



NCD & NEWQUAY CORMORANTS EASTER INVITATIONAL



SUNDAY 14TH APRIL 2024

Bodmin Leisure Centre

25m, 6 Lane Competition Pool

Electronic Timing with Hy-Tek Meet Manager

AGES AS AT 31ST DECEMBER 2024

Age 8 – 8 years old by 14th April 2024

Programme includes:

50m / 100m Freestyle

50m / 100m Butterfly

50m / 100m Backstroke

50m / 100m Breaststroke

All events are Heat Declared Winners

Medals for 1st, 2nd & 3rd in each age group



Closing date for entries is midnight on:

Electronically by Hy-tek file Friday 22th March 2024

Paper entries Friday 22th March 2024

LEVEL 4 LICENSED MEET

Qualifying Times

Upper Cut Off Times

£7.00 per event

Level 4 Licensed Meet No. 4SW240239

Held under Swim England Laws and Swim England technical rules

North Cornwall Dragons & Newquay Cormorants Easter Invitational

SCHEDULE OF EVENTS

Sunday 14th April 2024

Session 1 Warm up 10.00am Start time 10.45am

Event No.	Gender	Event
1	Open	100m Backstroke
2	Girls	100m Backstroke
3	Open	50m Breaststroke
4	Girls	50m Breaststroke
5	Open	100m Freestyle
6	Girls	100m Freestyle
7	Open	50m Butterfly
8	Girls	50m Butterfly

Session 2 Warm up TBC Start time TBC

Event No.	Gender	Event
9	Open	100m Butterfly
10	Girls	100m Butterfly
11	Open	50m Backstroke
12	Girls	50m Backstroke
13	Open	100m Breaststroke
14	Girls	100m Breaststroke
15	Open	50m Freestyle
16	Girls	50m Freestyle

Warm up times are provisional and may be subject to change once the entries have been received.

Swimmers will be notified accordingly.

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ENTRY FORM

Surname: _____ First Name: _____

Date of Birth: _____ Age at 31/12/2024: _____

Club: _____ Email: _____

ASA Number: _____

SESSION 1		
Event	Select ✓	Entry Time
OPEN 100m Backstroke		
GIRL 100m Backstroke		
OPEN 50m Breaststroke		
GIRL 50m Breaststroke		
OPEN 100m Freestyle		
GIRL 100m Freestyle		
OPEN 50m Butterfly		
GIRL 50m Butterfly		
SESSION 2		
Event	Select ✓	Entry Time
OPEN 100m Butterfly		
GIRL 100m Butterfly		
OPEN 50m Backstroke		
GIRL 50m Backstroke		
OPEN 100m Breaststroke		
GIRL 100m Breaststroke		
OPEN 50m Freestyle		
GIRL 50m Freestyle		

Fees paid with entry _____ @ £7.00 per event = £_____

I declare I am an eligible competitor and I accept the promoters conditions

Signature of Competitor: _____

Signature of Coach / Official Club Representative: _____

Signature of Club Coach/ official is required below, ratifying the above entry times and that the swimmer is capable of diving as per the Competitive Start Award

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QUALIFYING TIMES

Upper Cut Off Times (times must be slower than)

OPEN									
Race	8	9	10	11	12	13	14	15	16+
50m Free				31.70	31.70	30.70	27.90	27.70	25.20
100m Free				1:09.40	1:09.40	1:06.40	1:01.40	58.90	55.40
50m Breast				44.30	44.30	41.00	39.00	34.00	21.50
100m Breast				1:34.00	1:34.00	1:31.00	1:19.00	1:18.00	1:10.00
50m Fly				37.80	37.80	35.30	33.20	29.30	27.30
100m Fly				1:25.60	1:25.60	1:17.60	1:12.60	1:09.10	59.60
50m Back				37.40	37.40	36.40	33.60	31.90	30.40
100m Back				1:22.80	1:22.80	1:17.80	1:10.80	1:10.80	1:05.80
GIRLS									
Race	8	9	10	11	12	13	14	15	16+
50m Free				32.20	32.20	30.20	29.20	28.70	28.40
100m Free				1:11.00	1:11.00	1:06.40	1:03.70	1:02.40	1:01.40
50m Breast				43.00	43.00	41.00	39.00	38.00	37.50
100m Breast				1:34.00	1:34.00	1:28.00	1:26.00	1:24.00	1:21.00
50m Fly				36.80	36.80	35.0	33.30	32.30	31.30
100m Fly				1:24.60	1:24.60	1:14.60	1:13.60	1:11.60	1:10.60
50m Back				36.90	36.90	35.40	33.90	33.60	32.60
100m Back				1:22.80	1:22.80	1:17.80	1:13.80	1:12.80	1:08.80

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SUMMARY ENTRIES SHEET

Please note that Club entries of more than 5 swimmers must also be made electronically by Team Manager file. Team Manager Lite is available as a free download, www.ny-tek ltd.com/downloads.html, where instructions can be found.

Please find enclosed entries from:

Club: _____

There are a total of _____ swimmers.

No. open entries: _____ @ £7.00 each = £ _____

No. female entries: _____ @ £7.00 each = £ _____

No. coaches passes: _____ @ £10.00 each = £ _____

I enclose a payment of £ _____

☐ BACs Account Number 96393653 / Sort Code 54-41-12

☐ Cheque Made Payable to Newquay Cormorants Swimming Club

Signed: _____ **Club Official /Coach**

Name & address: _____

Email: _____ Telephone: _____

Please return this form with your consolidated club cheque payable to Newquay Cormorants SC or via BACs for the above amount, together with a copy of the Hy-Tek Meet Entries Report. Individual entry forms should be retained by the club.

Contact competitions@ncdsc.uk if you have any questions.

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PROMOTER'S CONDITIONS

1. The competition will be held under Swim England laws and Swim England technical rules and is licensed to Level 4 by Swim England.
2. The meet will be restricted to North Cornwall Dragons Swimming Club, Newquay Cormorants Swimming Club, St. Austell Sharks Swimming Club, Camelford Swimming Club and Bude Sharks Swimming Club, Truro Swimming Club, Penzance Swimming Club and Carn Brea & Helston Swimming Club members, including Multi-club Members.
3. Events will be as stated in the programme. Ages are as at midnight on December 31st 2024, except 8 year old swimmers who must be 8 by 14th April 2024.
4. Entry times on the entry form must be given using 25m pool times (converted if appropriate).
5. 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.
6. Entry fees are £7 per event and coaches passes are £10.00 per pass.
7. The correct entry fee must accompany each entry form or the entry will be treated as incorrect. Entry fees should be paid from a club in one consolidated cheque, made payable to Newquay Cormorants Swimming Club, or payment may be made by bank transfer, Newquay Cormorants swimming Club, or payment may be made by bank transfer, Account Number 96393653 / Sort Code 54-41-12 but should be made within 7 days of closing.
8. The closing date is Friday 22nd March 2024 for entries made electronically by Hy-Tek and Friday 22nd March 2024 for paper entries. All entry fees should be with Newquay by Friday 5th April 2024.
9. Team entries of more than 5 swimmers must be made electronically. The Hy-Tek Meet Manager file for Team Manager or Team Manager Lite is available from Michelle Hague at cormorants.gala.entries@gmail.com, to which electronic entries should also be made. Signed hard copies of entries must be retained by the submitting club for reference in the event of a query. Individual entries from clubs of less than 5 swimmers may be made by hard copy only, but must arrive by 24th March 2024.
10. The promoter reserves the right to refuse or restrict entries, and in the event of over-subscription, entries will be rejected slowest first across the age groups, and any rejected swimmers will be refunded. There will be no refunds for withdrawals after the closing date, except for a swimmer being selected to compete for their country or on production of a doctor's certificate.
11. All events will be swum as heat declared winners; heats will be seeded in accordance with the submitted entry times, slowest to fastest.
12. Medals will be awarded for each event in each age group (8, 9, 10, 11, 12, 13, 14, 15 and 16 & Over) for 1st, 2nd, 3rd places.
13. Disabled swimmers: Please advise us of any special requirements and we will do our best to meet them in consultation with coaches.

14. Data Protection – North Cornwall Dragons Swimming Club and Newquay Cormorants Swimming Club uses a computer to record entries and results. By submitting entries and accepting entry to the Club Championships Meet, consent will be deemed to have been given for the holding of personal information on a computer, as required by the Data Protection Act 2018 and in line with GDPR 2018. Personal data recorded such as name, club, date of birth, and times entered and recorded may be made public during or after the Open Meet. This data will be passed to Swim England for the purpose of calculating and publishing swimmers' national rankings. Personal Data will be available for inspection during the Meet on application to the Promoter.
15. No spectators will be allowed on poolside. Only competitors, appointed officials and holders of a valid Coach or Team Manager's pass will be permitted poolside.
16. Results will be sent to clubs by e-mail.
17. For advice and guidance on the use of recording or streaming devices throughout the duration of the competition, parents should consult the Swim England Wavepower Policy: www.swimming.org/asa/clubs-and-members/safeguarding-children/. In order to safeguard all athletes, no photography device is allowed to be used in the changing areas or toilets.
18. All valuables and clothing left in the changing rooms will be entirely at the owner's risk. Swimmers must not change on poolside, in the spectator area or spectators toilets. Swimmers must use the changing areas.
19. No diving at any time is permitted in the shallow end of the pool or in the warm down pool.
20. There will be no entry fee for spectators, and a full day's programme will be available at £2.
21. The pool is hired under agreements with the pool operators. As the pool is run primarily for the benefit of the public the temperature of the water and surrounding air is under the control of the pool operators. The water temperature is normally maintained above 28°C. No refunds will be given if a swimmer decides not to compete on any day based on water temperature, and a higher water temperature will not be a basis for a protest or complaint or legal action in the event of resulting harm.
22. Officials who officiate at any of the Sessions will be entitled to Mileage Expenses at a Rate of 45p per mile from their home address to the Pool Venue and return, with a limit of one claim per day. Officials who officiate for both sessions in the day will be provided with lunch.
23. Force majeure: In situations of force majeure (including Covid related circumstances) or other unforeseen circumstances leading to the cancellation of the gala or parts thereof or other incomplete performance, NCD's liability will be restricted to a maximum of a refund of the entry fees to those affected for the affected events. The Club will communicate the circumstances to visiting clubs as soon as possible and seek to make alternative arrangements when this is reasonably feasible.
24. Anything not covered by these conditions will be at the discretion of the promoter in agreement with the Meet Referee (Nick Jenkin), who reserves the right to alter these conditions in order to ensure the smooth running of the Meet. Any such alterations will be announced during the meet.