



# Icebreaker 2023

## Dover Lifeguards SC & Herne Bay SC



## Conditions and Information

### License No 3SE230082

**Saturday 7<sup>th</sup> January and Sunday 8<sup>th</sup> January 2023 at  
Dover District Leisure Centre, Fitness Fields, Whitecliffs Business Park,  
Whitfield, Dover, Kent, CT16 3FZ**

The competition will be swum under Swim England Laws and Technical Rules of swimming. This event is licensed at Level 3.

**Events:** 50m, 100m and 200m in all strokes, 200m individual medley, 400m individual medley and 400m freestyle.

**Age groups:** 10-11 years, 12-13 years, 14-15 years and 16+ years.  
Ages as at 31st December 2023

**Entry fee:** £6 per event for all events

**Closing date:** Closing date for entries is midnight Friday 16<sup>th</sup> December 2022

**Qualifying times:** Entries are subject to the upper qualifying times (see separate page)  
All submitted times must be short course times achieved since 1 January 2021.

**Awards:** Awards will be given for first, second and third places in each age group for each event. All events are heat declared winners. There will be no official presentations so all swimmers must collect their medals from the awards desk.

**Entries:** All entries must show the swimmer's name, date of birth, Swim England membership number and entry time together with the correct entry fee. Entry using Sports Systems Meet Manager software is preferred: an entry file with event list and consideration times will be available to download from the clubs website, [www.hernebayswimmingclub.org.uk](http://www.hernebayswimmingclub.org.uk) or [www.doverlifeguard.org.uk](http://www.doverlifeguard.org.uk). There is a £25 admin charge for entries of more than 5 from any club that does not use Sports Systems software. No charge if electronic entry file used.

All entries must be under the upper limit times for the individual age category. Entries may be restricted in order to keep the session times within appropriate time scales. This will be done based on entry time, slowest swimmers will be rejected first.

Entry times should be short course times, converted long course times are accepted provided they have been converted using Swim England Conversion Tables. Level X times will be accepted.

**Payment:** by BACS – Account Name Dover Life Guard Club, Account Number 34505668, sort code 30-90-92 and please use your club's name as the reference.

**Over-subscription:** You will be advised as soon as possible after the closing date if any entries are rejected (in this case fees will be refunded). A list of accepted entries will be sent to entering Clubs. The closing date for entries is midnight Friday 16<sup>th</sup> December 2022 or earlier if full.

**Time Trials:** Time trials may be accepted for swimmers from any Kent affiliated club. Time trialist's will be seeded based on entry time and they will not be eligible for an award.

**Signing in, reporting and seeding:** This is a SIGN OUT event. Competitors, team managers or coaches must 'sign out' a swimmer at least 60 minutes before the start of the first race in each session. Swimmers must report to the

competitor marshals when instructed to do so and competitors not reporting in time may not be permitted to swim. Events will be swum with all age groups combined seeded on entry times.

**Starts:** Over the top starts will be used at the discretion of the referee. It is the responsibility of the competitors and coaches from participating clubs to ensure that all swimmers are competent to the standard of the Swim England Competitive Start award. All swimmers must leave the pool using the side of the pool and must not climb over the electronic timing pads. At this time the starting system does not have a secondary starting strobe.

**Results:** Due to Covid measures that could be in place at the time it might not be possible to display the results on the balcony or poolside. This will be decided on the day in consultation with the pool provider. Every effort will be made to provide full electronic results and splits but in the event of technical failure this may not always be possible. Results will be available via the Clubs Websites. Meet results will be sent to the Swim England to be included on the rankings list.

**Covid:** All meet participants and spectators must observe all the safety and Covid precautions in operation at Dover District Leisure Centre and follow the instructions of event and centre staff at all times. We will be directed by both the government and Swim England Guidance to ensure compliance with social distancing guidelines.

**Coaches:** Coaches passes are available at a cost of £25 each to include entry, programme of events, warm up schedule, a full set of results, food and refreshments on the Saturday 7<sup>th</sup> January and lunch and refreshments on Sunday 8<sup>th</sup> December. A free coach pass is available for clubs providing two officials. Only competing swimmers and holders of passes and officials will be permitted on poolside. To be eligible for a coach pass, applicants must be qualified coaches or certified Swim England team managers.

**Officials:** It is appreciated if attending Clubs could provide a licensed official to assist with the running of the event. Each Club entering 10 or more swimmers are requested to supply at least two qualified officials. The event needs a minimum of 20 officials for each session. If you are a qualified official and can officiate for any session or sessions, please let us know.

**Spectators:** Adult spectator admission is £3 per session and £5 per full day; children under 15 are admitted free. There is a cafeteria and vending facilities at the leisure centre. There is a large free car park at the centre.

**The pool** is 25m, eight lanes, with anti-wave lane lines and electronic timing and scoreboard. The pool depth is 2 metres at the start end and 1 metre at the turn end.

**Warm up and safety information:** The pool is available for warm up only during the designated times. During the warm up swimmers and coaches must ensure that they (and swimmers in their charge) take no action which would endanger themselves or others. Coaches and team managers are reminded that they are responsible for the conduct of the swimmers in their care at all times. The instructions of the warm up marshals or others in authority must be obeyed immediately. Diving is not permitted in the warm up until sprint lanes are announced and then only in the sprint lanes under supervision by club coaches. Competitors must wear footwear and tops when leaving the poolside and in the marshalling area. All participants must observe the safety precautions in operation at Dover District Leisure Centre. Neither the promoters or Dover Lifeguards Swimming Club or Herne Bay Swimming Club will be responsible for any loss or damage during the meet. Swimmers are advised to remove all jewellery to prevent accidental injury to themselves. The Promoter and pool management reserve the right to remove any person from the pool area, whose behaviour is either unsafe to themselves or others or against the pool rules, promoter's conditions or the efficient running of the meet.

**Data protection:** Consent is deemed to have been given, to hold and distribute as necessary the personal information given by you by email, other electronic means or paper to run the meet. This is in line with GDPR.

**Photography:** Anyone wishing to carry out video, zoom or close range photography must be in accordance with Swim England and Wavepower 2020-2023. These conditions also apply to swimmers on poolside. Flash photography is prohibited at all times. Use of any form of image capturing device in the changing room is strictly prohibited and may result in exclusion from the event.

The gala promoter has the right to amend the programme to ensure the smooth running and fairness of the event.

***Any conditions not covered in the above information will be at the discretion of the promoter, Dover Lifeguards Swimming Club or Herne Bay Swimming Club. By entering this event, competitors and coaches agree to abide by these conditions.***

**Gala Secretary: Steve Williams**  
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