

North Midlands Championships 2024 – Level 3

Saturday 5th and Sunday 6th October

License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

Key Information

Date:	Saturday 5 th /Sunday 6 th October 2024. (License Number 3NW*****) Saturday 19 th /Sunday 20 th October 2024 (License Number 3NW*****)
Venue:	Macclesfield Leisure Centre Priory Lane Macclesfield SK10 4AF
Competition pool:	8 lane 25m pool 1m – 3m deep Anti-turbulence lane ropes fitted Swiss Timing AOE (Quantum) with 8 lane scoreboard
Warm up and swim down:	A 17m pool will be available for warm-up and swim-down, this facility is provided on the understanding that swimmers are the responsibility of their Coach/Team Manager. If swimmers abuse the facility, it will be withdrawn. STRICTLY NO DIVING in this pool.
Sessions:	5 th October 2023 Session 1: W/U – 12:45 Start – 13:50 Session 2: W/U – TBC Start – TBC 6 th October 2023 Session 3: W/U – 09:00 Start – 10:05 Session 4: W/U – TBC Start – TBC 19 th October 2023 Session 5: W/U – 12:45 Start – 13:50 Session 6: W/U – TBC Start – TBC 20 th October 2023 Session 7: W/U – 09:00 Start – 10:05 Session 8: W/U – TBC Start – TBC These are proposed warm up times and are subject to confirmation following close of entries.
Officials:	Anyone able to assist with the Gala as an official over the four days please complete the volunteer form and Alan Janes will contact you. Volunteer Form: https://forms.gle/9JWsl9TRwQwd67Qk6
Car Parking:	Extensive FREE car parking is available within the Leisure Centre grounds.
Swim Shop:	A swim shop may be situated downstairs on both days, pending confirmation.
Spectators:	Admission £3 per session. Tickets will be available online and on the door
Photography and videos:	An official photographer may be available at the event and the photos will be available on a password-protected website for viewing/downloading/purchase after the event. Photographs and videos may also be taken for GCSE and A level PE. You have the right to withhold your consent - please contact north.mids.entries@gmail.com if you refuse consent for your child to be photographed or filmed or you wish to film for these purposes.
Awards:	See detailed information set out below.

North Midlands Championships 2024 – Level 3

Saturday 5th and Sunday 6th October

License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

Programme of events

Saturday 5th October 2024

Session 1

Warm Up -

12:45AM

101	Open/Male	10 Yrs/Over	400m Freestyle
102	Female	9 Yrs/Over	50m Backstroke
103	Open/Male	9 Yrs/Over	100m Butterfly
104	Female	9 Yrs/Over	100m Breaststroke
105	Open/Male	9 Yrs/Over	100m IM

Session 2

Warm Up - TBC

201	Female	10 Yrs/Over	400m Freestyle
202	Open/Male	9 Yrs/Over	50m Backstroke
203	Female	9 Yrs/Over	100m IM
204	Open/Male	9 Yrs/Over	200m Breaststroke
205	Female	9 Yrs/Over	100m Butterfly
206	Open/Male	9 Yrs/Over	200m Butterfly

Sunday 6th October 2024

Session 3

Warm Up - 9AM

301	Female	10 Yrs/Over	400m IM
302	Open/Male	9 Yrs/Over	200m Backstroke
303	Female	9 Yrs/Over	200m Backstroke
304	Open/Male	9 Yrs/Over	50m Butterfly
305	Female	9 Yrs/Over	200m Breaststroke

Session 4

Warm Up - TBC

401	Open/Male	9 Yrs/Over	50m Freestyle
402	Female	9 Yrs/Over	50m Breaststroke
403	Mixed	11 Yrs/Over	800m Freestyle

Saturday 19th October 2024

Session 5

Warm Up -

12:45AM

501	Open/Male	10 Yrs/Over	400m IM
502	Female	9 Yrs/Over	200m Freestyle
503	Open/Male	9 Yrs/Over	100m Freestyle
504	Female	9 Yrs/Over	50m Butterfly
505	Open/Male	9 Yrs/Over	100m Breaststroke

Session 6

Warm Up - TBC

601	Female	9 Yrs/Over	100m Freestyle
602	Open/Male	9 Yrs/Over	100m Backstroke
603	Female	9 Yrs/Over	200m Butterfly
604	Open/Male	9 Yrs/Over	200m Freestyle
605	Female	9 Yrs/Over	100m Backstroke

Sunday 20th October 2024

Session 7

Warm Up - 9AM

701	Female	9 Yrs/Over	200m IM
702	Open/Male	9 Yrs/Over	200m IM
SKINS	O/F	By Invitation	14 under/15 Over

Session 8

Warm Up - TBC

801	Female	9 Yrs/Over	50m Freestyle
802	Open/Male	9 Yrs/Over	50m Breaststroke
803	Mixed	11 Yrs/Over	1500m Freestyle

This meet is subject to change. The order of events will remain the same but may be split. This meet is subject to Government, Swim England, Local Authority and Pool operator (Leisure centre) guidance, restrictions and operating procedures.

North Midlands Championships 2024 – Level 3

Saturday 5th and Sunday 6th October

License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

Cut off times

Female consideration times 2024

	9 -10 Years		11 Years		12 Years		13 Years		14 Years		15 Years		16/Over	
	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER
50m FREESTYLE (9+)	00:30.00	00:49.95	00:30.00	00:47.90	00:29.15	00:45.90	00:28.34	00:43.20	00:27.53	00:41.85	00:27.33	00:41.85	00:27.00	00:41.17
100m FREESTYLE (9+)	01:04.00	01:36.97	01:04.00	01:35.50	01:03.00	01:33.80	01:01.28	01:32.19	00:59.48	01:30.91	00:59.00	01:30.14	00:58.75	01:29.67
200m FREESTYLE (9+)	02:18.00	03:55.01	02:18.00	03:50.43	02:17.35	03:44.22	02:12.81	03:29.23	02:09.56	03:21.14	02:07.63	03:19.11	02:07.31	03:18.44
400m FREESTYLE (10+)	04:50.00	07:20.00	04:50.00	07:01.08	04:49.47	06:45.00	04:38.82	06:35.00	04:33.49	06:30.00	04:30.06	06:15.00	04:28.70	06:00.00
800m FREESTYLE (11+)	N/A	N/A	09:58.00	13:20.40	09:57.44	13:00.40	09:35.89	12:39.00	09:24.58	12:22.40	09:21.19	12:22.40	09:35.00	12:22.40
1500m FREESTYLE (11+)	N/A	N/A	19:57.00	26:29.20	19:56.22	25:49.20	19:02.07	24:56.40	18:45.53	24:21.60	18:30.00	23:46.80	18:20.00	23:29.40
50m BREASTSTROKE (9+)	00:38.00	01:00.01	00:38.00	00:57.51	00:37.00	00:57.00	00:35.92	00:56.51	00:35.02	00:55.81	00:34.65	00:54.67	00:34.65	00:54.51
100m BREASTSTROKE (9+)	01:22.00	02:04.12	01:22.00	02:02.12	01:20.77	01:58.32	01:17.17	01:50.20	01:15.53	01:45.66	01:14.50	01:45.01	01:14.50	01:44.78
200m BREASTSTROKE (9+)	02:55.00	04:37.00	02:55.00	04:34.04	02:53.60	04:24.15	02:47.11	04:17.42	02:42.94	04:13.38	02:42.29	04:11.97	02:42.29	04:11.02
50m BUTTERFLY (9+)	00:32.00	00:54.51	00:32.00	00:52.51	00:31.63	00:52.00	00:30.66	00:49.95	00:29.85	00:47.25	00:29.41	00:45.90	00:29.41	00:45.90
100 m BUTTERFLY (9+)	01:11.00	01:57.16	01:11.00	01:54.16	01:10.70	01:50.20	01:07.86	01:39.76	01:06.34	01:36.91	01:05.50	01:36.43	01:05.06	01:36.07
200m BUTTERFLY (9+)	02:38.00	04:26.80	02:38.00	04:16.80	02:37.11	04:07.00	02:31.64	04:00.94	02:26.49	03:56.20	02:26.07	03:53.86	02:25.43	03:53.53
50m BACKSTROKE (9+)	00:34.00	00:55.00	00:34.00	00:52.00	00:33.05	00:51.91	00:31.77	00:49.95	00:31.06	00:47.92	00:30.80	00:47.25	00:30.42	00:47.25
100m BACKSTROKE (9+)	01:11.50	01:47.88	01:11.50	01:45.88	01:10.89	01:42.08	01:08.23	01:38.99	01:06.41	01:37.78	01:06.13	01:36.42	01:04.91	01:36.18
200m BACKSTROKE (9+)	02:33.50	04:12.00	02:33.50	04:09.22	02:32.33	04:02.24	02:26.84	03:57.58	02:21.73	03:44.76	02:21.73	03:40.98	02:19.68	03:40.30
100m IND MEDLEY (9+)	01:11.00	01:48.00	01:11.00	01:45.00	01:10.00	01:43.00	01:08.00	01:39.00	01:06.00	01:37.00	01:04.00	01:36.00	01:02.00	01:35.00
200m IND MEDLEY (9+)	02:36.00	04:15.00	02:36.00	04:12.65	02:35.12	04:05.09	02:29.75	03:58.26	02:26.21	03:50.83	02:24.22	03:45.43	02:23.77	03:45.43
400m IND MEDLEY (10+)	05:30.00	07:50.50	05:29.00	07:40.50	05:28.53	07:26.16	05:16.22	07:16.74	05:10.07	06:57.60	05:08.81	06:54.12	05:05.53	06:54.12

These are 25m times.

Age as at 20th October 2024

North Midlands Championships 2024 – Level 3

Saturday 5th and Sunday 6th October

License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

Open/Male consideration times 2024

	9 -10 Years		11 Years		12 Years		13 Years		14 Years		15 Years		16/Over	
	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER	UPPER	LOWER
50m FREESTYLE (9+)	00:30.00	00:49.27	00:30.00	00:47.27	00:28.64	00:45.90	00:26.94	00:43.20	00:25.50	00:40.50	00:25.07	00:39.15	00:24.66	00:38.47
100m FREESTYLE (9+)	01:03.00	01:36.00	01:03.00	01:34.40	01:02.46	01:33.00	00:58.40	01:29.31	00:55.72	01:27.07	00:54.13	01:25.58	00:53.64	01:24.40
200m FREESTYLE (9+)	02:17.00	03:52.99	02:16.50	03:30.00	02:16.10	03:20.00	02:08.12	03:15.00	02:01.71	03:10.00	01:57.98	03:05.00	01:57.40	03:03.00
400m FREESTYLE (10+)	04:50.00	07:20.00	04:49.00	06:57.60	04:47.39	06:40.00	04:30.84	06:35.00	04:18.52	06:21.00	04:15.05	06:14.00	04:11.05	06:10.00
800m FREESTYLE (11+)	N/A	N/A	10:15.00	13:20.40	10:13.36	13:00.40	09:36.04	12:34.00	09:16.66	12:22.40	08:55.00	11:59.20	09:00.00	11:47.60
1500m FREESTYLE (11+)	N/A	N/A	19:12.00	26:29.20	19:10.80	25:39.20	17:59.44	24:56.40	17:21.72	23:58.40	16:48.30	23:00.40	17:00.00	22:31.40
50m BREASTSTROKE (9+)	00:38.00	01:05.01	00:38.00	01:04.40	00:37.23	00:58.01	00:34.41	00:53.01	00:32.16	00:51.40	00:31.79	00:50.90	00:31.19	00:50.01
100m BREASTSTROKE (9+)	01:22.50	02:05.80	01:22.10	02:03.80	01:21.73	01:53.68	01:14.92	01:46.72	01:10.28	01:45.56	01:08.43	01:40.46	01:07.93	01:38.17
200m BREASTSTROKE (9+)	02:55.50	05:00.00	02:55.50	04:36.03	02:54.78	04:23.93	02:43.50	04:13.05	02:32.84	04:05.92	02:30.58	04:01.22	02:29.81	03:59.10
50m BUTTERFLY (9+)	00:32.00	00:58.05	00:32.00	00:55.01	00:31.33	00:52.01	00:29.48	00:49.95	00:27.82	00:47.25	00:27.15	00:44.55	00:26.98	00:43.87
100 m BUTTERFLY (9+)	01:11.00	01:57.16	01:10.55	01:54.16	01:10.14	01:50.20	01:05.63	01:39.76	01:01.91	01:33.23	00:59.60	01:31.03	00:59.60	01:29.93
200m BUTTERFLY (9+)	02:41.00	05:01.00	02:40.50	04:22.28	02:40.08	04:08.00	02:28.23	03:56.50	02:19.88	03:49.90	02:12.88	03:42.54	02:12.88	03:33.28
50m BACKSTROKE (9+)	00:33.50	00:56.70	00:33.30	00:55.41	00:32.73	00:53.32	00:30.86	00:49.95	00:28.94	00:47.25	00:28.15	00:46.57	00:27.97	00:45.90
100m BACKSTROKE (9+)	01:11.50	01:47.88	01:11.20	01:44.88	01:10.45	01:41.01	01:05.74	01:36.85	01:02.45	01:33.74	01:00.15	01:31.72	00:59.80	01:30.61
200m BACKSTROKE (9+)	02:32.00	04:18.24	02:31.50	04:11.20	02:31.15	04:01.63	02:22.22	03:53.17	02:15.26	03:44.62	02:10.49	03:38.01	02:10.49	03:37.33
100m IND MEDLEY (9+)	01:09.00	01:47.88	01:08.50	01:44.88	01:08.00	01:42.00	01:06.00	01:37.00	01:04.00	01:35.00	01:02.00	01:34.00	01:00.00	01:33.00
200m IND MEDLEY (9+)	02:35.00	04:35.38	02:34.50	04:14.02	02:34.02	04:04.94	02:24.60	03:56.69	02:17.41	03:48.94	02:14.04	03:39.36	02:12.83	03:36.79
400m IND MEDLEY (10+)	05:29.00	07:50.15	05:28.50	07:37.15	05:27.69	07:25.84	05:09.17	07:16.16	04:51.16	06:54.12	04:46.47	06:40.32	04:44.53	06:35.56

These are 25m times.

Age as at 20th October 2024

North Midlands Championships 2024 – Level 3

Saturday 5th and Sunday 6th October

License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

Promoter's Conditions

1) Introduction

- a) The competition will be held under Swim England Rules and Technical Regulations. The Meet is a Level 3 Short Course (25m) licensed meet. Licence nos. **3nw***** (5th/6th October) and 3nw***** (19th/20th October)**
- b) It will be held at Macclesfield Leisure Centre on Saturday 5th, Sunday 6th, Saturday 19th and Sunday 20th October 2024.
- c) Proposed session timings will be confirmed once entries have closed.

2) Eligibility

- a) The Meet shall be open to all eligible swimmers who are members of Clubs affiliated to the North Midlands Swimming Association on 1st September 2024. Entries will not be accepted from members of clubs where the club has not paid the annual affiliation fee. The fee is £10 payable to sort code: 20-82-13, account number: 60393800.
- b) The swimmers age for competition shall be that as at the last day of the competition (20th October 2024).
- c) Entrants must have achieved a time faster than the lower consideration time and no faster than upper consideration times.
- d) Entrants may use times from unlicensed league competitions, time trials and club championships if they do not have licensed times. Clubs must be able to provide evidence of such times in the form of official results sheets if challenged to do so by the promoters.
- e) Swimmers **MUST** enter with their fastest time achieved within the last 12 months, either from a 25m competition or from a 50m competition converted to a 25m time.
- f) Improved entry times following the submission of entries will not be accepted for this meet.
- g) Entries will be subject to random checking by the promoters with a fixed percentage of entries for each club being checked. If entries within that sample are found to be incorrect then not only will those entries be rejected but the remaining entries for that swimmer and their club will come under closer scrutiny. These checks have to take place for the competition to be fair and true to its spirit. Persistent or systematic abuse of the entry process will result in a swimmer or club being ejected from the competition.

3) Events

- a) All events will be held on a Heat Declared Winner (HDW) basis. Heats will be arranged by submitted entry times and all heats will be spearheaded
- b) 9 year olds will be eligible to swim in all 50m, 100m and 200m events.
- c) 10 year olds will be eligible to swim in all 50m, 100m, 200m and 400m events.

North Midlands Championships 2024 – Level 3

Saturday 5th and Sunday 6th October

License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

- d) Swimmers aged 11 and over will be eligible to swim in all events including 800m Freestyle and 1500m Freestyle.
- e) SKINS entries are by invitation only from the competitors in the 200IM. Competitors must have entered 2 other events in addition to the 200IM to be eligible for SKINS. SKINS is not included in the licensed conditions and the rules will be published separately.
- f) Some sessions may require breaks to conform to Swim England licensing conditions.

4) Entries

- a) The entry fee is £6.50 per event. Late entries may be accepted after Wednesday 11th September at £12 per event provided there is space in the event/session.
- b) Paper entries are NOT ACCEPTED.
- c) Entries will be on a first-come first-served basis.
- d) Entry times must be:
 - i) 25m times, or
 - ii) 50m times converted to 25m times.
 - iii) See section 2 c), d) & e) for more details.
- e) All converted times must use the SE Equivalent Performance Tables (use of the SE Tables section on <http://www.pullbuoy.co.uk/times/> is permissible).
- f) 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.
- g) **Refunds will not be given for incorrect entries** which result in rejection.
- h) The Competition Secretary reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Events chosen for restriction will be at the discretion of the Promoter.
- i) Priority will be given to swimmers who are accompanied by a visiting official. Names and qualifications of officials willing to attend must be provided at the time of entry to qualify for priority. Please email north.mids.entries@gmail.com.
- j) Closing date for entries is Wednesday 11th September. Later entries may be accepted at £12 per entry subject to there being space in the event or the session.
- k) Submission of entries:
 - i) Submission of entries will be submitted via the <https://swimming.events> application.
 - ii) Any queries on the submission of entries should be directed to north.mids.entries@gmail.com
- l) Accepted entries will be emailed to the email address used to register on Swimming Events and will be published on the Swimming Events website.

- m) Clubs will be expected to provide at least 1 official for every 10 swimmers entered.

5) Disability competitors

- a) The general conditions for the Meet shall apply to disability competitors except where varied by any of the following conditions.
- b) All competitors must:
- i) Have an authorised British Swimming, WPS or INAS-FID Classification which is held on by British Swimming or WPS classification database OR a valid Certificate of Swimming Disability issued by Swim England, at the time of entry
 - ii) A Certificate of Exemption must be presented to the Referee before the start of the race in which the competitor is entered. Failure to do so will leave the competitor liable for disqualification for non-compliance with stroke rules.
- c) Qualifying times for disability competitors are not required. However, entry times shall be submitted for the purpose of seeding the heats.
- d) Classified swimmers must state their classification codes on their entry
- e) Personal Care Attendants/Coaches:
- i) Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4, S5 and S11. See point 8.a.i for more.
- f) The competition format will be based on disability inclusion within the able-bodied programme, i.e. there will be no separate events for swimmers with disabilities.
- g) All swimmers will be seeded in the heats according to their entry times.
- h) All disability swimmers should e-mail north.mids.entries@gmail.com to inform the promoter that you are a disability swimmer.
- i) Please see point 6.d for awards information.

6) Awards

- a) Medals will be awarded to Open/Male and Female in 1st, 2nd and 3rd place in age groups 9, 10, 11, 12, 13, 14, 15, 16 & Over
- b) Trophies will be awarded to:
- i) Overall fastest in each event (Open/Male and Female)
 - ii) 9-12 Years top Open/Male and Female (based on points from events 8, 7, 6, 5, 4, 3, 2, 1)
 - iii) Overall top Open/Male and top Female (based on points from events 8, 7, 6, 5, 4, 3, 2, 1)
 - iv) Most improved club (Based on points, 8, 7, 6, 5, 4, 3, 2, 1, compared to 2023) expressed as a percentage increase of their points from the previous year.

North Midlands Championships 2024 – Level 3

Saturday 5th and Sunday 6th October

License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

Clubs with 5 swimmers or fewer in the 2023 championships are not eligible for this award.

- v) Overall top club (based on points, 8, 7, 6, 5, 4, 3, 2, 1)
- c) Where a trophy is awarded that is returnable, it will be the recipient's responsibility to have it engraved and returned by the agreed date.
- d) Disability Awards
 - i) Medals shall be awarded on a multi-class basis to the first 3 swimmers in each event based upon British Disability Point scores.
 - ii) If there are less than four disability competitors in any one event, then a minus one rule shall apply.
 - iii) If there is only one disability competitor in an event, then a medal shall be presented if the swimmer better their entry time.

7) Withdrawals

- a) Notification may be completed via the Swimming Events application in your profile.
- b) Refunds will be provided in only exceptional circumstances such as a medical condition. These requests will be dealt with on a case by case basis and should be emailed to north.mids.entries@gmail.com NOT Swimming Events.
- c) For the distance events (800m and 1500m) swimmers will be required to register for their swim no later than 15 minutes following the start of the warm up for the respective session. **Failure to do so will result in automatic withdrawal from those events and all other events entered by that swimmer for the remainder of the competition.** This is to reduce the number of empty lanes and give other swimmers on any reserve list a greater chance of acceptance.

8) Coaches/Team Managers

- a) Each club will receive a minimum of 2 poolside passes for coaches and team managers in accordance with the new [Swim England Team Manager, Coaches and Chaperone Guidance 2023](#) and an appropriate further number of passes as requested by each club to meet with the guidance – approximately 1 pass per 10 swimmers, or part thereof, overall.
 - i) All coaches, chaperones and personal care attendants must conform to the Swim England child protection procedures.
- b) Please email north.mids.entries@gmail.com with your number of passes required per session.
- c) Poolside passes/wristband must be worn at all times or you will be asked to leave the pool deck.
- d) Poolside passes will only be issued to coaches and team managers with current appropriate accreditation. (SE Number, SE DBS, SE Safeguarding and Coach or TM1 qualifications) Free accreditation passes can be downloaded from Swim England: https://www.swimmingresults.org/member_options/passes.php, then

North Midlands Championships 2024 – Level 3

Saturday 5th and Sunday 6th October

License numbers: 3NW*****

Saturday 19th and Sunday 20th October

License numbers: 3NW*****

Purchase Accreditation for Events. The first option is free to download. Please bring a copy of this with you to the gala to gain poolside access.

- e) Clubs will receive one heat sheet for each pass issued. Programmes will not be printed for this event.

9) Volunteers

- a) In addition to providing officials, it would be appreciated if all clubs competing in the gala provided support in the overall running of the gala with either lane marshalling, administration, timing, announcing, entry desk, awards desk etc. If you can help in any way please fill in this form to indicate your availability:

<https://forms.gle/9JWsL9TRwQwd67Qk6>

10) Spectators

- a) Spectators' tickets will be available online for £3 per session. These will go on sale after the accepted entries are issued and prior to the event. Tickets will also be available to purchase on the door. Tickets will be made available from the Swimming Events website.

11) Promoter's Rights

- a) The promoter reserves the right to refuse admission to any competitor or spectator.
- b) The order of events may be changed at the discretion of the promoter. However, this will only be done if absolutely necessary and entrants will be notified at the earliest opportunity.
- c) Anything not covered in the above - or not printed in other meet information will be at the discretion of the promoter.

12) Promoter

The promoter for this event is Barry Keeling who can be contacted on barryqk41@icloud.com if there are any queries regarding the promoter's conditions.