



# British Down Syndrome Swimming Championships

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

Licence number 3ER241395

**16th & 17th November 2024**

**K2, Crawley, Sussex**

## MEET CONDITIONS

The Championships will take place at K2, Crawley, on 16<sup>th</sup> and 17<sup>th</sup> November 2024. 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), Translocation 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 of 17th November 2024.
- 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 are also able to enter. To be eligible for a British Championships award, swimmers must be eligible to represent GB as their recognised World Aquatics Sport Nationality or must be a foreign national who lives and trains in a GB Club or programme for the majority of the year. There may be limitations on the number of overseas competitors we can accept. Swimmers from overseas should register their interest in entering by 1<sup>st</sup> August 2024 at the latest, but preferably earlier.
- 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, including overseas entrants, temporary Club Compete membership can be arranged and this is acceptable for entry to the competition. The Meet organisers will contact anyone without Club Compete membership to sort this out for them. 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.'

## 2. QUALIFICATION

- Upper cut-off times are provided.
- Entry times – where supplied - must have been achieved since 1<sup>st</sup> September 2023 and be within the qualifying standards. This includes all events achieved at the British Championships in 2023. “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.
- The promoter reserves the right to request proof of entry times from non Swim England licensed events.

## 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 organiser's 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.
- 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. The event will also be live-streamed.
- The entry fee is £7 per event. There will be an additional £1 admin fee per swimmer.
- Entries will open at 0900h on Monday 9th September 2024.
- Entries will close at 2359h on Sunday 20th October 2024.
- Payment will be made through the online entry system.
- ALL swimmers must be accompanied on poolside by a coach / team manager or other responsible, familiar person. Poolside passes must be purchased when submitting entries. These are £5 per day. Only ONE pass will be issued per independent swimmer. For Swim Club / group entries – we would request a coach / team manager to swimmer ratio of 1 per 4 swimmers.
- Clubs should contact the organisers directly 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.
- Swimmers / clubs are responsible for checking their entry confirmation and any errors found must be notified no later than three days after entry confirmation is published. After this time, it may not be possible to make any amendments, unless the error has been made by DSS-GB.

## 5. WITHDRAWALS

- Swimmers are requested to withdraw from events that they no longer wish to swim. This helps avoid empty lanes. Withdrawal may be made on the day, or in advance via the online system. They must be made 1h 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 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 as soon as possible. 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 T21 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 awarded.

## 8. OTHER INFORMATION

- In accordance with the Swim England Child Safeguarding Policies and Procedures, [Wavepower | Safeguarding for Swim England clubs](#), 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. Images should be for their own private use with no posting on social media or similar platforms.
- Should you have any concerns about photography or filming please bring them to the attention of the promoter.
- You are reminded that flash photography is not permitted at the start of any heat.
- Swimmers and parents / guardians should be aware that the Meet will be live-streamed on YouTube.
- Photographic consent for static photography may be withdrawn using the form on the Event website.
- **The use of Mobile Phones in the changing rooms is prohibited at all times.**
- Mobile phones and devices should not be used under any circumstances in a changing room area during the Meet. This applies to every person involved in the Meet. There will be a zero-tolerance approach to the use of mobile phones in changing areas.
- 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 to property 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 Championship policy, which aligns with the South East swimming region.
- 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 event “Code of Conduct” on the Event Website.
- 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 East Region Licensing Panel.**

**If part / all of the Meet has to be cancelled then affected Entry Fees and Poolside Passes will be refunded. The Promoter, Club and Venue do not accept any responsibility for any travel or accommodation expenses incurred.**

**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

## **UPPER CUT-OFF TIMES**

(short course, 25m)

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

ADD LINK TO LAST YEAR'S RESULTS

<https://www.dss-gb.org/wp-content/uploads/2024/01/Full-Results-For-Championships-2023.pdf>

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

## **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.