

# British Down Syndrome Swimming Championships

Held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming

Licensed at Level 3: Licence no. 3ER231811

**18th & 19th November 2023**

**K2, Crawley, Sussex**

## **MEET CONDITIONS AND INFORMATION**

The Championships will take place at K2, Crawley, on 18<sup>th</sup> and 19<sup>th</sup> November 2023.

The meet will be run in accordance with and held under Swim England Laws, Swim England Technical Rules of Swimming, and these conditions.

- The pool length is 25 metres.
- Anti-wave devices will be in place and AOE will be used.
- A secondary strobe for the starting system is available. (Swimmers requiring the strobe are requested to declare this with their entry).
- The depth of the water is 1.8m for starts at both ends.

### **1. ELIGIBILITY**

- All swimmers must have either Down Syndrome (Trisomy 21) or Mosaic Down Syndrome. Proof of eligibility should be available if requested, in the form of confirmation of a blood test result, usually given at birth, to confirm Down Syndrome.
- Swimmers should be aged 10 years or over as at 19<sup>th</sup> November 2023.
- Entrants may be members of Clubs affiliated to Swim England, Swim Scotland and Swim Wales and / or competitors who hold, or are eligible to hold, a United Kingdom of Great Britain and Northern Ireland Passport. Competitors from other countries, or those that have competed for another country in the preceding 24 months, are also able to enter, but they will not be eligible for British Championship awards (see awards section for details).
- Competitors will need to have Club Compete membership of Swim England, Swim Scotland or Swim Wales. Regular members of swimming clubs should have this Membership. For those who are not members of a swimming club, temporary Club Compete membership can be arranged and this is acceptable for entry to the competition. Please see appendix for more details of how to do this. This temporary membership will incur a fee, which will be covered by the British Down Syndrome Swimming Championships.
- For all events, age shall be age on the final day of competition.
- There are four age categories: Juniors (16/Under), Seniors (17-24), Masters 1 (25-34) and Masters 2 (35/Over).
- 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.'
- Entries will be made using Female/ Male competition categories, as these are the recognised categories at this time. You will notice a transition into the use of Female and Open/Male as the new competition categories following the launch of the Swim England Transgender and Non-binary Competition Policy on 1 September.'

## 2. QUALIFICATION

- Upper cut-off times are provided.
- Entry times – where supplied - must have been achieved since 1<sup>st</sup> September 2022 and be within the qualifying standards. “No-time” entries, coach estimates, or official times from overseas meets are acceptable for swimmers without times on British Rankings. Short course or converted long course times will be accepted.

## 3. ENTRIES

- Entry shall be by an online entry system. Late entries, day of meet entries and day of meet alterations will not be accepted, unless due to the organizers’ administrative error.
- Swimmers may enter a maximum of 8 events across the weekend.
- By submitting an entry, entrants are accepting that entries will be processed using a computer system. Entrants may request that details are not displayed on the web site, but need to be aware that entry confirmation and results are not made available in any other form. [sEp]
- By submitting an entry, entrants are accepting that their photographs may be taken and used to promote the sport. All photography will conform to the “Swim England Photography Guidance” as published in Wavepower. Individual parents of swimmers under 18 years of age on the day of competition have the right to withhold consent, by completing a form to be made available on the DSS-GB British Championships web page.
- The entry fee is £7 per event. There will be an additional £1.50 admin fee per swimmer.
- The closing date for entries is midnight on Sunday 29th October 2023.
- Payment will be made through the online entry system.
- One poolside pass will be permitted per independent swimmer entry, to allow them to have an assistant with them on poolside. Poolside passes must be applied for when submitting entries. For Swim Club / groups – we would suggest a coach / team manager to swimmer ratio of 1 per 4 swimmers.
- Cost of poolside passes will be £5 per day, regardless of the number of sessions being attended on that day.
- Clubs should contact the organisers direct to discuss their poolside pass requirements.
- There will be no entry to poolside without a pass. Passes must be worn at all times on poolside.
- There should be NO unaccompanied swimmers on poolside at any time.

## 4. ENTRIES CONFIRMATION

- The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. If it is necessary to reject entries then the slowest swimmers in each category will be rejected until predicted timings fit within the schedule available. In the event of entries being rejected, fees will be refunded. We would anticipate that rejections will be very unlikely.
- Accepted and rejected entries will be posted on the British Down Syndrome Swimming Championships website within 1 week of the closing date. Each club or individual entrant will also be provided with a schedule of their accepted entries.

## 5. WITHDRAWALS

- Swimmers are requested to withdraw from events that they no longer wish to swim. Withdrawal may be made on the day, or in advance via the online system. They must be made before the start of the warm up for the relevant session.
- Refunds are not available for withdrawals after the accepted entries have been posted, other than for certified medical reasons.

## 6. ON THE DAY

- Warm up protocol: Each warm up session will be divided into two equal length sessions. Details of this will be confirmed once entries are closed. There is to be strictly no diving during warm-up, except when in designated sprint lanes. Odd lanes will swim clockwise and even lanes will swim anti-clockwise.
- Swimmers must leave the water by the side of the pool and not over the timing pads
- Heats will be swum as mixed age with swimmers seeded by entry times.
- Over the top starts may be used at the referee's discretion.
- The final heat in each event will be spear-headed.
- All results will be decided on a heat declared winner basis. Separate finals will not be swum.
- Results will be printed on the day and posted at the event venue. They will also be available on the event website link as soon as possible. They will be emailed to competitors and clubs after the competition. Results will be supplied to British Swimming for entry into the national rankings database.

## 7. AWARDS

- Medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed British male/open and female swimmers per event in every event in each of the four age groups, for both T21 and Mosaic categories.
- The fastest British male/open and female swimmer in each event - **except the 25m events** - in T 21 and mosaic categories will be crowned British Champion and receive an additional award.
- Commemorative Medals will be awarded to Overseas Competitors placed first, second or third in their respective categories.
- There will not be separate finals.
- For the 25m events, swimmers who achieve a time faster than the upper limit will not be eligible for a medal as a speeding ticket will be applied.

## 8. OTHER INFORMATION

- In accordance with the Swim England Child Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter.
- Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Child Safeguarding Policy and Procedures, Wavepower, Section 2 provides guidance on the use of social networking and guidance on photography. <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>. Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.
- All participants must observe the safety precautions in operation at K2. Neither the Promoter nor DSS-GB will be responsible for any loss or damage occurring during the meet.
- The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.

## **9. OFFICIALS**

- We would encourage all competitors to help us identify officials to help run the meet. Officials will be offered travel expenses, food will be provided between sessions, and those covering both days will be offered overnight accommodation expenses.
- Expenses: Expenses will be provided, on evidence of receipts where necessary, in line with the South-East Region Expenses Policy.
- Dress code: Officials will be required to wear black skirt or trousers, plus a T-shirt supplied by the Championship organisers.

## **10. CODE OF CONDUCT**

- By entering the Championships, all competitors and other attendees are expected to abide by the code of conduct detailed in the Appendix at the end of the Meet Pack.
- Anyone not doing so risks being asked to leave the competition venue.

**The promoter reserves the right to amend these conditions with the approval of the Swim England South East Licensing Panel. The Promoter, DSS-GB and Pool operator do not accept any liability if part or all the Championships should be cancelled due to circumstances beyond their control.**

**The decision of the referee on all aspects of the Open Meet is final. Matters other than those under the control of the referee, not covered by these conditions, shall be decided upon and resolved by the promoters. By submitting an entry, participants have deemed to agree to such decisions.**

The promoter of this event is Liz Hatfield on behalf of DSS-GB

# Schedule of Events

(All timings to be confirmed after entries close)

<b>SATURDAY 18th November 2023</b>			
<b>Session 1 - Warm Up / Start time tbc</b>			
101	M/O 1500m Freestyle	102	F 1500m Freestyle
101 and 102 to be swum as mixed heats			
<b>Session 2 – Warm up / Start time tbc</b>			
201	F 400m Individual Medley	202	M/O 400m Individual Medley
201 and 202 to be swum as mixed heats			
203	F 25m Freestyle	204	M/O 25m Freestyle
205	F 200m Backstroke	206	M/O 200m Backstroke
207	F 100m Breaststroke	208	M/O 100m Breaststroke
209	F 50m Butterfly	210	M/O 50m Butterfly
<b>Session 3 - Warm Up/ Start time tbc</b>			
301	M 25m Backstroke	302	F 25m Backstroke
303	M 200m Freestyle	304	F 200m Freestyle
305	M 50m Breaststroke	306	F 50m Breaststroke
307	M 100m Butterfly	308	F 100m Butterfly
309	M 100m Individual Medley	310	F 100m Individual Medley
<b>Expected finish TBC</b>			

**Age groups: T21 / Mosaic: Junior/ Senior / Masters 1/ Masters 2**

**SUNDAY 19th November 2023**

**Session 4 - Warm Up Start time tbc**

401	F 800m Freestyle	402	M/O 800m Freestyle
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401 and 402 to swum as mixed heats

**Session 5 – Warm up / Start time tbc**

501	F 25m Butterfly	502	M/O 25m Butterfly
503	F 200m Butterfly	504	M/O 200m Butterfly
505	F 100m Backstroke	506	M/O 100m Backstroke
507	F 200m Breaststroke	508	M/O 200m Breaststroke
509	F 50m Freestyle	510	M/O 50m Freestyle

**Session 6 - Warm Up/ Start time tbc**

601	M/O 400m Freestyle	602	F 400m Freestyle
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601 and 602 to be swum as mixed heats

603	M/O 25m Breaststroke	604	F 25m Breaststroke
605	M/O 200m Individual Medley	606	F 200m Individual Medley
607	M/O 50m Backstroke	608	F 50m Backstroke
609	M/O 100m Freestyle	610	F 100m Freestyle

**Expected finish TBC**

**Age groups: T21 / Mosaic: Junior/ Senior / Masters 1/ Masters 2**

## UPPER CUT-OFF TIMES

(short course, 25m)

Your entry time must be equal to or slower than these times

Metres		Men	Women
25	Freestyle	25:00	27:00
25	Backstroke	27:00	29:00
25	Breaststroke	28:00	30:00
25	Butterfly	27:00	29:00

Metres		Men	Women
50	Freestyle	29:00	32:00
50	Backstroke	30:00	33:00
50	Breaststroke	32:00	35:00
50	Butterfly	30:00	33:00

Metres		Men	Women
100	Freestyle	1:00.00	1:05.00
100	Backstroke	1:10.00	1:15.00
100	Breaststroke	1:15.00	1:20.00
100	Butterfly	1:05.00	1:10.00
100	Ind Medley	1:10.00	1:15.00

Metres		Men	Women
200	Freestyle	2:20.00	2:25.00
200	Backstroke	2:35.00	2:37.00
200	Breaststroke	2:37.00	2:39.00
200	Butterfly	2:35.00	2:40.00
200	Ind Medley	2:30.00	2:35.00

Metres		Men	Women
400	Freestyle	5:00.00	5:10.00
400	Ind Medley	5:30.00	5:45.00
800	Freestyle	10:00.00	11:00.00
1500	Freestyle	20:00.00	22:00.00

## **APPENDIX**

### **Code of Conduct**

By attending the Championships, all competitors, officials and other attendees are expected to abide by the code of conduct detailed in the appendix at the end of the Meet Pack.

Anyone not doing so risks being asked to leave the competition venue.

We all have a responsibility to promote high standards of behaviour in the sport. All attendees at the Championships will be expected to adhere to the following minimum standard of behaviour and conduct at all times:

- Respect the spirit of fair play and the rules and regulations both in and out of the pool.
- Respect the authority and the decisions of officials and only question those decisions in the appropriate manner.
- Take responsibility for your own behaviour.
- Understand that the use of inappropriate, threatening or abusive language or gestures, bullying, harassment or physical violence will not be tolerated and could result in your removal from the premises at your expense.
- Protect others from verbal or physical abuse and threatening and intimidating behaviour.
- Respect the rights and dignity of others, and respect and recognise their varying needs and abilities within the context of the sport.
- Never be involved in discrimination of any kind.
- Always behave in a considerate way towards others, including participants, officials, event organisers, volunteers, spectators and venue staff.
- Never take part under the influence of alcohol or drugs.
- Not possess any prohibited substances or performance enhancing drugs as set out within the national policies adopted by UK Sport and British Swimming.
- As an official, adhere fully to the role and job description as outlined by the Championships organiser and never use that role to gain favour for yourself or any competitor. Consistently display high standards of appearance.
- Treat all information of a personal nature about competitors as confidential, except in circumstances where to do so would allow the child or vulnerable adult to be placed at risk of harm or continue to be at risk of harm.
- Refer all safeguarding concerns to the DSS-GB Safeguarding Officer ([welfare.dssgb@gmail.com](mailto:welfare.dssgb@gmail.com)). If there is a conflict of interest with regard to the Safeguarding Officer, report any concerns to the DSS-GB Trustees ([secretary.dssgb@gmail.com](mailto:secretary.dssgb@gmail.com)).

### **Swim England Club Compete Temporary Membership**

If an entrant does NOT have Swim England Club Compete membership, we can apply for a temporary membership to enable them to be covered to swim in the Championships.

There is an Application form which must be completed and returned by the closing date for the Meet.

There is a fee payable but this will be covered by the organisers.