



# Seaside Special Open Meet 2024

Under SE Laws & SE Technical Rules

**LEVEL 3 License No**

(For entry into Regional and County Championships)

**Friday 12<sup>th</sup> to Sunday 14<sup>th</sup> JULY 2024**

East Riding Leisure Bridlington YO15 2QQ

25m, 6 Lane Pool with Anti-Wave Ropes

Large Scoreboard with Colorado Electronic Timing and Backstroke Ledges

9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs +

Ages as of Midnight 14<sup>th</sup> JULY 2024

50m, 100m, 200m, 400m, 800m and 1500m Freestyle

50m, 100m & 200m Backstroke, Breaststroke and Butterfly

100m, 200m & 400m Individual Medley.

50m and 100m events will be **A/B/C** Graded

Junior and Senior Mixed Team Medley Relay

***All events are heat declared winners***

Medals 1<sup>st</sup> – 3<sup>rd</sup> in each age group and grade

Placing Medals 4<sup>th</sup> – 6<sup>th</sup> ages 9yrs-12yrs all grades

Speeding Medals for times faster than the cut offs for entered grade

**Cash Prizes for Mixed Medley Relay**

Junior – 1<sup>st</sup> Place £80, 2<sup>nd</sup> Place £60, 3<sup>rd</sup> Place £40, 4<sup>th</sup> – 6<sup>th</sup> Place £20

Senior – 1<sup>st</sup> Place £100, 2<sup>nd</sup> Place £80, 3<sup>rd</sup> Place £60, 4<sup>th</sup> – 6<sup>th</sup> Place £20

Individual entries: £6.50 800/1500m entries: **£13.00**

Relay Team entries: £20.00

Coaches & Poolside Passes: £25.00 each including Buffet Lunch Sat / Sun

**Spectator Tickets: £8 per day, £5 per Morning/Afternoon**

Poolside passes must be purchased with the entries

Spectator tickets to be purchased on the day (first come first served)

Entries to be submitted on-line via [www.OpenMeets.co.uk](http://www.OpenMeets.co.uk)

**Entries open 10.00am 9<sup>th</sup> March 2024 and close Midnight 25<sup>h</sup> JUNE 2024  
or when the Meet is full**

For further information please

visit [www.bridswimclub.co.uk/seaside.htm](http://www.bridswimclub.co.uk/seaside.htm)

or email [kev@bridswimclub.co.uk](mailto:kev@bridswimclub.co.uk)

Promoter: Kev Sissons



## Promoters Conditions

- 1) The meet shall be run under SE Laws and SE technical rules of swimming.
- 2) The Referee's decision is final at all times.
- 3) No secondary strobe is available for this meet.
- 4) All entries to be submitted by each affiliated club's Competition Secretary on-line via [www.OpenMeets.co.uk](http://www.OpenMeets.co.uk)  
**No paper or Email entries will be accepted.**
- 5) All competitors must be registered with Swim England and be at least a Swim to Compete (Cat 2) swimmer.
- 6) Swimmers must not have swum faster than the cut-off times in the 12 months preceding entry.
- 7) Entry times are to be short course times or converted long course times.
- 8) Swimmer's age group is as at Midnight, 14<sup>th</sup> July 2024.
- 9) Poolside or late entries may be accepted at the discretion of the Promoter.
- 10) Integrated heats will be seeded and spearheaded according to entry times.
- 11) All events will be swum as heat declared winner.
- 12) Separate events for open, males and females maybe combined, at the Promoter's discretion. **400 IM and 400 Free** are swum as combined open/boys/girls events.
- 13) Over the top starts will be used at the discretion of the Lead Referee and Meet Management.
- 14) Competitors must report to their Team Manager on arrival.
- 15) Team Managers must return their Check-in Sheets within **10 minutes of the start warm-up**.
- 16) Start Lists with heat/lane assignments will be issued. It is the Team Managers responsibility to ensure their swimmers go to the staging area on time.
- 17) All swimmers must report to the staging area two events before their heat or, if they are in the first event of the session, five minutes before the published start time.
- 18) Awards will be given to the fastest **three** swimmers in each event for each grade in all age groups. Placing MEDALS will be issued to 4<sup>th</sup>- 6<sup>th</sup> place in ages 9-12yrs. Speeding Medals will be issued to swimmers swimming faster than their entered grade.
- 19) Swimmers can collect awards from the trophy table after their event results have been published.
- 20) Entry fees are **£6.50 per individual event** up to and including 400m events. **Entry fees are £13.00 per distance event** (800m and 1500m Freestyle). Entry forms submitted **by individuals / families will incur a non-refundable £1 administration fee.**
- 21) Coaches Passes cost **£25.00** and includes admissions to all sessions, a program, a buffet lunch with refreshments Saturday & Sunday and results via web.
- 22) Admission for spectators will be: £8 per day, £5.00 per morning or afternoon session. **Present morning band** for £2 discount for afternoon session
- 23) All spectator tickets to be purchased on the day of the event. Tickets are limited and sold on a '**first come, first served**' basis. There will be no entry to the spectator balcony without a valid ticket.
- 24) Entries open: 10.00am 9<sup>th</sup> March 2024 and close 28<sup>th</sup> June 2024 or **when meet is full**.
- 25) Entries will be accepted on a 'first come, first served' basis.
- 26) **Strictly no refunds for entries withdrawn or scratched after entries close.**



- 27) Any queries regarding entries should be emailed to [entrymanagement@openmeets.co.uk](mailto:entrymanagement@openmeets.co.uk)
- 28) Meet participants must observe the safety precautions and wear footwear when leaving poolside.
- 29) In accordance with Swim England Child Protection policy, anyone wishing to engage in zoom or close range photography must register on entry.
- 30) **As per Swim England's Wavepower, mobile phones and devices must not be used or on display in the changing rooms.**
- 31) **The use of mobile telephonic devices on the poolside is prohibited.**
- 32) If Bridlington Swimming Club cancels the meet, clubs will be contacted and full refunds for entry fees only will be arranged. Bridlington Swimming Club will not be liable for any other expenses incurred.
- 33) No refunds will be given if a competing club does not attend and the meet has not been cancelled by Bridlington Swimming Club.



## Officials

We would like each club to provide at least one official. If you have someone qualified or working towards a qualification and are willing to officiate at our meet, please could you fill in the form below and email it to [racesec@bridswimclub.co.uk](mailto:racesec@bridswimclub.co.uk) Lunch and refreshments will be provided.

Name	Contact No.	Email	Qualification	Sessions Available



VOL NTEER  
*all that's missing is U!*



### **Mixed Medley Relay Conditions**

1. Medley relays will be swum in the following order:  
Backstroke, Breaststroke, Butterfly and Front Crawl
2. Each team will consist of two girls and two boys
3. Swimmers are only eligible to compete in the mixed medley relay if they have also entered two other events in the meet
4. Final teams and team order must be confirmed two weeks prior to the start date of the meet. A total team relay time must be given on the entry form
5. Clubs can only enter one team for the Junior Mixed Medley Relay and one team for the Senior Mixed Medley Relay
6. Only two heats of each Relay (Junior and Senior) will be swum. This is on a first come, first served basis. The fastest three teams from both heats will be declared the winners.
7. **The cost per team entry is £20**

### **Junior Relay**

1. This is a 4 x 50 Medley Relay Event
2. Each team must consist of the following age groups;

1 Swimmer (Girl or Open/Boy)	10 Years & Under
1 Swimmer (Girl or Open/Boy)	11 Years & Under
1 Swimmer (Girl or Open/Boy)	12 Years & Under
1 Swimmer (Girl or Open/Boy)	13 Years & Under
3. Teams can decide what order they swim their age group swimmers. The swim order must be confirmed two weeks before the start date of the meet (28<sup>th</sup> JUNE 2024)

### **Senior Relay**

1. This is a 4 x 100 Medley Relay Event
2. Each team must consist of the following age groups;

1 Swimmer (Girl)	14 Years
1 Swimmer (Open/Boy)	14 Years
1 Swimmer (Girl)	14 Years and Over
1 Swimmer (Open/Boy)	14 Years and Over
3. Teams can decide what order they swim their age group swimmers. The swim order must be confirmed two weeks before the start date of the meet (28<sup>th</sup> JUNE 2024)

### **Cash Prizes for Mixed Medley Relay**

Junior – 1<sup>st</sup> Place £80, 2<sup>nd</sup> Place £60, 3<sup>rd</sup> Place £40, 4<sup>th</sup> – 6<sup>th</sup> Place £20  
Senior – 1<sup>st</sup> Place £100, 2<sup>nd</sup> Place £80, 3<sup>rd</sup> Place £60, 4<sup>th</sup> – 6<sup>th</sup> Place £20



## Schedule of Events

### **Friday Evening – Session 1**

Warm-up: 6.00pm, First heat: 6:30pm

101	Open/Boys – 800m Freestyle
102	Girls – 1500m Freestyle
103	Open/Boys – 1500m Freestyle
104	Girls – 800m Freestyle

### **Saturday Morning – Session 2**

Warm-up: 8.00am, First heat: 9:15am

201	Girls / Open/Boys – 400m Freestyle
202	Open/Boys – 200m Freestyle
203	Girls – 200m Butterfly
204	Open/Boys – 100m Breaststroke
205	Girls – 100m Breaststroke
206	Open/Boys – 200m Butterfly
207	Girls – 200m Freestyle
208	Open/Boys – 100m Individual Medley

### **Saturday Afternoon – Session 3**

Warm-up: 1:00pm, First heat: 2:15pm

301	Senior 4 x 100 Mixed Medley Relay
302	Girls – 100m Freestyle
303	Open/Boys – 100m Butterfly
304	Girls – 200m Individual Medley
305	Open/Boys – 50m Freestyle
306	Girls – 50m Freestyle
307	Open/Boys – 200m Breaststroke
308	Girls – 200m Breaststroke



## Schedule of Events

### **Sunday Morning – Session 4**

Warm-up: 8.00am, First heat: 9:15am

401	Girls / Open/Boys --- 400m Individual Medley
402	Girls – 200m Backstroke
403	Open/Boys – 200m Backstroke
404	Girls – 100m Butterfly
405	Open/Boys – 100m Freestyle
406	Girls – 50m Backstroke
407	Open/Boys – 50m Backstroke
408	Girls – 100m Individual Medley

### **Sunday Afternoon – Session 5**

Warm-up: 1:00pm, First heat: 2:15pm

501	Junior 4 x 50 Mixed Medley Relay
502	Open/Boys – 100m Backstroke
503	Girls – 100m Backstroke
504	Open/Boys – 50m Breaststroke
505	Girls – 50m Breaststroke
506	Open/Boys – 200m Individual Medley
507	Girls – 50m Butterfly
508	Open/Boys – 50m Butterfly



## A GRADE

**Cut-offs (not faster than)**

### Open/Boys

	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15+</b>
50m Freestyle	None	32.40	30.80	29.10	27.70	26.60	25.00
100m Freestyle	None	1.10.60	1.06.60	1.02.50	59.20	57.00	53.90
200m Freestyle	None	2.32.20	2.24.00	2.15.60	2.08.70	2.03.80	1.57.40
400m Freestyle	<del>X</del>	5.52.90	5.00.40	4.44.00	4.30.90	4.21.90	4.07.60
800m Freestyle	<del>X</del>	<del>X</del>	11.26.00	10.41.6	10.08.4	9.45.1	9.07.6
1500m Freestyle	<del>X</del>	<del>X</del>	21.50.50	20.08.4	19.11.4	18.28.3	17.19.9
50m Breaststroke	None	42.50	40.00	37.50	35.10	33.70	31.40
100m Breaststroke	None	1.32.80	1.26.00	1.20.50	1.15.30	1.12.20	1.07.40
200m Breaststroke	None	3.18.10	3.04.70	2.53.60	2.43.20	2.36.10	2.26.30
50m Butterfly	None	36.40	34.10	32.30	30.50	29.20	27.10
100m Butterfly	None	1.22.60	1.15.40	1.10.40	1.06.20	1.03.20	58.90
200m Butterfly	None	3.00.80	2.44.70	2.35.10	2.26.30	2.19.90	2.09.10
50m Backstroke	None	37.40	35.50	33.60	31.60	30.50	28.40
100m Backstroke	None	1.21.40	1.15.30	1.10.90	1.06.70	1.03.80	59.60
200m Backstroke	None	2.50.80	2.40.10	2.31.20	2.22.90	2.16.90	2.09.30
100m IM	None	1.22.40	1.18.20	1.13.90	1.09.80	1.06.50	1.02.00
200m IM	<del>X</del>	2.54.90	2.43.40	2.34.20	2.26.60	2.19.90	2.12.20
400m IM	<del>X</del>	<del>X</del>	5.46.60	5.25.20	5.09.60	4.56.40	4.39.70

### Girls

	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15+</b>
50m Freestyle	None	32.80	31.30	29.90	29.00	28.50	27.90
100m Freestyle	None	1.12.10	1.07.20	1.03.70	1.02.00	1.00.90	59.60
200m Freestyle	None	2.33.10	2.24.50	2.16.90	2.10.90	2.09.00	2.07.20
400m Freestyle	<del>X</del>	5.55.50	5.00.10	4.44.60	4.37.20	4.33.10	4.20.80
800m Freestyle	<del>X</del>	<del>X</del>	11.08.30	10.33.60	10.09.30	9.56.70	9.43.50
1500m Freestyle	<del>X</del>	<del>X</del>	21.29.50	20.22.60	19.35.70	19.25.80	18.45.90
50m Breaststroke	None	42.70	40.10	38.00	36.60	25.80	32.40
100m Breaststroke	None	1.33.30	1.25.90	1.21.30	1.18.10	1.15.80	1.12.00
200m Breaststroke	None	3.18.30	3.04.40	2.43.30	2.42.10	2.41.40	2.33.10
50m Butterfly	None	36.30	34.50	32.70	31.70	31.00	28.30
100m Butterfly	None	1.22.50	1.15.70	1.11.00	1.08.80	1.07.70	1.02.40
200m Butterfly	None	3.03.10	2.46.50	2.35.80	2.30.20	2.26.40	2.14.90
50m Backstroke	None	37.40	35.50	33.90	32.80	32.10	31.30
100m Backstroke	None	1.21.40	1.15.40	1.11.20	1.08.80	1.07.60	1.05.90
200m Backstroke	None	2.52.20	2.39.10	2.31.30	2.37.30	2.24.60	2.19.90
100m IM	None	1.20.80	1.18.00	1.14.30	1.11.70	1.10.80	1.05.80
200m IM	<del>X</del>	2.54.80	2.43.20	2.34.70	2.30.70	2.27.70	2.18.90
400m IM	<del>X</del>	<del>X</del>	5.44.30	5.25.60	5.15.30	5.09.70	4.45.90





## **B GRADE**

**Cut-offs (not faster than)**

### **Open/Boys**

	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15+</b>
50m Freestyle	None	39.14	36.20	34.00	32.50	31.30	30.00
100m Freestyle	None	1:30.30	1:23.40	1:16.40	1:10.50	1:07.20	1:03.90
50m Breaststroke	None	50.30	46.90	43.40	40.60	38.80	37.00
100m Breaststroke	None	1:56.30	1:45.80	1:37.00	1:29.90	1:24.80	1:21.00
50m Butterfly	None	43.90	40.40	37.50	35.70	34.00	32.50
100m Butterfly	None	1:43.40	1:33.70	1:26.20	1:19.20	1:14.80	1:11.00
50m Backstroke	None	46.20	42.00	39.20	37.10	35.70	33.10
100m Backstroke	None	1:42.80	1:33.50	1:26.10	1:19.90	1:14.90	1:11.50
100m IM	None	1:39.70	1:33.00	1:27.00	1:21.60	1:18.00	1:14.50

### **Girls**

	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15+</b>
50m Freestyle	None	39.60	36.50	35.10	34.10	33.10	32.40
100m Freestyle	None	1:30.50	1:23.10	1:16.90	1:13.80	1:12.00	1:10.80
50m Breaststroke	None	51.30	47.00	44.50	42.90	41.70	40.80
100m Breaststroke	None	1:54.30	1:44.50	1:37.50	1:33.80	1:28.80	1:26.50
50m Butterfly	None	44.00	40.40	38.70	37.00	36.20	35.30
100m Butterfly	None	1:42.00	1:33.00	1:28.70	1:22.30	1:18.20	1:15.70
50m Backstroke	None	45.20	41.20	39.80	38.30	37.80	37.40
100m Backstroke	None	1:40.00	1:32.00	1:27.10	1:22.50	1:18.50	1:16.60
100m IM	None	1:40.80	1:32.10	1:28.10	1:25.20	1:23.50	1:20.60



## C GRADE

**Cut-offs (not faster than)**

### Open/Boys

	9	10	11	12	13	14	15+
50m Freestyle	None	43.80	40.60	38.00	36.60	35.00	33.60
100m Freestyle	None	1:44.00	1:35.00	1:26.00	1:17.50	1:13.00	1:09.00
50m Breaststroke	None	56.60	52.60	48.70	45.50	43.50	41.50
100m Breaststroke	None	2:13.00	1:59.00	1:50.50	1:40.00	1:33.50	1:29.00
50m Butterfly	None	49.50	45.50	42.40	40.50	38.00	36.60
100m Butterfly	None	2:00.00	1:46.50	1:37.50	1:29.10	1:23.50	1:19.00
50m Backstroke	None	52.00	47.00	44.10	41.40	40.00	37.00
100m Backstroke	None	1:58.50	1:47.50	1:38.50	1:28.50	1:22.50	1:18.00
100m IM	None	1:52.00	1:44.50	1:37.00	1:31.80	1:27.80	1:23.00

### Girls

	9	10	11	12	13	14	15+
50m Freestyle	None	44.60	41.00	39.50	38.50	37.00	36.00
100m Freestyle	None	1:41.00	1:31.00	1:26.00	1:21.00	1:18.00	1:14.50
50m Breaststroke	None	57.70	52.70	50.00	48.10	46.80	45.70
100m Breaststroke	None	2:08.00	1:59.00	1:52.00	1:47.00	1:41.00	1:36.50
50m Butterfly	None	49.50	45.50	43.50	41.60	40.70	39.80
100m Butterfly	None	1:55.00	1:46.00	1:39.50	1:31.50	1:27.00	1:20.50
50m Backstroke	None	50.70	46.00	44.60	43.00	42.60	41.90
100m Backstroke	None	1:56.00	1:44.00	1:38.00	1:32.50	1:25.00	1:20.00
100m IM	None	1:53.40	1:43.50	1:38.00	1:35.00	1:33.50	1:30.00



EAST RIDING  

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LEISURE

