



Chelsea & Westminster SC + Millfield School

present their

2024 National Preparation Open

part of the

2023-2024 Arena Swim Series

Swim England Level 1 Licence (1SW241137)

Affiliated to Swim England Southwest Region & Swim England London Region

“High level exposure for swimmers wanting to enjoy and thrive in their competitive journey”

– PROMOTER’S CONDITIONS –



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1. MEET ADMINISTRATION:

- a. The Meet Manager for this meet is Alexander MacDonald
openmeets@cswimming.com.
- b. The Promoter for this meet is Sofia Marcal Whittles.
- c. The Lead Referee is Guy Rudd
- d. A swimmer's age shall be determined as at midnight on 31st December 2024.
- e. If any of the following conditions are contravened, the Promoter and Events Team shall decide what action, if any, shall be taken against those concerned.
- f. Any issues arising that are not covered in these conditions will be addressed by the Promoter and Events Team on an individual basis.

2. VENUE:

- a. Millfield School Pool, Street, Somerset, BA16 0ST. 25m, 8 Lane, electronic timing. Backstroke ledges will be available.

3. AFFILIATION:

- a. The meet will be held under Swim England Laws and Regulations and Swim England Technical Rules of racing. The meet is licensed at Level 1 under licence number: 1SW241137.

4. AGE CATEGORIES:

- a. Age groups for awards/medals are 10/11, 12, 13, 14, 15, 16, 17, 18+
- b. Age bands for finals are:
 - Grassroots (11-13 yo)
 - Junior (15 & Under)
 - Senior (16 & Over)
- c. Ages as of 31st December 2024

5. COMPETING CATEGORIES:

- a. Swimmers will be required to swim in one of two groups, Female or Open/Male swimmers.
- b. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary competition policy for swimming.
- c. Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.



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6. EVENTS:

a. Individual events will be:

i. Open (10 & Over) –

800m & 1500m Freestyle

400m Individual Medley

ii. Junior (15 & Under) –

100m Freestyle, Backstroke, Breaststroke & Butterfly

200m Freestyle, Backstroke, Breaststroke & Individual Medley

400m Freestyle

iii. Senior (16 & Over) –

50m, 100m Freestyle, Backstroke, Breaststroke & Butterfly

200m Freestyle, Backstroke, Breaststroke & Individual Medley

400m Freestyle

7. ENTRY FEES:

a. The entry fee for each 50m, 100m, 200m & 400m event shall be £12.00 per event.

b. The entry fee for the 800m, & 1500m Freestyle will be £14.00 per event.

c. Full payment for entry fees must be received by the Meet Manager 7 days after the publishing of the accepted entry lists.

8. ENTRY PRODECURE:

a. The Opening date for entries is: **Midday 23rd April**

b. The Closing date for entries is: **11.59pm 24th May 2024**

c. Entries must meet the published minimum consideration standards and all such entries will be considered. All entry times must be verifiable from the British Swimming Rankings.

d. Entries may be restricted to keep the session times within appropriate timescales. The acceptance of competitors will be based on fastest times submitted by age bands. Details of accepted and rejected entries will be posted on our website and sent out as soon as possible after the closing date. Rejected entries will be refunded.



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e. The submission of entries, either electronically or via entry form indicates acceptance of the Meet Conditions.

f. Club entries with long course times (short course conversions will be accepted) should be submitted using the Hy-tek electronic entry file available from the meet manager or from our [website](#).

g. Individual entries and individual para entries may also be accepted using the Individual Entry Form also available on our [website](#).

h. All para swimming competition must have an authorised OPC Swimming, British Swimming, INAS-FID or British Blind Sport classifications, which is held on the British Swimming or IPC Swimming classification database at the time of entry.

i. Upon request of entry, a secondary strobe light is available at this event for swimmers.

j. All entries must be submitted via email to openmeets@cswimming.com between the opening and closing date for entries.

k. Late entries may be considered in the event of under subscription. These must be applied for in advance of the meet by emailing openmeets@cswimming.com.

9. OVERSEAS CLUBS:

a. The Promoter reserves the right to give preference to Club entries from overseas clubs where the pre- booking of flights is required to travel to and from the Meet. All entries must meet the published qualifying times, proof may be requested. Application must be by email to the Meet Manager & Promotor on openmeets@cswimming.com. The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry. Millfield & CWSC cannot be held responsible for any costs arising.

10. REFUNDS:

a. Other than in condition 8.d there will be no refunds for withdrawals after the closing date other than for medical reasons that are accompanied by the appropriate certification.

11. MEET PROCEDURE (General & Heats):

a. All Open Events will be Heat Declared Winners and swum on the Friday PM session, except for the 400 IM . The 400 IM will have the fastest heat swimming in the finals session.

b. On Saturday & Sunday there will be a Senior (AM) and Junior (Afternoon) session with the Finals for Grassroots, Juniors and Seniors taking place on the Saturday & Sunday evening.



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c. The Senior 400m Freestyle will be a Heat Declared Winner with the fastest Senior Heat being swum in the final session.

d. All heats and finals events will be seeded in accordance with World Aquatics rules.

e. Submitted entries must be in accordance with the attached consideration times. Submitted entry times shall be used for seeding and rejection purposes as required. Once an entry has been submitted improved times will not be accepted.

f. Competitors whose entries have been accepted will be expected to swim unless they have complied with the withdrawal procedures.

g. Any Para-Swimming competitor who qualifies for a final may swim in that final.

h. There will be no finals for para swimmers swimming in multi-classification events.

i. Start sheets for the heats will be provided to coaches at the meet who display a poolside pass. Start sheets for the finals will be made available during the finals warm up.

j. Distance events will have the following limitations.

i. 800m Freestyle will have a maximum of 4 heats collectively between both competing categories.

ii. 1500m Freestyle will have a maximum of 3 heats collectively between both competing categories.

iii. 800m and 1500m Freestyle will be Heat Declared Winners (HDW).

12. MEET PROCEDURE (Finals):

a. Grassroots Finals –

i. Grassroots Finals will take place for swimmer's 10-13years old in the 200 Individual Medley, Backstroke, Breaststroke & Freestyle.

b. Junior Finals –

i. Junior Finals will take place for swimmer's that are 14-15years old in the 200 Individual Medley, Backstroke, Breaststroke & Freestyle. All other Junior Finals will be for swimmers that are 15years and under.

c. Senior Finals –

i. Senior Finals will take place for swimmers that are 16years and older in the 50, 100 and 200 Butterfly, Backstroke, Breaststroke, Freestyle and 200 Individual Medley.



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13. AWARDS:

a. Medals will be awarded to the top three placed swimmers in each of the age groups from heats.

b. Medals will be awarded to the top three placed swimmers in each Grassroot, Junior and Senior Final. Times achieved from Finals will not suppress the times achieved in heats for age group awards/medals.

13. COACHES, CHAPERONES AND PERSONAL CARE ATTENDANTS:

a. Poolside passes for coach, chaperones and personal care attendance are available at a cost of £40 for the weekend.

b. A free poolside pass will be provided to any club that provides an official for every session.

14. OFFICIALS:

a. Clubs are requested to supply a qualified Official for every 7 swimmers entered in the competition. However, the Promoter will not refuse entries from clubs who are unable to supply qualified Officials. In the event of an insufficient number of Officials being available for any session, the promoter reserves the right to curtail or otherwise cancel that session.

b. To sign up to officiate please email our Officials Coordinator on officials@cwswimming.com or sign up via the event website by [clicking here](#).

c. Officials who officiate at any of the sessions will be entitled to Mileage Expenses at a rate of 45p per mile from their home address to the Pool Venue and return, with a limit of one claim per day, regardless of the number of sessions attended in that day. Officials should request an Expenses Application Form from a Referee which should be completed and returned to that Referee during the duration of the Meet.

15. HEALTH AND SAFETY:

a. Everyone attending the event must familiarise themselves with the location of the emergency exits, which must be always kept clear. Everyone is asked to observe all normal precautions in the pool area and when moving around Millfield School and Millfield School Pool.

b. Swimmers must not leave poolside unless they are dry and wearing clothes and shoes.

16. DATA PROTECTION:

a. Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.



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17. BEHAVIOUR:

a. Millfield or CWSC are not responsible for any swimmers from other clubs. All clubs are expected to follow the SE Wave Power guidelines on coaches/chaperones to swimmer's ratio.

b. Millfield School Management or CWSC Meet Management Staff reserve the right to remove any person from the pool area, whose behaviour is either against the pool rules or the efficient running to the meet.

18. WITHDRAWAL SYSTEM:

a. Competitors (or their representatives) who are not intending to swim must submit official withdrawal forms, either electronically or at the Withdrawals table.

i. Heats – Must be submitted into the meet organisers by 12noon on the previous day of when the event is schedule to take place.

ii. Finals – Must be submitted into the meet organiser 20min after the announcing/publishing of the finals list.

b. Any swimmer who does not swim in a final and who has not withdrawn in accordance with the conditions will be fined £25.



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Consideration Times (Open/Males) –

Open/Male									
		10/11yo	12yo	13yo	14yo	15yo	16yo	17yo	18yo +
Stroke	Distance	LC	LC	LC	LC	LC	LC	LC	LC
Freestyle	50						00:37.12		
	100	01:23.39	01:17.30	01:12.28	01:05.56	01:04.01	01:01.49	01:01.49	00:59.39
	200	02:58.32	02:45.51	02:39.00	02:25.35	02:19.05	02:14.01	02:11.49	02:08.13
	400	06:36.39	05:57.64	05:38.22	05:19.74	04:54.64	04:52.54	04:52.54	04:43.72
	800	11:05.00							
	1500	21:25.00							
Backstroke	50						00:45.78		
	100	01:33.07	01:28.87	01:23.52	01:17.22	01:14.38	01:12.28	01:09.97	01:06.72
	200	03:22.99	03:05.03	02:54.32	02:43.61	02:39.83	02:35.42	02:31.22	02:27.44
Breaststroke	50						00:53.12		
	100	01:49.86	01:43.14	01:35.06	01:29.39	01:25.50	01:23.72	01:19.10	01:16.05
	200	03:53.59	03:38.47	03:25.14	03:14.43	03:06.97	03:05.08	02:57.63	02:55.42
Butterfly	50						00:46.82		
	100	01:47.64	01:32.62	01:29.26	01:20.86	01:14.35	01:10.99	01:08.05	01:06.16
	200	04:06.81					03:56.81		
Ind Medley	200	03:24.00	03:04.37	02:56.91	02:43.47	02:37.49	02:33.29	02:28.04	02:24.99
	400	06:55.00							

*Converted SC times can be used.

*Open event with age band 10 & Over



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Consideration Times (Female) –

Female									
		10/11yo	12yo	13yo	14yo	15yo	16yo	17yo	18yo +
Stroke	Distance	LC	LC	LC	LC	LC	LC	LC	LC
Freestyle	50						00:37.17		
	100	01:21.27	01:15.18	01:11.19	01:07.62	01:07.10	01:05.63	01:04.58	01:04.58
	200	02:57.24	02:46.53	02:34.77	02:27.42	02:26.37	02:23.43	02:21.96	02:21.75
	400	06:18.53	05:52.38	05:35.06	05:16.58	05:14.58	05:14.58	05:10.38	05:04.50
	800	10:55.02							
	1500	22:00.00							
Backstroke	50						00:44.63		
	100	01:33.03	01:25.68	01:22.43	01:18.23	01:17.49	01:16.65	01:13.08	01:12.45
	200	03:16.67	03:05.01	02:53.25	02:47.79	02:44.01	02:42.75	02:41.70	02:41.07
Breaststroke	50						00:51.98		
	100	01:47.73	01:41.01	01:35.02	01:30.41	01:28.62	01:28.93	01:26.42	01:26.42
	200	03:47.22	03:32.10	03:19.82	03:09.10	03:09.10	03:07.11	03:07.11	03:03.75
Butterfly	50						00:44.63		
	100	01:41.33	01:33.66	01:26.10	01:19.28	01:18.75	01:15.18	01:15.18	01:15.18
	200	03:56.25					03:46.25		
Ind Medley	200	03:14.46	03:06.38	02:55.77	02:50.73	02:48.95	02:44.74	02:43.69	02:43.69
	400	07:00.00							

*Converted SC times can be used.

*Open event with age band 10 & Over



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Schedule of Events (Heats) –

Event #	Session 1 (Open)
101	800 Free Open/Male
102	800 Free Female
103	Open/Male 400m IM (S)
104	Female 400m IM (S)
105	1500 Free Open/Male
106	1500 Free Female

Event #	Session 2 (Senior)
201	Female 50m Breaststroke
202	Open/Male 50m Backstroke
203	Female 200m Freestyle
204	Open/Male 200m Breaststroke
205	Female 100m Butterfly
206	Open/Male 100m Backstroke
207	Female 200m Butterfly
	15min break - W.up/S.Down
208	Open/Male 50m Butterfly
209	Female 200m Backstroke
210	Open/Male 400m Freestyle (S)
211	Female 100m Breaststroke
212	Open/Male 100m Freestyle
213	Female 50m Freestyle
214	Open/Male 200m IM

Event #	Session 5 (Senior)
501	Open/Male 50m Breaststroke
502	Female 50m Backstroke
503	Open/Male 200m Freestyle
504	Female 200m Breaststroke
505	Open/Male 100m Butterfly
506	Female 100m Backstroke
507	Open/Male 200m Butterfly
	15min break - W.up/S.Down
508	Female 50m Butterfly
509	Open/Male 200m Backstroke
510	Female 400m Freestyle (S)
511	Open/Male 100m Breaststroke
512	Female 100m Freestyle
513	Open/Male 50m Freestyle
514	Female 200m IM

Event #	Session 3 (Junior)
301	Open/Male 200m IM
302	Female 200m Freestyle
303	Open/Male 200m Breaststroke
304	Female 100m Butterfly
305	Open/Male 100m Backstroke
306	Female 200m Backstroke
307	Open/Male 400m Freestyle
308	Female 100m Breaststroke
309	Open/Male 100m Freestyle
310	Female 200m Butterfly

Event #	Session 6 (Junior)
601	Female 200m IM
602	Open/Male 200m Freestyle
603	Female 200m Breaststroke
604	Open/Male 100m Butterfly
605	Female 100m Backstroke
606	Open/Male 200m Backstroke
607	Female 400m Freestyle
608	Open/Male 100m Breaststroke
609	Female 100m Freestyle
610	Open/Male 200m Butterfly



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Schedule of Events (Finals) –

	Session 4 (Finals)
Open	Female 400 IM (F)
Senior	Female 50m Breaststroke
Senior	Open/Male 50m Backstroke
Grass	Female 200m Freestyle
Junior	Female 200m Freestyle
Senior	Female 200m Freestyle
Grass	Open/Male 200m Breaststroke
Junior	Open/Male 200m Breaststroke
Senior	Open/Male 200m Breaststroke
Junior	Female 100m Butterfly
Senior	Female 100m Butterfly
Junior	Open/Male 100m Backstroke
Senior	Open/Male 100m Backstroke
Junior	Female 200m Butterfly
Senior	Female 200m Butterfly
Senior	Open/Male 50m Butterfly
Senior	Female 50m Freestyle
Grass	Female 200m Backstroke
Junior	Female 200m Backstroke
Senior	Female 200m Backstroke
Senior	Open/Male 400m Freestyle (F)
Junior	Female 100m Breaststroke
Senior	Female 100m Breaststroke
Junior	Open/Male 100m Freestyle
Senior	Open/Male 100m Freestyle
Grass	Open/Male 200m IM
Junior	Open/Male 200m IM
Senior	Open/Male 200m IM

	Session 7 (Finals)
Open	Open/Male 400 IM (F)
Senior	Open/Male 50m Breaststroke
Senior	Female 50m Backstroke
Grass	Open/Male 200m Freestyle
Junior	Open/Male 200m Freestyle
Senior	Open/Male 200m Freestyle
Grass	Female 200m Breaststroke
Junior	Female 200m Breaststroke
Senior	Female 200m Breaststroke
Junior	Open/Male 100m Butterfly
Senior	Open/Male 100m Butterfly
Junior	Female 100m Backstroke
Senior	Female 100m Backstroke
Junior	Open/Male 200m Butterfly
Senior	Open/Male 200m Butterfly
Senior	Female 50m Butterfly
Senior	Open/Male 50m Freestyle
Grass	Open/Male 200m Backstroke
Junior	Open/Male 200m Backstroke
Senior	Open/Male 200m Backstroke
Senior	Female 400m Freestyle (F)
Junior	Open/Male 100m Breaststroke
Senior	Open/Male 100m Breaststroke
Junior	Female 100m Freestyle
Senior	Female 100m Freestyle
Grass	Female 200m IM
Junior	Female 200m IM
Senior	Female 200m IM


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