	1:00.80	100m Ind. Medley	1:06.50	1:05.7
02:11:71	02:15:27	200m Ind. Medley	02:27:78	02:24:73
04.35.10	04.46.40	400m Ind. Medley	05.15.40	05.10.50