

Swim England Suffolk County
Championship Conditions 2023

Held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and
to the Swim England Open Meet Licensing Criteria.

Meet Rules and General Conditions

1. 800m and 1500m events will be licensed at Level 1. All other events will be licensed at Level 2. All events are held under Swim England Laws and Technical Rules.
2. The competition is only open to Category 2 members of clubs which are affiliated to Swim England Suffolk County A swimmer who enters or takes part in these Championships must not represent another county or compete or in have competed in another County Championships in the same calendar year.
Separate additional conditions apply for para-swimmers.
3. The promoter is the Championship Secretary (Sarah Elmer) on behalf of Swim England Suffolk County.
4. Age groups for qualifying are 10/11; 12; 13; 14; 15; 16; 17 & over.
5. Age groups for results are 10/11; 12; 13; 14; 15; 16; 17 & over.
6. A medal will be awarded to the first 3 swimmers in each results age group in each event.
7. Where events have finals (50m all strokes; 100m all strokes except 100m IM), the finals will be 10/11; 12; 13; 14; 15; 16; 17 & over. All other events (including 100m IM) will be HDW.
8. An award will be made to the top three swimmers in each age group of the Championships based on the highest number of FINA points achieved from five separate non-specified events (Heat, Final or HDW). In the case of a tie, there will be joint Champions. A trophy will be awarded to the highest place swimmer in each age group.
9. Age for the Championships will be age at 31st December 2023.
10. Events will be 50m all strokes; 100m all strokes and IM; 200m all strokes and IM; 400m freestyle and IM; 800m and 1500m freestyle. In addition, 150m IM event will be open to para-swimmers. This event will be held after the equivalent 200m IM for each gender.
11. UEA Sportspark is 50m and Crown Pools is 25m. Anti-wave devices and AOE will be used at both locations. A secondary strobe is also available at both locations.
12. Heats will be swum as mixed age with swimmers seeded by entry times. Where events have finals, the last 3 heats will be cyclically seeded. All other events will be spearheaded.
13. Over the top starts will be used at the referee's discretion.
14. Entry times must meet the published qualifying times and have been included on the British Rankings database. This includes times licensed at Level X. Conversions from long course times are permissible. Times should have been achieved on or after 1st January 2022. Swim England Suffolk County reserve the right to reject the slowest times by event or session should it be necessary to limit the number swimmers.
15. The cost per individual entry will be £6. The cost for relay entries will be £10 per event. Entry files will be available from the Swim England Suffolk County website at least 2 months before the first date of the championships. Electronic entries for the Level 1 licensed events must reach the Championship Secretary by midday on 16th December 2021. All other entries, including relay entries where applicable, must reach the Championship Secretary by midday on 31st December 2022.
16. Details of received entries will be confirmed to clubs within one week of the closing date. Clubs should notify the Championship Secretary as soon as possible and within one week of receipt of information of any errors or omissions. Confirmed entries will then be published on the Swim England Suffolk County website. No changes, errors or omissions will be accepted after this date, except due to an error by the Championship Secretary.

17. Details of warm-ups will be circulated to clubs as soon as possible after the confirmation of entries.
18. Skins event will be freestyle. The top 8 female and male swimmers from the 50m Freestyle heats will be invited to participate in Skins on the final Sunday. The next 2 swimmers will be invited as reserves. All invited swimmers must confirm their intention to swim by 5pm on the Sunday of the weekend on which the 50m Freestyle takes place.
19. Relay events will be held on the final day of the Championships. Clubs should declare their relay entries at the same time by midday on 31st December 2022. Details of swimmer for each relay should be submitted by 6pm on Sunday 29th January 2023.
20. Withdrawals from events will be made using Swim Meet. Withdrawals should be made by 15 minutes after the start of warm ups for the session.
21. All participants must observe the safety precautions in operations at UEA SportsPark and Crown Pools including any additional COVID-19 precautions. Neither the Promoter nor Swim England Suffolk County will be responsible for any loss or damage occurring during this meet.
22. Entries to the meet will be held on a computer and consent, as required by the Data Protection Act 1998 to the holding of personal information on computer, will be deemed to have been given by the submission of an entry. Personal data will be available for inspection during the meet on application to the Promoter.
23. In accordance with the Swim England 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, particularly if those images are being shared with family and friends through social media platforms.
24. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing.

Sarah Elmer
Promoter & Championship Secretary
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Para-Swimming Championship Conditions

These supplementary conditions are to be adhered to together with the general conditions of the Suffolk County Championships 2023.

1. The events

Event	Classification
50m Freestyle	S1-14
100m Freestyle	S1-14
200m Freestyle	S1-5, S14
400m Freestyle	S6-14
50m Backstroke	S1-5
100m Backstroke	S1-2, S6-14
50m Breaststroke	SB1-3
100m Breaststroke	SB4-9, SB11-14
50m Butterfly	S2-7
100m Butterfly	S8-14
100m Individual Medley	SM5-13
150m Individual Medley	SM1- 4 (without Butterfly)
200m Individual Medley	SM5-14

2. Eligibility

The above events in the Championships are open to competitors whose Swim England Membership Record includes the relevant IPC Para-Swimming Sport Class, as shown above and who meet the Event Qualifying times.

3. Support Staff

A competitor may have 1 support staff in attendance. This must be applied for and all applicants must hold a current DBS.

4. Medals

Medals shall be awarded on a multi-class timed final basis to 1st, 2nd and 3rd placed competitors, based on the British Para-Swimming Points System.

Entry Procedure for Para-Swimmers

1. A covering email must be sent to the Meet Promoter suffolkasa.championship@outlook.com . This email must include the competitor's Swim England registration number and time for each event to be entered.
2. All para-swimmers will swim with their correct age group.
3. Failure to follow this entry procedure will mean that the entry will be declined.
4. Late entries will not be accepted.

Para-Swimming Qualification Times

Male	Event & Category	Female
50m Freestyle		
4:06.7	S1	4:04.2
2:55.1	S2	3:19.3
2:04.2	S3	2:42.6
1:41.6	S4	1:50.5
1:24.8	S5	1:43.8
1:22.2	S6	1:30.3
1:13.2	S8	1:24.3
1:08.1	S9	1:18.7
1:03.5	S10	1:15.0
1:10.8	S11	1:20.5
1:04.5	S12	1:14.6
1:05.3	S13	1:13.2
1:03.8	S14	1:15.2
100m Freestyle		
8:14.5	S1	9:16.7
5:58.1	S2	7:34.2
4:58.1	S3	4:56.4
3:44.2	S4	4:16.2
3:11.4	S5	3:40.9
2:57.0	S6	3:21.9
2:47.5	S7	3:13.0
2:38.2	S8	3:02.9
2:31.3	S9	2:51.4
2:19.1	S10	2:44.1
2:39.8	S11	3:00.0
2:23.0	S12	2:42.9
2:24.9	S13	2:40.8
2:21.8	S14	2:45.2
200m Freestyle		
15:49.1	S1	26:01.2
11:27.3	S2	21:13.7
9:11.4	S3	13:51.3
9:58.6	S4	9:58.6
7:08.9	S5	7:30.6
5:09.5	S14	5:50.3
400m Freestyle		
13:44.3	S6	14:06.0
12:34.3	S7	14:03.3
12:05.9	S8	13:16.6
11:25.6	S9	12:35.3
10:59.5	S10	12:14.9
12:23.3	S11	13:51.6
12:28.6	S12	13:15.2
10:55.1	S13	12:25.9
11:40.3	S14	13:41.0

50m Backstroke		
3:19.5	S1	3:52.6
2:35.0	S2	3:09.8
2:03.2	S3	2:29.0
1:55.1	S4	2:10.8
1:30.3	S5	1:57.0
100m Backstroke		
6:51.2	S1	8:25.2
5:30.1	S2	6:52.2
3:24.8	S6	3:39.5
3:09.5	S7	3:41.8
3:01.4	S8	3:31.8
2:47.5	S9	3:12.0
2:43.3	S10	3:06.4
3:07.6	S11	3:28.2
2:45.7	S12	3:07.1
2:41.9	S13	2:59.8
2:40.7	S14	3:03.7
50m Breaststroke		
5:31.1	SB1	5:59.3
2:47.8	SB2	4:53.2
2:13.4	SB3	2:39.6
100m Breaststroke		
4:30.9	SB4	4:58.4
4:00.7	SB5	4:40.2
3:39.3	SB6	4:18.2
3:28.1	SB7	4:12.3
3:09.0	SB8	3:47.4
3:04.0	SB9	3:29.8
3:16.4	SB11	3:52.6
2:57.8	SB12	3:31.6
2:55.7	SB13	3:23.2
2:58.2	SB14	3:25.3
50m Butterfly		
4:29.5	S2	4:05.0
3:39.9	S3	3:19.9
2:29.4	S4	2:15.8
1:26.2	S5	2:02.6
1:25.3	S6	1:38.4
1:19.3	S7	1:32.8
100m Butterfly		
2:50.9	S8	3:36.1
2:43.7	S9	3:05.0
2:35.9	S10	3:03.0
2:55.1	S11	2:50.4
2:36.3	S12	4:01.1
2:34.1	S13	4:01.5
2:30.6	S14	2:59.8

100m Individual Medley		
4:36.5	SM5	4:51.9
3:38.1	SM6	3:59.9
3:24.9	SM7	4:05.6
3:11.4	SM8	3:47.0
3:03.9	SM9	3:30.4
2:57.6	SM10	3:18.8
3:20.1	SM11	3:43.9
3:06.2	SM12	3:23.1
2:56.8	SM13	3:20.0
150m Individual Medley (excluding Butterfly)		
18:15.2	SM1	21:07.9
14:53.5	SM2	17:14.4
8:06.5	SM3	9:23.2
7:09.3	SM4	7:32.7
200m Individual Medley		
9:13.0	SM5	9:43.9
7:16.1	SM6	7:59.7
6:49.9	SM7	8:11.1
6:22.7	SM8	7:33.9
6:07.8	SM9	7:00.8
5:55.2	SM10	6:37.6
6:40.1	SM11	7:27.8
6:12.4	SM12	6:46.2
5:53.6	SM13	6:40.0
5:51.3	SM14	6:43.5