

EAST MIDLANDS 2019 (Inclusive) Event for Competitive Disability Swimmers

SUNDAY MAY 12th 2019

**The East Midland is pleased to announce that their 2019 event
Promoted by Leicestershire ASA and open to all competitive
Disability Swimmers
(irrespective of classification)
will be held at:**

**Braunstone Leisure Centre
Leicestershire LE3 1JN**

- **REGISTRATION - 9.00AM**
- **WARM UP: 9.15AM – 10.15AM
1.15PM – 1.50PM**
- **SESSION 1: 10.30AM**
- **SESSION 2: 2.00PM**
- **PRESENTATIONS at end of SESSION 2 - approx. 4.00pm**

CLOSING DATE: Weds April 24th 2019



ASA officials wishing to volunteer for the event: Please contact the regional officials coordinator Ron Brewin- brewmaster@talktalk.net

ORDER & EVENTS offered at 2019 East Midlands inclusive SC

SESSION 1		SESSION 2	
101	200m FREESTYLE	201	400m FREESTYLE
102	RELAY	202	RELAY
103	50m BREASTSTROKE	203	100m BREASTSTROKE
104	200m INDIVIDUAL MEDLEY	204	25m BREASTSTROKE
105	25m FREESTYLE	205	100m BACKSTROKE
106	100m BUTTERFLY	206	50m FREESTYLE
107	50m BACKSTROKE	207	25m BUTTERFLY
108	100m INDIVIDUAL MEDLEY	208	150m INDIVIDUAL MEDLEY
109	100m FREESTYLE	209	50m BUTTERFLY
110	25m BACKSTROKE	210	200m BREASTSTROKE
111	RELAY	211	RELAY
112	RELAY	212	RELAY

ELIGIBILITY This Short Course licenced (applied for) competition is open to any swimmer with a disability (physical, sensory or learning) but created for **swimmers in regular training with an understanding of the rules of competitive swimming** (which will be applied) to enable them to compete for age group event medals and gain times in a prestigious competition including relays and for East Midlands swimmers to compete for overall age group awards. **If swimmers or clubs are unsure if this event is appropriate for them to enter then please contact the event coordinator.**

NON EAST MIDLANDS SWIMMERS are very welcome to enter this event. Should entries exceed the capacity of the pool then Swimmers from within the East Midlands will take preference. **NOTE** Only those swimmers who individually or by virtue of the club they compete for are within the East Midlands geographical area will be eligible for regional awards.

MEMBERSHIP This is a Swim England event and swimmers should hold an appropriate Swim England membership and enter their number on the entry form. If anyone has a query or needs any help in this area then please contact the event organiser. Temporary Swim England membership application will be accepted for this event at an additional cost of £10.00. Download complete and return application form with entry.

REFRESHMENTS There is a cafeteria available in the leisure centre but please be aware that the cafeteria will be busy at the lunch break.

LUNCH We are not offering swimmers lunch, therefore teams are reminded to ensure that swimmers bring appropriate food with them.

EPILEPSY Swimmers with epilepsy should ensure that their entry form is ticked and that the lifeguards are made aware of this before each of their races. A responsible adult who knows the swimmers condition should accompany them. This person must act as a "spotter" on the poolside while the swimmer is in the water.

POOLSIDE ACCESS PLEASE ENSURE THAT TEAMS / COACHES APPLY FOR PASSES WITH YOUR ENTRY FORM cost **£5.00 each**. Only team managers, coaches and support staff that have poolside passes should access the poolside. Access will be strictly monitored. Passes can be requested at £5.00 per pass (includes a programme) and can be collected on the day of competition. All requests for passes must be accompanied by a completed self-declaration - **form B**

ENTRY FEES The non-refundable entry fee is **a flat £16.00 per swimmer NOT per event. Please ensure that the correct fee is sent with your entry.**

EVENT VENUE -[Braunstone Leisure Centre](#),
2 Hamelin Road Leicester LE3 1JN
Telephone: 0116 229 3229

Please note that the venue, changing rooms and community pool at Braunstone will remain open to the public during the event. Lockers take 10p coins. Clubs are reminded to ensure that they supervise their swimmers appropriately at all times.

CLASSIFICATION OPPORTUNITY Unfortunately British swimming are unable to offer a classification in association with this event.

ENTRY FORMS TOGETHER WITH CHEQUES PAYABLE TO LEICESTERSHIRE ASA (please contact organiser for alternative on line payment details if no cheque available) SHOULD BE SENT TO Event Organiser:

DSE EAST MIDLANDS
C/O MARY BUTLER,
9 ROSELAND CLOSE, KEYWORTH, NOTTS, NG12 5LQ
email eastmidswim@virginmedia.com or 0115 9374377

ENTRIES CLOSE Weds April 24th 2019

A programme and joining instructions will be available for checking after the closing date

RULES This competition takes place under the laws of Disability Sport Events / Activity Alliance who have adopted the [Paralympic Rules](#) with some additions except where amended by these Promoters Conditions

TEAM MANAGERS AND SWIMMERS ARE ASKED TO ENSURE THAT THEY ARE FULLY CONVERSANT WITH ALL STROKE RULES APPLICABLE TO THEIR DISABILITY AND TO ENSURE THAT SWIMMERS ARE NOT ENTERED FOR STROKES THAT THEY CANNOT LEGALLY DO. This competition is intended for swimmers who understand the rules of competitive swimming.

CLASSIFICATION

Swimmers should note their entry **form A** with their classification if they have one, or note that they are awaiting classification. Ideally all eligible swimmers should have a classification. We understand however that the opportunities for swimmers to be formally classified are limited and that classification is inappropriate or unavailable for some disability swimmers. We will not automatically exclude swimmers without a formal classification. **Swimmers without a formal classification should annotate their entry form with a note of their disability. Swimmers with a learning disability who have downs syndrome should also note their entry form so their times can be compared to a more appropriate data base.**

RACES All individual races will be made up of people with similar entry times, irrespective of their age, sex or disability. This makes races as competitive as possible and helps swimmers to gain fast times.

Medals and awards are not made according to position in each race heat but according to the points a swimmers time achieves when compared to others of the same age group.

It is important that accurate times are submitted for all events. If no time is completed a swimmer may be automatically placed in the fastest / slowest race. Swimmers with times on Swim England rankings will have those times automatically entered as their entry time, unless specific mention to use alternative is made on their entry form.

RELAYS Relay Events will be formalised when the range of entrants has been reviewed. Teams will generally be organised as county / regional teams. Swimmers names will be forwarded to the relay organiser who will select teams for each of the relays. Swimmers from outside the East Midlands will also be included in relays.

AWARDS

Certificates will be awarded to all participants recording, where appropriate, their individual times medals in each of their events.

A swimmers individual race time is compared to the East Midlands disability swimming points data base* to convert their swim performance into a points score.

Event Medals 1st 2nd 3rd place medals will be awarded to recognise points performance **within each age group for each event** eg. one 1st 2nd 3rd medal is awarded within the Boys aged 13/14 competing the 50m Freestyle (comparing swims across all heats).

East Midlands Awards (only for East Midlands swimmers) Points from a swimmers **4 highest eligible swims** are added together to make awards to the First and Second highest overall scorers in each age group.

Awards are NOT made for each race as swum because each heat is primarily made up of swimmers with similar entry times. Therefore swimmers racing against each other in a heat may be very dissimilar in age sex or impairment.

Points and therefore medal awards can generally only be made where an event has an international short course record for a swimmer with their impairment e.g. 25m events are not offered at international level so medals will not be routinely awarded, however see **discretionary awards**.

Discretionary awards Medals or other appropriate recognition of a performance, such as achievement of a personal best time, may be made entirely at the discretion of the organisers.

Ages for awards and in programme will be as **at December 31st 2019**

Age groups Age groups used at this event will be 10, 11/12, 13/14, 15/16, 17/18 and 19 and over (age as at December 31st 2019)
Minimum age for entry is aged 10 on or before December 31st 2019.

*Our data base is compiled from various sources such as IPC and Downs world records and bespoke times to enable as fair a comparison as possible of one swimmers performance with another taking account the swimming impairment of each competitor. Every effort is made to include an appropriate target time for all swimmers regardless of whether or not they have a formal swimming classification.

EVENT SELECTION Coaches and team managers are kindly asked to consider carefully before deciding which events to put swimmers in. To think about what is appropriate for their individual competition pathway as well as fair to both them and their fellow competitors. This event fulfils a developmental role, is a prestigious competition and an opportunity to swim events swimmers may not normally have access to. As a general rule: 25m events are intended for unclassified young swimmers or those with greater physical impairments and as noted medals are not automatically awarded for these events :50m events are intended for younger, less experienced or class 1-5 swimmers. This general guidance is not intended to prevent swimmers who may not yet be capable of racing 50m in a particular stroke from entering the 25m for race experience and you are encouraged to contact the organiser if unsure. The organisers would not wish to impose strict rules on which events can be entered by whom but we do rely on the good sense of entrants to make the event a positive experience for all. **Swimmers are strongly recommended to enter no more than 3 individual events in each session.**

Individual Medley Swimmers are permitted to enter only one of the individual medley distances.

Swimmers should remember that **only points scored from a maximum of 4 eligible individual events will count towards the East Midlands regional age group awards.**

Classification information For swimmers who wish to compete in disability swimming competitions at National / International level

Swimmers wishing to be classified should refer to the British Swimming guidance at <https://www.britishswimming.org/performance/para-swimming/classification/> This guidance also links to that for swimmers with a hearing, visual and learning disability

Downs Syndrome Swimmers with Downs Syndrome wishing to compete in their competitions should contact the Downs Syndrome International Swimming organization <http://www.dsiso.org/>

Swimmers with a disability but without formal classification or National pathways **are eligible to swim at this inclusive competition.** Contact organiser if you require specific advice.
or Jill Stidever, 01530 243352, Email: Stidev@aol.com

Individual Entry form *Please do not print double sided with other entry forms*

Every team must also complete one Form C summary information sheet. Individuals entering alone also complete a form C.

MALEFEMALEPLEASE CLUB

Surname Christian Name

Swim England Membership Number or (✓) I Wish to apply for temp membership

DATE OF BIRTH/...../.....for those under 19 Min entry age 10 (as at 31/12/19)

JUNIOR (✓) Juniors MUST Complete DOB - for inclusion in all awards

SENIOR (✓)

CLASSIFICATION Do you have a formal classification? YES NO

Classified Swimmers please complete swimming classification details below

S - FREE/FLY/BACK	SB -BREAST	SM - IND.MED.	Exception codes - please list

Are you on the official British Swimming classification waiting list? YES NO

UNCLASSIFIED SWIMMERS Please provide a description of your Disability
DOWN'S SYNDROME - please note here

PLEASE INDICATE THE EVENTS YOU WISH TO ENTER BY SUBMITTING BEST TIMES IN THE APPROPRIATE BOX – remember only 4 events will count for points for regional age group awards and swimmers should be aiming to compete in events that are appropriate to their classification – Note times on Swim England rankings will supersede these times unless noted accordingly here.

DISTANCE	FREESTYLE	BACK STROKE	BREAST STROKE	BUTTERFLY	INDIVIDUAL MEDLEY – ONE EVENT ONLY
25M					XXXXX
50M					XXXXX
150M	XXXXX	XXXXX	XXXXX	XXXXX	
100M					
200M		XXXXX		XXXXX	
400M		XXXXX	XXXXX	XXXXX	XXXXX

PLEASE USE THE FORMAT MINUTESSECONDS...HUNDREDTHS OF A SECOND

eg 1:45:29 to represent one minute, forty-five point two nine seconds. Write figures **clearly**

EPILEPSY YES / NO.....	HOIST REQUIRED TO ENTER AND EXIT POOL YES / NO
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ANY INDIVIDUAL NOTES or REQUIREMENTS – note below / over

ENTRIES CLOSE April 24th 2019

Please do not print double sided with other entry forms

ALL COACHES TEAM STAFF PARENT AND PERSONAL CARE ATTENDANTS - must complete

CLUB or SWIMMER connected with at this event -

Club Name:-

SELF DECLARATION FORM TO REQUEST POOLSIDE PASS

Title	First Name	Surname	Any previous names by which you may have been known
Address:			
Postcode: Postcode MUST be completed			
Telephone Number(s):		Email address:	

DATE OF BIRTH

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SEX	M		F	
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SWIM ENGLAND MEMBER NO:

Current Club(s)	Position	Start Date
	Coach/Helper/Team Manager/Other*	
	Coach/Helper/Team Manager/Other*	
	Coach/Helper/Team Manager/Other*	

*Please delete as appropriate. If representing a Club in signing below you are confirming that your Safeguarding status with that club is compatible with the position you are assuming on poolside at this event.

Self-Declaration (for completion by the individual named above - requesting poolside pass)

1. Have you ever been convicted of any criminal offences? – excluding minor motoring

YES / NO* If YES, please supply details of any criminal convictions:

.....

.....

NOTE: You are advised under the provisions of the Rehabilitation of Offenders Act 1974 (Exceptions) Order 1975 as amended by the Rehabilitation of Offenders Act 1974 (Exceptions Amendment) Order 1986 you should declare all convictions including 'spent' convictions, cautions, warnings and reprimands.

2. Are you a person known to any social services department as being an actual or potential risk to children?

YES / NO* If YES, please supply details:

.....

.....

3. Have you had a disciplinary sanction (from a sport, or other organisation's governing body) relating to child abuse?

YES / NO* If YES, please supply details:

.....

.....

Signed by the above named individual:

Print name..... Date

This form should be returned to event organiser (via team manager and in a sealed envelope appropriately marked if desired) to apply for poolside access

Please do not print double sided with other entry forms

Contact & Summary Information

**PLEASE RETURN WITH ENTRY FORMS A & POOL PASS FORMS B (if applicable)
 ONE per TEAM OR ONE per INDIVIDUAL if entering direct - Return By April 24th 2019**

Name of Team or Individual.....

No of competitors..... No of poolside staff

Team Managers Name (if applicable) email address.....

ARE YOU HAPPY TO RECEIVE ALL CORRESPONDENCE BY EMAIL? Y/N

Tell No's Home.....()Work.....()Mobile.....()
 (please (√) preferred number to use)

Address.....
Post code

ENTRY FEES – Note £16.00 entry fee is per Swimmer not Per event

Competitors entry fees – No of completed forms A		X £16.00	=	
Poolside Pass for Coach / Team staff – No of completed forms B		X £5.00	=	
No of Temp.memberships required – include completed temporary membership application form		X £10.00	=	
Total amount due				£

Cheques payable to: **Leicestershire asa (TO BE ENCLOSED WITH ENTRY FORM)**

RELAYS – These will be general organised as county teams. Unless noted on individual entry forms it will be assumed that all swimmers in a team wish to be considered for relay teams and their details will be forwarded to the county organisers. Swimmers from outside the East Midlands will also be included with relay teams where possible.

I confirm that I have read and understood the information contained within this entry pack and that the times submitted for my swimmers are accurate. I enclose all fees due. I further confirm my responsibility for ensuring that the conduct of my team and myself will not fall below the standards required. I confirm that all members of team support have been appropriately approved by my club and entrants are Swim England members. I am happy for the details of my entries to be held on computer records and for images of swimmers to be used by the organisers in appropriate publicity (please ensure that the organiser are advised if there are any swimmers whose images should not be used)

.....Signed Team Manager or Individual entrant /
 Parent (if swimmer under 18)

ANY ADDITIONAL Team NOTES / REQUIREMENTS – continue over

Please do not print double sided with other entry forms

Please complete the information below to receive a receipt for your entry fee to the East Midlands Inclusive SC Disability event Braunstone - May 12th 2019

Entry forms will be acknowledged by email.

	No of Competitors @ £16.00	No of Pool Passes @ £5.00	No of Temp Swim England membership requests @ 10.00	
Name (if individual)				Total enclosed £..... Pounds Pence
Club				Received by On behalf of Leicestershire asa
Email Address				Signature : Date: Reference: /2019

Forms Checklist:

- Form A – Entry Form - All Swimmers**
- Form B - Application Poolside pass – All coaches / support staff**
- Form C – Contact and summary form - One Form for an individual Swimmer entry or one per Club / Team**
- An application for temporary Swim England membership - Only if applicable**
- A completed entry acknowledgement form**
- A cheque for entry fees payable to Leicestershire asa**

**Return by April 24th to:
DSE East Mids c/o Mary Butler, 9 Roseland Close, Keyworth,
Notts. NG12 5LQ**