



## DORSET COUNTY ASA

### 2023 INTEGRATED CHAMPIONSHIPS and AGE GROUP COMPETITION

Licence numbers 2SWxxxxxx, 2SWxxxxxx, 2SWxxxxxx and 2SWxxxxxx  
held under  
Swim England Laws and Regulations and Swim England Technical Rules of Racing

#### COMPETITION RULES

- 1 The Dorset County ASA General Competition Conditions will apply as published on the Dorset County ASA website unless inconsistent with the conditions which follow. All competitors, or in the case of a minor the parent/guardian of that minor, will be deemed to have accepted the approved and published conditions by submitting an entry to participate in a Dorset County ASA competition.
- 2 Swimmers entering the 2023 Integrated Championships and Age Group Competition (hereinafter referred to as the "Competition") must be eligible to compete:
  - (a) by holding the necessary birth, residential, or affiliated club membership qualification, AND
  - (b) hold an unbroken membership of a Dorset affiliated club in whose name they are entered for 60 days immediately prior to the date of the first day of the Competition, as required by the Dorset County ASA General Competition Conditions and published on the Dorset County ASA website.
- 3 Swimmers entered in the Championships of another County Association, or any event in the competition programme of another County Association, in the same year as this Competition are not eligible to compete in this Competition, or any event covered by the Dorset General Competition Conditions, as published on the Dorset County ASA website.
- 4 The following conditions will apply to ALL competitors:
  - (a) Competitors must have a Swim England registration number and be registered through their Club as a Swim England Category 2 swimmer. No entry will be accepted without the current Swim England registration number of the competitor.
  - (b) The Competition will be run as an integrated competition. Para-Swim/Disability competitors must:
    - i have an authorised national or international disability Classification, Certificate of Disability or Certificate of Exception which must be declared on the entry form; and
    - ii competitors with a Certificate of Disability/Exception MUST present the Certificate to the Referee at the start of the relevant session before racing commences. Failure to do so may result in disqualification.
  - (c) Submitted times for events entered in this Competition must be:
    - i Swim England/WPS Official Times achieved in an event held under Swim England Laws and Regulations and Technical Rules of Racing; and
    - ii be recorded on Swim England Rankings; and
    - iii have been achieved within the qualifying period specified for this Competition.
  - (d) It is the responsibility of the Club to certify that all swimmers entering this Competition are eligible in accordance with Rule 2(a-b); and
    - i submitted times comply with Rule 4(c)i-iii; and
    - ii submitted times have been achieved within the period specified for this Competition.
  - (e) Entries received will be subject to satisfying the qualifying/consideration standard(s) as specified by the Entry Conditions. Entry times outside of the qualifying/consideration standards will not be accepted.
  - (f) Para-Swim Consideration Standards for County Events will apply for swimmers with a national/international disability Classification or a Certificate of Disability/Exception. Entry times outside of the Para-Swim Consideration Standards for Para-Swim events will not be accepted.
  - (g) Submitted entries must be made using Short Course times, or those converted from Long Course times using approved Swim England conversion tables.
  - (h) Entries will be seeded on submitted times, with the slowest time swimming first. Para-Swim/Disability will compete in the appropriate time ranked heat.
  - (i) The Competition Manager may request validation of any stated Official Time before an entry is accepted.
  - (j) All entries must comply with Rule 4(a-g). Any entries not complying with Rule 4(a-g), or are found to be incorrect or ineligible, shall be void and the entry fee forfeited.
- 5 The following conditions will apply to ALL entries:

- (a) Entries must be received by the Competition Manager by the official closing date as a whole Club Entry via Sportsystems Entry Manager with the correct entry fee.
  - (b) Payment by BACS or a single cheque payable to Dorset County ASA must accompany each Club Entry.
  - (c) No entries will be accepted after the official closing date, or without payment of entry fees having been submitted by the official closing date.
  - (d) Entries will only be accepted from individuals in exceptional circumstances and by application to the Competition Manager prior to the closing date of the Competition.
- 6 (a) Entries submitted by the official closing date without payment of entry fees will not be processed.  
(b) Where payment has not been received by the closing date entries will be considered null and void.
  - 7 Where payment is made by BACS, proof of payment must be provided with submitted entries. Where payment is made by cheque, a proof of posting receipt should be retained. Payment by cheque after the official closing date will not be accepted without evidence of posting made in sufficient time to ensure arrival by the official closing date.
  - 8 Clubs will receive official confirmation of accepted entries prior to the Competition, and any rejected entries will be listed. The Competition Manager should be notified of any discrepancies by the date specified. Notification of discrepancies by the date specified does not guarantee that a discrepancy can or will be corrected.
  - 9 Refunds due to a Club will be made to the Club by BACS or a single cheque after completion of the Competition.
  - 10 Swimmers who are not listed on the official confirmation of accepted entries will not be permitted to compete.
  - 11 Entries will not be accepted after the official closing date regardless of reason.
  - 12 Improved entry times will not be accepted after the official closing date regardless of the date of achievement.
  - 13 Requests for time trials will not be accepted at any time.
  - 14 The Competition will run with pre-seeded heats according to Rule 4(h) of the Competition Rules. Empty lanes on the day due to withdrawals will remain vacant. A secondary stroke will be available throughout the Competition.
  - 15 Failure to appear in the designated heat will cancel any right to compete in that event. Competitors who fail to appear in the designated heat of an event may be allowed to swim in empty lanes in that event at the discretion of the Referee, and on a first-come first-served basis.
  - 16 All competitors will be placed except for any swimmer disqualified.
  - 17 No refunds will be made for withdrawals after the official closing date unless on medical grounds. A refund for withdrawal on medical grounds will be considered provided:
    - (a) a request for refund is made to the Competition Manager no later than 72 hours prior to the start date and time of the applicable weekend of competition, and
    - (b) a medical note signed by an appropriate medical authority is submitted to the Competition Manager within four weeks of that date, noting
    - (c) refunds for partial withdrawal of events per day will not be accepted.
    - (d) For the purposes of this Competition, cut-off for receipt of a request for refund on medical grounds will be:
      - 14/15 January 2023: 11.00 hrs 11 January 2023      • 28/29 January 2023: 11.00 hrs 25 January 2023
      - 22 January 2023: 10.30 hrs 19 January 2023      • 5 February 2023: 10.30 hrs 2 February 2023
  - 18 Requests for medical refunds not received by the date specified, or without a medical note signed by an appropriate medical authority or a Covid-positive test result having been submitted within the period specified, will be refused.
  - 19 The Official Promoter of the Competition is the Dorset County ASA Swimming Committee, which has set the conditions of the Competition. A Promoter's Representative in attendance on the day will be appointed in advance of the Competition.
  - 20 The Swimming Committee has delegated the organisation of the event to a Competition Manager. The Competition Manager for this Competition is Mrs D Gibbs, 22 Stibbs Way, Bransgore, Christchurch, Dorset BH23 8HG.
  - 21 The date and events for the programme of the 2023 Competition are as printed in the 2023 Entry Conditions.
  - 22 Any matters arising that are not covered within these Competition Rules and Entry Conditions will be dealt with in accordance with the Laws of the sport, and at the discretion of the Promoter.
  - 23 All participants including, but not restricted to, competitors, coaches, officials, competition organisers and spectators, shall comply with the Dorset County ASA Code of Ethics and Code of Conduct. Dorset County ASA reserves the right to take disciplinary action against a swimmer, Club, or individual for infringement of these policies.
  - 24 Only competitors, duly authorised club team personnel who have current DBS and Safeguarding certificates and including any person accompanying a competitor with national/international disability Classification or a Certificate of Disability/Exception, duly authorised volunteers and officials are permitted on poolside.
  - 25 Competitors are required to observe all safety announcements and conduct themselves in accordance with those announcements at all times. Competitors, coaches, team managers and chaperones will not enter the hired area until the Referee gives permission.
  - 26 Any competitor or coach requiring wheelchair access MUST, if it is a requirement of the host leisure centre, ensure that the leisure centre approves this in advance with the swimmer or coach. A Personal Evacuation Plan agreed with

the leisure centre must be submitted to the Referee prior to the start of the Competition.

- 27 It is the responsibility of each Club Committee to ensure that its coaches, team managers, chaperones and marshals are responsible for their swimmers on poolside including, but not restricted to, behaviour, dress and conduct towards other competitors, officials, and Competition organisers at all times.
- 28 Competitors are not permitted to change on poolside and are required to wear clothing appropriate for land training when warming-up on poolside. Competitors must not undertake land training on poolside in swimwear only.
- 29 A designated area on poolside will be allocated to each Club based on Club Entry numbers in accordance with the relevant Contractual Agreement with the leisure centre, and current Risk Assessment for the Competition. The area designated to each Club on poolside is not negotiable.
- 30 The use of a warm-down facility is made available to competitors ONLY if supervised by one of their Club officials with a poolside pass. The facility will be withdrawn if the use is unsupervised, or if deemed to be a risk to health and safety. A warm-down facility may not be used for warm-up or training purposes.
- 31 Presentations will be made according to the published timetable and as follows:
  - (a) Presentations will only be made to recipients wearing suitable poolside club clothing that complies with the current Swim England Child Protection Policy.
  - (b) Trophies, medals, and awards will only be presented to recipients who have won those awards.
  - (c) The Promoter reserves the right not to present awards if the recipient does not comply with Rules 32(a) and 32(b), or who does not make themselves available in a timely manner for presentation. The Promoter's decision is final.
  - (d) Competitors who do not make themselves available at the required time for presentation will not be presented with their award at a later date and/or time.
- 32 The Referee is responsible for all aspects of health, safety and fair play in the area hired by Dorset County ASA on the day of competition and can halt the Competition at any time if there are perceived risks to competitors, officials, spectators, or competition organisers. Spectators are not permitted to block exit routes or sit in gangways.
- 33 Dorset County ASA reserves the right to refuse admission to any Club official, coach, competitor, or spectator. Behaviour by any Club official, coach, competitor, or spectator deemed to be inappropriate, disrespectful, abusive and/or aggressive will result in that individual being required to leave the area hired by Dorset County ASA and being excluded from all future Dorset County ASA events.
- 34 Promotional activities or fundraising at Dorset County ASA events by host clubs, participating clubs or members of affiliated clubs are strictly forbidden under any circumstances.
- 35 Swim England Guidance on Photography as published in *Wavepower: Swim England Child Safeguarding Policy and Procedures* applies to this Competition and is available at <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>. Spectators may engage in video/photographic activities from the spectator area only. Requests for photography on poolside MUST be agreed with the Promoter in advance. The leisure centre may have its own local regulations on this subject, which may supersede this Condition, and must be observed.
- 36 Flash photography at the start of a race is prohibited. Anyone not complying during the Competition will be asked to leave the spectator gallery.
- 37 Dorset County ASA reserves the right to take and publish still or video photography during the Competition. Any request not to be photographed MUST be documented on a Health Information Form submitted to the Competition Manager, or designated Health & Safety Officer, at least two weeks before the first date of Competition.
- 38 All Clubs participating in a Dorset County ASA event are required to assist in hosting that event on the day. Host Clubs may be appointed, or Clubs requested to fulfil specific roles, by the Competition Volunteers Co-ordinator.
- 39 The Promoter will endeavour to run this Competition as advertised; excepting
  - (a) If the Competition must be cancelled, competitors are not eligible for a full refund of entry fees. Proportionate refunds may be made but only after the Promoter has covered all incurred costs.
  - (b) If the Competition must be run either unlicensed or at a lower licence level, competitors are not eligible for a refund of entry fees.

**Data Protection statement:** Entries will be held on a password protected computer solely for the purpose of this Competition and consent to the holding of personal information, as required by the Data Protection Act 2018 and in accordance with GDPR 2018, will be deemed to have been given by the submission of the entry for the purpose of participating in this Competition. Personal Data will be available for inspection during the Competition on application to the Competition Manager. Data will only be shared with Swim England Rankings and held by Dorset County ASA for a maximum of 12 months.

**2023 ENTRY CONDITIONS****1 DATES**

- (a) Littledown: Saturday 14 January and Sunday 15 January 2023
- (b) Dorchester: Sunday 22 January 2023 [800m Freestyle]
- (c) Littledown: Saturday 28 January and Sunday 29 January 2023
- (d) Dorchester: Sunday 5 February 2023 [1500m Freestyle]
- (e) Entries closing date: Friday 16 December 2023 (mid-day)

**2 AGE GROUPS**

- (a) Age: Age as of 31 December 2023
- (b) Age Groups: A: 10/11yrs B: 12yrs C: 13yrs D: 14yrs E: 15yrs F: 16yrs G: 17/over

**3 ENTRY FEES**

- (a) 50/100/200/400m: £6.50 per event
- (b) 800/1500m: £7.50 per event

**4 EVENTS**

- (a) This Competition is a Level 2 Licensed Meet. All events and distances are as defined by Swim England Laws and Regulations and Swim England Technical Rules of Racing.
- (b) Finals will be held for 50m and 100m events; all other events will be Heats Declared Winner (HDW).
- (c) Heats will be spearheaded and in events with Finals the last three heats will be cyclically seeded.

**5 ENTRY TIMES**

Consideration Times for 14/over have been set using the published Swim England BSC Average Times (2015-19).  
Consideration Times for 13/under have been set using Dorset County ASA Rankings.

**(a) Submitted Entry Times**

All submitted entry times must have been achieved at a licensed meet (L1, L2, L3 or L4) and appear on Swim England Rankings; entry times not published on Swim England Rankings will not be accepted.

**(b) County Consideration Times**

- i Swimmers with Consideration Times will be accepted into the Competition upon receipt of entry by the official closing date according to the fastest submitted times as time permits; and noting
- ii a Consideration Time does not infer automatic acceptance into the Competition; and
- iii the maximum number of heats may be limited according to the time available.

**(c) Para-Swim/Disability Competitors**

- i Swimmers with national/international disability Classification or a Certificate of Disability/Exception achieving Para-Swim Consideration Standards for County Events will be accepted as time permits.
- ii Para-Swim/Disability swimmers may enter any event that is not deemed a Para-Swim Event, subject to satisfying the relevant consideration standard(s) as specified in the Entry Conditions.

**(d) Acceptance of entries**

- i Acceptance of entries will be determined by the period of pool hire and in accordance with the Operating Policy of the relevant leisure provider/Dorset County ASA Risk Assessment in effect on the day of competition which may necessitate rejection of swimmers regardless of qualifying and/or consideration times.
- ii Acceptance of competitors for long distance events:
  - (1) according to the lane space available and where rejections are necessary will be based on percentage proximity to the relevant Consideration Time; and
  - (2) competitors/notified reserves MUST register at the Recorders Desk 30 minutes prior to the start time on the day of the swim. Failure to register in person as specified will forfeit the right to compete.

(e) **Specified Competition Period**

The qualifying period for entry times submitted for this Competition is 15 January 2022 to 16 December 2022.

**6 FINALS**

- (a) Finals for all 50m and 100m events will be held in the following age groups: 10/11 years, 12 years, 13 years, 14 years, 15 years, 16 years, and 17/over.
- (b) Finalists' lists will be posted on poolside within 15 minutes after the last heat of each event with Finals.
- (c) Swimmers with national/international disability Classification or a Certificate of Disability/Exception may compete in Finals provided the time achieved in the heat swim qualifies that competitor for the Final of that event.
- (d) There will be no formal withdrawal process for Finals. All notified Finalists and Reserves will be deemed to have accepted a place in the applicable Final and should report to the Marshalling area for the Finals session.
- (e) Where a Finalist fails to report to the Marshalling area for a Final by the start of the previous Final, a Reserve for that event will be allocated the empty lane.

**7 SENIOR/JUNIOR CHAMPIONS**

(a) **Events with Finals**

- i The Senior Champion of each event with Finals will be the competitor returning the fastest time overall for that event from the Age Group Finals regardless of age.
- ii The Junior Champion of each event with Finals will be the Junior swimmer as determined by clause 7(c)i returning the fastest time overall for a Junior swimmer for that event in the Age Group Finals.

(b) **Heats Declared Winner (HDW) events**

- i The Senior Champion of each HDW event will be the competitor returning the fastest time overall for that event regardless of age.
- ii The Junior Champion of each HDW event will be the Junior swimmer as determined by clause 7(c)i returning the fastest time overall for that event.

(c) **Junior Swimmers**

- i Junior Swimmers are competitors who are under 16 years of age on 31 December 2023.
- ii Swimmers under 16 years of age at midnight on the DAY of a swim may claim a Junior County Record.

**8 AWARDS**

(a) **Events with Finals**

- i Male and female age bands for the purposes of awards for events for Finals in this Competition are: 10/11 years, 12 years, 13 years, 14 years, 15 years, 16 years and 17/over.
- ii Medals will be awarded for first, second and third place in each of the designated age bands for events with Finals. Medals will not be awarded for the heats of events with Finals.

(b) **Heat Declared Winner (HDW) Events**

- i Male and female age bands for the purposes of awards for HDW events in this Competition are: 10/11 years, 12 years, 13 years, 14 years, 15 years, 16 years, and 17/over.
- ii Medals will be awarded for first, second and third place in each of the designated age bands for HDW events.

(c) **Para-Swim/Disability Competitors**

Medals will be awarded to the top three placed Para-Swim/Disability competitors in each event which shall be determined on a multi-disability basis. If less than four swimmers participate in any one event, then the minus one ruling shall not apply.

(d) **Championships Awards**

- i Senior Championships medals will be awarded for the overall first, second and third place from the Age Group Finals of each event with Finals and for each HDW event regardless of age.
- ii Junior Championships medals will be awarded for the overall first, second and third place for a Junior swimmer, as determined by clause 7(c)i, from the Age Group Finals of each event with Finals and for each HDW event.
- iii Senior and Junior Champions will be formally presented with County trophies were applicable.
- iv Para-Swim/Disability competitors are eligible for Championships Awards provided the time achieved in a Final or an HDW event qualifies that competitor for a Championships award in accordance with clause 8(d)i or 8(d)ii.

**(e) Performance Awards**

- i Performance Awards will be made to the top eight male and female competitors in each of the qualifying age groups as follows: 10 years, 11 years, 12 years, 13 years, and 14 years.
- ii Performance Awards will be made according to the overall performance points accrued for heat swims from Events Categories.
- iii Performance Awards Events Categories are:
  - (1) Sprint (Best 50m swim)
  - (2) 100m (Best 100m swim)
  - (3) Form (Best 200m Backstroke or 200m Breaststroke or 200m Butterfly)
  - (4) Distance (Best 200m or 400m or 800m or 1500m Freestyle)
  - (5) Medley (Best 100IM or 200IM or 400IM)
- iv Overall performance points will be calculated from a combination of points accrued from each of the Events Categories. Points are not accumulative; the greatest number of points achieved for one swim in each category will be taken into consideration.
- v Para-Swim/Disability competitors are eligible for Performance Awards provided overall performance points achieved qualify that competitor for a Performance Award in accordance with clause 8(e)i.

**(f) Team Awards**

A trophy for 'Top Club' calculated from Club Team Points will be awarded at the end of the Competition.

**(g) Presentations**

Presentation of awards will be in accordance with the published timetable and as time permits but may be amended or cancelled on the day of competition.

**(h) Medals Desk**

- i Medals for HDW, Finals and Para-Swim/Disability events may be collected from the Medals Desk once results have been announced. There will be no formal presentation of awards for events.
- ii Medals must be collected from the Medals Desk during the Competition. The Medals Desk will close 15 minutes after the results of the final event of the Competition have been published. Uncollected awards will not be posted or made available for collection after the Competition.

**9 Club Team Points and Club Medals Table**

- (a) Points will be awarded for all competitors placed first to eighth in their respective Age Groups in individual HDW events and in Finals as follows: 1<sup>st</sup> place = 8 points descending to 1 point = 8<sup>th</sup> place.
- (b) A competitor with dual registration may only represent one Club for the duration of the Competition; representation shall be the Club named on the entry form.
- (c) A Club Medals Table will be published after the Competition.

**10 Spectator Admission**

- (a) Spectator admission per day to this Competition is as follows:
  - i All sessions Adults £5.00 Under-16s £2.50
  - ii One session Adults £3.00 Under-16s £1.50
- (b) Admission does not guarantee a seat will be available; seats cannot be pre-booked.
- (c) Spectator admission will be in accordance with the maximum limit for the spectator area(s) as specified by the Emergency Action Plan and Operating Procedures of the venue, and which govern the Dorset County ASA Risk Assessment for that venue, as follows:
  - i Littledown: 170 persons seated and 30 persons standing in the rear gallery.
  - ii Wheelchairs: Access limited to the space allotted by the venue management. Prior booking for wheelchairs with the Competitions Manager is required.
- (d) Wristbands will be issued according to the maximum limit for the spectator area(s) for that session and are not transferable. Admission will be refused without the designated wristband for the relevant session(s).
- (e) All spectators may be required to vacate the spectator area(s) between each session in which case spectators' possessions will be removed from the spectator area(s) to prevent seat blocking.
- (f) A programme of events and start sheets will be available to download from the Dorset County ASA website.

**11 Poolside access**

- (a) Swimmers are permitted on poolside only if competing in that specific session.
- (b) A club shall be entitled to three poolside passes for 30 competitors or less, for which one female and one male Team Staff must be provided. One additional pass shall be authorised for each additional 20 competitors thereafter.
- (c) The total number of permitted passes includes all coaches, team managers and Club Captains if not a competitor.
- (d) In addition to Team Staff passes issued, a chaperone accompanying a competitor with national/international disability Classification or Certificate of Disability/Exception requires a poolside pass which must be authorised in advance of the Competition by the Competitions Manager.
- (e) No charge will be made for Team Staff poolside passes. Team Staff more than the permitted number or Team Staff/chaperones without an authorised pass will be required to leave poolside.
- (f) A restricted number of extra poolside passes are available for the purpose of Team Management development on application to the Competition Manager as follows:
  - i Passes will be allocated on a first-come first-served basis and cost £10 per person.
  - ii Passes will be valid for the duration of the competition and are not transferable.

**12 Officials & Volunteers**

- (a) Officials are requested to make offers of help to officiate during this Competition on the Swim-Meet software <https://www.swim-meet.com/OfficialsSignup/DorsetCounty/>; session(s) to be chosen from the programme of events and contact details to be completed.
- (b) Volunteers are requested to make offers of assistance to host this Competition on the Swim-Meet software <https://www.swim-meet.com/VolunteersSignup/DorsetCounty/>; session(s) to be chosen from the programme of events and contact details to be completed.

**Competitor Health Declaration**

To ensure safety procedures and protocols are observed, together with the well-being of all competitors, all associated medical conditions with the potential to affect a competitor during the competition MUST be declared on a Health Information Form together with the management plan for the condition, and be submitted to the Competition Manager, or designated Health & Safety Officer, at least two weeks before the first date of Competition. The Declaration shall be made by the competitor/parent/guardian for the sole use of those persons with responsibility for health and safety during the Competition. The content of the declaration will be held in strict confidence, and only shared when essential to ensure the safety of the competitor during the Competition. The forms of those swimmers who compete in the Dorset County Championships 2023 will be held securely on file until the final Dorset County ASA competition of the 2023 season.

PROGRAMME OF EVENTS						
SATURDAY 14 JANUARY 2023 at LITLEDOWN						
<b>SESSION 1 HEATS/HDW</b>						
<b>Warm-up: 11.45</b>			<b>Start: 12.50</b>		<b>Estimated finish: tbc</b>	
Event	101	200m	Freestyle	Male	HDW	All ages
	102	100m	Butterfly	Female	Heats	All ages
	103	50m	Backstroke	Male	Heats	All ages
	104	400m	Individual Medley	Female	HDW	11/over
<b>SESSION 2 FINALS</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	105	50m	Backstroke	Male	Final	10/11 years
	106	50m	Backstroke	Male	Final	12 years
	107	50m	Backstroke	Male	Final	13 years
	108	50m	Backstroke	Male	Final	14 years
	109	50m	Backstroke	Male	Final	15 years
	110	50m	Backstroke	Male	Final	16 years
	111	50m	Backstroke	Male	Final	17/over
	112	100m	Butterfly	Female	Final	10/11 years
	113	100m	Butterfly	Female	Final	12 years
	114	100m	Butterfly	Female	Final	13 years
	115	100m	Butterfly	Female	Final	14 years
	116	100m	Butterfly	Female	Final	15 years
	117	100m	Butterfly	Female	Final	16 years
	118	100m	Butterfly	Female	Final	17/over
<b>SESSION 3 HEATS/HDW</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	119	100m	Individual Medley	Male	Heats	All ages
	120	50m	Freestyle	Female	Heats	All ages
	121	50m	Butterfly	Male	Heats	All ages
	122	200m	Backstroke	Female	HDW	All ages
<b>SESSION 4 FINALS</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	123	100m	Individual Medley	Male	Final	10/11 years
	124	100m	Individual Medley	Male	Final	12 years
	125	100m	Individual Medley	Male	Final	13 years
	126	100m	Individual Medley	Male	Final	14 years
	127	100m	Individual Medley	Male	Final	15 years
	128	100m	Individual Medley	Male	Final	16 years
	129	100m	Individual Medley	Male	Final	17/over
	130	50m	Freestyle	Female	Final	10/11 years
	131	50m	Freestyle	Female	Final	12 years
	132	50m	Freestyle	Female	Final	13 years
	133	50m	Freestyle	Female	Final	14 years
	134	50m	Freestyle	Female	Final	15 years
	135	50m	Freestyle	Female	Final	16 years
	136	50m	Freestyle	Female	Final	17/over
	137	50m	Butterfly	Male	Final	10/11 years
	138	50m	Butterfly	Male	Final	12 years
	139	50m	Butterfly	Male	Final	13 years
	140	50m	Butterfly	Male	Final	14 years
	141	50m	Butterfly	Male	Final	15 years
	142	50m	Butterfly	Male	Final	16 years
	143	50m	Butterfly	Male	Final	17/over



<b>PROGRAMME OF EVENTS</b>						
<b>SUNDAY 15 JANUARY 2023 at LITLEDOWN</b>						
<b>SESSION 5 HEATS/HDW</b>						
<b>Warm-up: 11.45</b>			<b>Start: 12.50</b>		<b>Estimated finish: tbc</b>	
Event	201	200m	Freestyle	Female	HDW	All ages
	202	100m	Butterfly	Male	Heats	All ages
	203	50m	Backstroke	Female	Heats	All ages
	204	400m	Individual Medley	Male	HDW	11/over
<b>SESSION 6 FINALS</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	205	50m	Backstroke	Female	Final	10/11 years
	206	50m	Backstroke	Female	Final	12 years
	207	50m	Backstroke	Female	Final	13 years
	208	50m	Backstroke	Female	Final	14 years
	209	50m	Backstroke	Female	Final	15 years
	210	50m	Backstroke	Female	Final	16 years
	211	50m	Backstroke	Female	Final	17/over
	212	100m	Butterfly	Male	Final	10/11 years
	213	100m	Butterfly	Male	Final	12 years
	214	100m	Butterfly	Male	Final	13 years
	215	100m	Butterfly	Male	Final	14 years
	216	100m	Butterfly	Male	Final	15 years
	217	100m	Butterfly	Male	Final	16 years
	218	100m	Butterfly	Male	Final	17/over
<b>SESSION 7 HEATS/HDW</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	219	100m	Individual Medley	Female	Heats	All ages
	220	50m	Freestyle	Male	Heats	All ages
	221	50m	Butterfly	Female	Heats	All ages
	222	200m	Backstroke	Male	HDW	All ages
<b>SESSION 8 FINALS</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	223	100m	Individual Medley	Female	Final	10/11 years
	224	100m	Individual Medley	Female	Final	12 years
	225	100m	Individual Medley	Female	Final	13 years
	226	100m	Individual Medley	Female	Final	14 years
	227	100m	Individual Medley	Female	Final	15 years
	228	100m	Individual Medley	Female	Final	16 years
	229	100m	Individual Medley	Female	Final	17/over
	230	50m	Freestyle	Male	Final	10/11 years
	231	50m	Freestyle	Male	Final	12 years
	232	50m	Freestyle	Male	Final	13 years
	233	50m	Freestyle	Male	Final	14 years
	234	50m	Freestyle	Male	Final	15 years
	235	50m	Freestyle	Male	Final	16 years
	236	50m	Freestyle	Male	Final	17/over
	237	50m	Butterfly	Female	Final	10/11 years
	238	50m	Butterfly	Female	Final	12 years
	239	50m	Butterfly	Female	Final	13 years
	240	50m	Butterfly	Female	Final	14 years
	241	50m	Butterfly	Female	Final	15 years
	242	50m	Butterfly	Female	Final	16 years
	243	50m	Butterfly	Female	Final	17/over

<b>PROGRAMME OF EVENTS</b>						
<b>SATURDAY 28 JANUARY 2023 at LITLEDOWN</b>						
<b>SESSION 10 HEATS/HDW</b>						
<b>Warm-up: 11.45</b>			<b>Start: 12.50</b>		<b>Estimated finish: tbc</b>	
Event	401	200m	Individual Medley	Female	HDW	All ages
	402	100m	Backstroke	Male	Heats	All ages
	403	50m	Breaststroke	Female	Heats	All ages
	404	400m	Freestyle	Male	HDW	All ages
<b>SESSION 11 FINALS</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	405	50m	Breaststroke	Female	Final	10/11 years
	406	50m	Breaststroke	Female	Final	12 years
	407	50m	Breaststroke	Female	Final	13 years
	408	50m	Breaststroke	Female	Final	14 years
	409	50m	Breaststroke	Female	Final	15 years
	410	50m	Breaststroke	Female	Final	16 years
	411	50m	Breaststroke	Female	Final	17/over
	412	100m	Backstroke	Male	Final	10/11 years
	413	100m	Backstroke	Male	Final	12 years
	414	100m	Backstroke	Male	Final	13 years
	415	100m	Backstroke	Male	Final	14 years
	416	100m	Backstroke	Male	Final	15 years
	417	100m	Backstroke	Male	Final	16 years
	418	100m	Backstroke	Male	Final	17/over
<b>SESSION 12 HEATS/HDW</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	419	100m	Freestyle	Female	Heats	All ages
	420	100m	Breaststroke	Male	Heats	All ages
	421	200m	Breaststroke	Female	HDW	All ages
	422	200m	Butterfly	Male	HDW	All ages
<b>SESSION 13 FINALS</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	423	100m	Freestyle	Female	Final	10/11 years
	424	100m	Freestyle	Female	Final	12 years
	425	100m	Freestyle	Female	Final	13 years
	426	100m	Freestyle	Female	Final	14 years
	427	100m	Freestyle	Female	Final	15 years
	428	100m	Freestyle	Female	Final	16 years
	429	100m	Freestyle	Female	Final	17/over
	430	100m	Breaststroke	Male	Final	10/11 years
	431	100m	Breaststroke	Male	Final	12 years
	432	100m	Breaststroke	Male	Final	13 years
	433	100m	Breaststroke	Male	Final	14 years
	434	100m	Breaststroke	Male	Final	15 years
	435	100m	Breaststroke	Male	Final	16 years
	436	100m	Breaststroke	Male	Final	17/over

PROGRAMME OF EVENTS						
SUNDAY 29 JANUARY 2023 at LITLEDOWN						
<b>SESSION 14 HEATS/HDW</b>						
<b>Warm up: 11.45</b>			<b>Start: 12.50</b>		<b>Estimated finish: tbc</b>	
Event	501	200m	Individual Medley	Male	HDW	All ages
	502	100m	Backstroke	Female	Heats	All ages
	503	50m	Breaststroke	Male	Heats	All ages
	504	400m	Freestyle	Female	HDW	All ages
<b>SESSION 15 FINALS</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	505	50m	Breaststroke	Male	Final	10/11 years
	506	50m	Breaststroke	Male	Final	12 years
	507	50m	Breaststroke	Male	Final	13 years
	508	50m	Breaststroke	Male	Final	14 years
	509	50m	Breaststroke	Male	Final	15 years
	510	50m	Breaststroke	Male	Final	16 years
	511	50m	Breaststroke	Male	Final	17/over
	512	100m	Backstroke	Female	Final	10/11 years
	513	100m	Backstroke	Female	Final	12 years
	514	100m	Backstroke	Female	Final	13 years
	515	100m	Backstroke	Female	Final	14 years
	516	100m	Backstroke	Female	Final	15 years
	517	100m	Backstroke	Female	Final	16 years
	518	100m	Backstroke	Female	Final	17/over
<b>SESSION 16 HEATS/HDW</b>						
<b>Warm-up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	519	100m	Freestyle	Male	Heats	All ages
	520	100m	Breaststroke	Female	Heats	All ages
	521	200m	Breaststroke	Male	HDW	All ages
	522	200m	Butterfly	Female	HDW	All ages
<b>SESSION 17 FINALS</b>						
<b>Warm up: tbc</b>			<b>Start: tbc</b>		<b>Estimated finish: tbc</b>	
Event	523	100m	Freestyle	Male	Final	10/11 years
	524	100m	Freestyle	Male	Final	12 years
	525	100m	Freestyle	Male	Final	13 years
	526	100m	Freestyle	Male	Final	14 years
	527	100m	Freestyle	Male	Final	15 years
	528	100m	Freestyle	Male	Final	16 years
	529	100m	Freestyle	Male	Final	17/over
	530	100m	Breaststroke	Female	Final	10/11 years
	531	100m	Breaststroke	Female	Final	12 years
	532	100m	Breaststroke	Female	Final	13 years
	533	100m	Breaststroke	Female	Final	14 years
	534	100m	Breaststroke	Female	Final	15 years
	535	100m	Breaststroke	Female	Final	16 years
	536	100m	Breaststroke	Female	Final	17/over

PROGRAMME OF EVENTS						
<b>SUNDAY 22 JANUARY 2023 at DORCHESTER</b>						
<b>SESSION 9 HDW</b>						
<b>Warm-up: 11.30</b>			<b>Start: 12.00</b>		<b>Estimated finish: tbc</b>	
Event	301	800m	Freestyle	Mixed	HDW	11/over

PROGRAMME OF EVENTS						
<b>SUNDAY 5 FEBRUARY 2023 at DORCHESTER</b>						
<b>SESSION 18 HDW</b>						
<b>Warm up: 11.30</b>			<b>Start: 12.00</b>		<b>Estimated finish: tbc</b>	
Event	601	1500m	Freestyle	Mixed	HDW	11/over

**2023 CONSIDERATION TIMES (age as of 31 December)**

MALE		10/11	12	13	14	15	16	17/over
<b>FREESTYLE</b>	50m	41.25	37.32	35.52	31.67	30.80	30.31	29.24
	100m	1.29.38	1.20.52	1.16.20	1.08.92	1.07.06	1.05.80	1.03.52
	200m	3.13.38	2.54.96	2.45.72	2.30.54	2.26.34	2.24.01	2.19.20
	400m	6.44.13	6.06.84	5.48.00	5.19.91	5.11.39	5.07.39	4.57.43
	800m	12.49.92*	12.49.92	12.10.08	11.02.72	10.45.86	10.40.06	10.21.49
	1500m	24.10.08*	24.10.08	23.01.68	21.02.56	20.36.37	20.02.26	19.58.02
<b>BREASTSTROKE</b>	50m	54.60	52.26	45.12	41.90	40.45	39.84	38.09
	100m	1.59.28	1.52.06	1.36.72	1.31.79	1.29.39	1.27.61	1.23.66
	200m	4.07.38	3.43.20	3.29.76	3.18.75	3.14.06	3.11.38	3.02.45
<b>BUTTERFLY</b>	50m	46.68	44.98	42.38	35.54	34.44	33.80	32.71
	100m	1.45.96	1.38.02	1.32.04	1.22.30	1.19.38	1.17.77	1.14.87
	200m	3.40.63	3.19.44	3.08.68	2.57.31	2.51.71	2.48.35	2.41.68
<b>BACKSTROKE</b>	50m	48.12	43.20	40.56	37.89	36.68	36.08	34.78
	100m	1.44.40	1.31.08	1.25.68	1.21.50	1.18.78	1.17.39	1.14.26
	200m	3.26.16	3.14.64	3.03.72	2.55.98	2.51.08	2.47.58	2.42.20
<b>IND MEDLEY</b>	100m	1.45.96	1.34.92	1.29.40	1.21.00	1.18.67	1.17.46	1.14.67
	200m	3.39.25	3.18.72	3.08.52	2.50.00	2.45.35	2.42.92	2.37.34
	400m	6.59.28*	6.59.28	6.38.28	6.01.58	5.53.93	5.49.24	5.38.88
FEMALE		10/11	12	13	14	15	16	17/over
<b>FREESTYLE</b>	50m	42.00	40.00	38.75	33.65	33.37	33.14	32.60
	100m	1.30.25	1.25.38	1.22.88	1.12.74	1.11.87	1.11.36	1.10.30
	200m	3.14.25	3.03.75	2.57.75	2.37.43	2.35.60	2.34.40	2.31.79
	400m	6.43.88	6.22.50	6.10.75	5.31.42	5.29.04	5.26.80	5.20.63
	800m	13.12.00*	13.12.00	11.41.63	11.20.86	11.16.16	11.13.42	11.04.85
	1500m	25.28.25*	25.28.25	24.17.13	21.57.12	21.53.14	21.42.77	21.36.80
<b>BREASTSTROKE</b>	50m	53.75	48.72	46.92	44.16	43.93	43.46	42.79
	100m	1.55.13	1.48.88	1.40.08	1.36.38	1.35.65	1.35.05	1.33.23
	200m	4.07.13	3.44.16	3.34.56	3.27.00	3.26.44	3.25.75	3.22.38
<b>BUTTERFLY</b>	50m	46.80	42.00	40.56	37.38	37.04	36.70	35.98
	100m	1.46.08	1.38.93	1.35.42	1.26.50	1.25.62	1.24.70	1.23.01
	200m	3.43.20	3.20.16	3.12.24	3.04.68	3.03.60	3.01.91	2.57.53
<b>BACKSTROKE</b>	50m	47.63	43.44	42.00	39.90	39.41	39.18	38.48
	100m	1.41.13	1.31.56	1.28.20	1.25.03	1.24.21	1.23.54	1.21.78
	200m	3.33.75	3.14.88	3.08.64	3.02.70	3.01.75	3.00.20	2.56.38
<b>IND MEDLEY</b>	100m	1.44.75	1.35.64	1.31.92	1.24.95	1.24.19	1.23.45	1.22.39
	200m	3.39.50	3.19.32	3.13.32	2.57.90	2.56.38	2.51.91	2.52.39
	400m	6.59.52*	6.59.52	6.44.64	6.17.12	6.15.07	6.13.56	6.07.04
<b>NOTE:</b>	i	* Competitors who will be 11 years of age on 31 December 2023 only.						
	ii	The hundredth-place value of submitted time will be taken into consideration.						

**Para-Swim/Disability Consideration Standards  
Swim England County/ Open Meet – Male**

	50m Free	100m Free	200m Free	400m Free	50m Back	100m Back	50m Breast	100m Breast	50m Fly	100m Fly	150m IM	200m IM
S1		05:10.91			02:05.43	04:18.54	03:28.13					
S2	01:50.07	03:45.13	07:12.09		01:37.43	03:27.52	01:45.52					
S3	01:18.12	03:07.42	05:46.68		01:17.47		01:23.84				05:05.85	
S4	01:03.89	02:20.98	04:57.06		01:12.37			02:50.34	01:33.92		04:29.89	
S5	00:53.30	02:00.36	04:29.64		00:56.75			02:31.32	00:54.18			05:47.65
S6	00:51.70	01:51.26		08:38.23		02:08.76		02:17.87	00:53.62			04:34.19
S7	00:47.58	01:45.30		07:54.21		01:59.14		02:10.85	00:49.88			04:17.69
S8	00:46.00	01:39.48		07:36.40		01:54.05		01:58.85		01:47.44		04:00.60
S9	00:42.82	01:35.11		07:11.02		01:45.33		01:55.70		01:42.92		03:51.27
S10	00:39.95	01:27.46		06:54.65		01:42.68		02:03.45		01:38.02		03:43.36
S11	00:44.51	01:40.47		07:47.31		01:57.91		01:51.79		01:50.11		04:11.55
S12	00:40.55	01:29.88		07:50.64		01:44.16		01:50.45		01:38.28		03:54.14
S13	00:41.02	01:31.10		06:51.88		01:41.76		01:52.05		01:36.90		03:42.34
S14		01:29.15	03:14.58	07:20.27		01:41.01		02:50.34		01:34.66		03:40.86

**Para-Swim/Disability Consideration Standards  
Swim England County/ Open Meet – Female**

	50m Free	100m Free	200m Free	400m Free	50m Back	100m Back	50m Breast	100m Breast	50m Fly	100m Fly	150m IM	200m IM
S1		00:00.00										
S2	02:05.27	04:45.53			01:59.32	04:19.15	03:04.31					
S3	01:42.20	03:06.37	08:42.66		01:33.69		01:40.35				05:54.09	
S4	01:09.45	02:41.09	06:16.33		01:22.21			03:07.61	01:25.41		04:44.60	
S5	01:05.25	02:18.87	04:43.30		01:13.58			02:56.14	01:17.06			06:07.10
S6	00:56.78	02:06.96		08:51.88		02:00.73		02:42.35	01:01.86			05:01.61
S7	00:56.34	02:01.33		08:50.21		02:17.97		02:38.64	00:58.34			05:08.77
S8	00:52.97	01:54.97		08:20.85		02:19.43		02:22.97		02:15.88		04:45.36
S9	00:49.49	01:47.76		07:54.84		02:13.13		02:11.90		01:56.33		04:24.59
S10	00:47.16	01:43.16		07:42.04		02:00.73		02:26.27		01:55.06		04:09.95
S11	00:50.64	01:53.15		08:42.85		01:57.20		02:13.02				04:41.54
S12	00:46.89	01:42.42		08:19.92		02:10.87		02:07.75		01:52.81		04:15.37
S13	00:46.02	01:41.06		07:48.98		01:57.61		02:09.08		01:52.98		04:11.46
S14		01:43.85	03:40.20	08:36.17		01:53.03		03:07.61		01:53.05		04:13.66