



Hillingdon Swimming Club Presents

“The Hillingdon 2023 Fast and Festive Meet”

Winter Meet

16th/17th December 2023

Licence 3LR231950

Hillingdon Sports & Leisure Complex

Gettling Way
Uxbridge, Middlesex
UB8 1ES

Ages as at 31st December 2023



Promoter: Leon Van Zyl
openmeets@hillingdonsc.co.uk

www.hillingdonsc.co.uk
Affiliated to M.C.A.S.A. & L.R.A.S.A.

SwimMark
ESSENTIAL CLUB



Programme of Events

Saturday 16th December		Sunday 17th December	
Session 1		Session 4	
O/M	100m Butterfly	F	100m Breaststroke
F	100m Butterfly	O/M	100m Breaststroke
O/M	50m Backstroke	F	50m Freestyle
F	50m Backstroke	O/M	50m Freestyle
O/M	200m Breaststroke	F	200m Backstroke
F	200m Breaststroke	O/M	200m Backstroke
Session 2		Session 5	
O/M	200m Individual Medley	F	200m Individual Medley
F	200m Freestyle	O/M	200m Freestyle
O/M	400m Freestyle	F	400m Freestyle
F	400m Individual Medley	O/M	400m Individual Medley
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O/M	14/Under Medley Skins	F	14/Under Medley Skins
O/M	15/Over Medley Skins	F	15/Over Medley Skins
Session 3		Session 6	
O/M	100m Backstroke	F	100m Freestyle
F	100m Backstroke	O/M	100m Freestyle
O/M	50m Breaststroke	F	50m Butterfly
F	50m Breaststroke	O/M	50m Butterfly
O/M	200m Butterfly	F	200m Butterfly

Age groups 10/11, 12, 13, 14, 15, 16 & over

O/M – Open/Male

F - Female



Qualifying times for Hillingdon SC Level 3 Invitational Meet 16th/17th December 2023:
Short Course Times or Long Course converted to SC please. For conversions, please use
www.pullbuoy.co.uk
Entry times must have been achieved at a licensed meet and appear on Swim England rankings.

Hillingdon Level 3 Winter Meet – Upper Limit Qualifying Times						
OPEN/BOYS						
EVENT	10/11	12	13	14	15	16/Over
50m Freestyle	26.3	24.4	24.4	24.4	24.4	23.2
100m Freestyle	56.8	63.5	63.5	63.5	63.5	50.6
200m Freestyle	2.02.7	1.55.9	1.55.9	1.55.9	1.55.9	1.51.1
400m Freestyle	4.19.7	4.05.9	4.05.9	4.05.9	4.05.9	3.58.2
50m Breaststroke	33.1	30.7	30.7	30.7	30.7	29.1
100m Breaststroke	1.11.3	1.06.9	1.06.9	1.06.9	1.06.9	1.03.7
200m Breaststroke	2.35.0	2.25.8	2.25.8	2.25.8	2.25.8	2.19.7
50m Butterfly	28.2	26.7	26.7	26.7	26.7	25.2
100m Butterfly	1.02.0	58.5	58.5	58.5	58.5	55.6
200m Butterfly	2.17.9	2.09.6	2.09.6	2.09.6	2.09.6	2.05.2
50m Backstroke	29.1	27.4	27.4	27.4	27.4	26.2
100m Backstroke	1.02.3	58.7	58.7	58.7	58.7	56.0
200m Backstroke	2.14.9	2.08.1	2.08.1	2.08.1	2.08.1	2.02.7
200m IM	2.18.4	2.10.9	2.10.9	2.10.9	2.10.9	2.05.3
400m IM	4.11.1	4.39.1	4.39.1	4.39.1	4.39.1	4.30.8
GIRLS						
EVENT	10/11	12	13	14	15	16/Over
50m Freestyle	27.4	26.7	26.7	26.7	26.7	26.3
100m Freestyle	1.00.2	57.8	57.8	57.8	57.8	57.8
200m Freestyle	2.12.9	2.05.2	2.05.2	2.05.2	2.05.2	2.02.7
400m Freestyle	4.42.5	4.23.4	4.23.4	4.23.4	4.23.4	4.19.7
50m Breaststroke	34.4	33.6	33.6	33.6	33.6	33.1
100m Breaststroke	1.15.0	1.12.4	1.12.4	1.12.4	1.12.4	1.11.3
200m Breaststroke	2.42.3	2.37.2	2.37.2	2.37.2	2.37.2	2.35.0
50m Butterfly	29.6	28.9	28.9	28.9	28.9	28.2
100m Butterfly	1.05.1	1.03.8	1.03.8	1.03.8	1.03.8	1.02.0
200m Butterfly	2.24.4	2.20.2	2.20.2	2.20.2	2.20.2	2.17.9
50m Backstroke	30.4	29.9	29.9	29.9	29.9	29.1
100m Backstroke	1.05.4	1.03.9	1.03.9	1.03.9	1.03.9	1.02.3
200m Backstroke	2.22.9	2.17.8	2.17.8	2.17.8	2.17.8	2.14.9
200m IM	2.27.6	2.20.4	2.20.4	2.20.4	2.20.4	2.18.4
400m IM	5.14.9	4.57.6	4.57.6	4.57.6	4.57.6	4.55.1



Hillingdon SC Invitational Meet
“The Fast and Festive”
16th/17th December 2023
Rules and Regulations (3LR231950)

1. The competition will be swum under Swim England Laws and Swim England Technical Rules of Swimming, and these Promotor's Conditions, and is licensed at Level 3.
2. All swimmers must be Swim England registered Club Compete and provide a membership number.
3. The Meet will be held at Hillingdon Sports & Leisure Complex, Gating Way Uxbridge UB8 1ES. The Centre has an eight lane 25m pool, swim down pool plus electronic timing with scoreboard.
4. Hillingdon SC will consult with the pool operators regarding COVID and COVID safety management by the pool operators in addition to any rules and regulations in place by Government at the date of this meet.
5. All coaches, volunteers & swimmers must observe the safety and COVID precautions set out by the club and in operation at both pools.
6. Clubs and their swimmers will be invited, by the host club, to enter the meet. All entries must not be faster than the upper limit times. Entries may be restricted to ensure smooth running of the meet. There will be no time trials available. The times achieved will appear on the Swim England Rankings.
7. Entries may be restricted to keep the session times within appropriate timescales. Slowest times in each age group will be rejected in oversubscribed events. *Acceptance into all events applied for cannot therefore be guaranteed.* Details of accepted and rejected entries will be published on our website as soon as possible after the closing date.
8. A secondary strobe will be available to swimmers requiring one.
9. Clubs with fifteen or more swimmers entered in the Meet are requested to provide a minimum of one official for all sessions in which the club has swimmers, preferably more if possible.
10. All swimming officials will be offered expenses – please contact the Meet Promoter on openmeets@hillingdonsc.co.uk.
11. Names and contact details for officials should be completed by the person responsible for submitting the entries and forwarded together with confirmation of entries and payment.
12. The entry fee is **£8.50** per event. No refunds will be given except for rejected swims, and Covid-related reasons, such as symptoms on the day or imposed self-isolation.
13. Coaches' passes are available at a cost of £30.00 for the Meet. Passes will include admittance to all sessions, food/refreshments, and a programme.



14. Swim meet entries will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be publicly available during the meet.
15. A designated officer must make all club entries and that same person must make all communications with the meet organisers.
16. 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.
17. Age groups: 10/11, 12, 13, 14, 15 and 16/over. **Age as at midnight 31st December 2023.**
18. Skins Finals will be swum based on the 200 IM Events for 14&under and 15&Over Age Groups. Skins will comprise of 7x50m races, of random stroke selection and regular interval in which the slowest competitor of each round is eliminated until a winner is left standing. Awards will be given to the winner and the runner up.
19. Awards will be given to the first three in each age group, open/male, and female, in each event.
20. An award will be given to the top visiting club, using FINA points scored.
21. Swimmers must sign in at least 1 hour before the start of each session for each event in which they wish to take part. There will be various staffed socially distanced desks for this purpose. A swimmer who is late to sign in may be placed in an unoccupied lane at the discretion of the meet organiser, but this is not guaranteed.
22. The closing date for entries is **Midnight Tuesday 5th December 2023.**
23. Entries should be made using Hy-Tek Team Manager Software and paid for by bank transfer. Details will be on the entry summary form.
24. All competitors and spectators shall observe the rules of the Hillingdon Sports and Leisure Complex and comply with any instructions given by their staff.
25. Competitors are requested not to bring large bags poolside for safety reasons. Lockers are available for £1 (refundable). Hillingdon Sports and Leisure Complex and Hillingdon Swimming Club shall not be responsible for loss of property for any reason.
26. During **warm-up** swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated. Sprint lanes will be announced.
27. The depth of the water at the start and turn ends is 2 metres.



28. A **swim down** pool will be available for use throughout the duration of the event, except whilst warm-up is available in the main competition pool. Swimmers are expected to respect other swimmers in and around the surrounding area whilst using this facility. The instructions of the pool lifeguard and/or Hillingdon SC Meet Management Staff must be followed. Hillingdon SC Meet Management Staff and the Leisure Centre Management reserve the right to close this facility.
29. **Data Protection** By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the meet. A full copy of the results will be published on the website after the meet.
30. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data, they will need to make a written request to the promoter. We will only hold competition data for 13 months after which it will be destroyed and erased from our systems.
31. Anything not covered by these rules shall be at the discretion of the meet organiser.
32. Imaging equipment may only be used under WavePower regulations. No imaging equipment is allowed in the changing rooms. Offenders will be asked to leave the premises, take no further part in the competition and not be eligible for a refund.

No flash photography at the start of each event as well as complete silence including mobile phones.