



Warm up begins at 08:00am  
First event begins 08:30am

## Eligibility

The championships are open to members of SLSGB and SLSA Wales, All competitors named on the entry form must be paid up members of SLSGB or SLSA Wales and a member of an affiliated club by the closing date of entries. Competitors whose membership is received by SLSGB after that date will not be eligible to compete in this Championship.

### Individual Age Groups

- Youth 13: aged 13 and under on 31st December
- Youth 14/15: aged 15 and under on 31st December
- Youth 16/17: aged 17 and under on 31st December
- Youth 18/19: aged 19 and under on 31st December

### Team Age Groups

- Youth 15: all members of the relay team must be aged 15 under on 31st December
- Youth 17: all members of the relay team must be aged 17 under on 31st December
- Youth 19: all members of the relay team must be aged 19 under on 31st December

TEAM EVENTS \*Swimmers 13, 14, 15yrs can swim up into the 16/17yrs relay, swimmers 16,17yrs can swim up into the 18/19yrs relay. Swimmers can only swim in one relay per event.

## Closing Date and submission of entries

The closing date for entries is 6pm Monday 6<sup>th</sup> April 2020. All entries must be submitted electronically via email to all the following addresses by this date: Any late entries made after this time will be subject to a **50% surcharge on fees**. No entries will be accepted any later the 48 hours prior to the start of the event.

[mail@smsgb.org.uk](mailto:mail@smsgb.org.uk) SLSGB Office

[nbowden@smsgb.org.uk](mailto:nbowden@smsgb.org.uk) SLSGB Events Manager

When submitting the email, the sender should request an automatic read receipt, so that he/she will know that the email has been received. Electronic submission of entries is the only method which will be accepted.

Once the entries have been checked, the organisers will confirm by email.

## Entry Fees

£8.50 per Individual events

£10.50 per pair event

£10.50 per Team event

Clubs are required to pay these fees by BACS or cheque made payable to SLSGB, with cheques being sent to office one week before the start of the event.

BACS payment – Sort Code – 30 9314

Account number – 00953302

## Aggregate Trophies and Medals

Medals will be presented for 1<sup>st</sup> to 3<sup>rd</sup> place in all individual events and all team events. While every attempt will be made to present medals at the conclusion of each day's events, depending on the time available, medals may be distributed to Team Managers at the conclusion of the competition for local presentation back at club functions.

## Point scoring:

### Individual and Pair events:

1 <sup>st</sup>	20 pts	9 <sup>th</sup>	8 pts
2 <sup>nd</sup>	18 pts	10 <sup>th</sup>	7 pts
3 <sup>rd</sup>	16 pts	11 <sup>th</sup>	6 pts
4 <sup>th</sup>	14 pts	12 <sup>th</sup>	5 pts
5 <sup>th</sup>	13 pts	13 <sup>th</sup>	4 pts
6 <sup>th</sup>	12 pts	14 <sup>th</sup>	3 pts
7 <sup>th</sup>	11 pts	15 <sup>th</sup>	2 pts
8 <sup>th</sup>	10 pts	16 <sup>th</sup>	1 pt

### Team Events

1 <sup>st</sup>	30 pts	9 <sup>th</sup>	12 pts
2 <sup>nd</sup>	27 pts	10 <sup>th</sup>	10.5 pts
3 <sup>rd</sup>	24 pts	11 <sup>th</sup>	9 pts
4 <sup>th</sup>	21 pts	12 <sup>th</sup>	7.5 pts
5 <sup>th</sup>	19.5 pts	13 <sup>th</sup>	6 pts
6 <sup>th</sup>	18 pts	14 <sup>th</sup>	4.5 pts
7 <sup>th</sup>	16.5 pts	15 <sup>th</sup>	3 pts
8 <sup>th</sup>	15 pts	16 <sup>th</sup>	2 pts

## Rules for the event

For the purposes of this event the ILS Rule Book for events will be used which can be found on our website [www.smsgb.org.uk](http://www.smsgb.org.uk)

## Heat Draws / Entry Times

All events will be decided on a heat-declared winner basis, heats will be seeded according to entry times. Heats for individual events will be drawn based on entry times as declared on the entry forms. **This Year the event will be run by Meet Manager so heats will not be able to be changed. It is the responsibility of the competitor to compete in the correct heat.**

The fastest declared entry times will be drawn in the last heat. Where no entry time is declared the individual will be drawn in the first/early heats.

Clubs are reminded that they must only enter times that have been achieved by competitors. It is unfair to enter times that have not been achieved or that are unrealistic. All this does is place the competitor in a potentially embarrassing position as they may have to swim in a heat where they are clearly far slower than other competitors. This is also unfair on those who should rightly be seeded into the fastest heats on their ability.

The purpose of seeding competitors by entry time is to try to ensure that races are competitive and competitors swim in heats with others who can achieve similar times. Entering false or unrealistic times is deemed unfair practice and goes against the SLSGB's Fair Play Code.

## Event Helpers and Time Keepers

Each competing club must supply 1 timekeeper (they must bring Stopwatches, pens/pencils, clipboards and wear a white top as a minimum please). Other events helpers also need to be provided to help to move equipment as determined by the referee, for the duration of the competition. Each competing club must also provide at least 1 suitable adult (able to spend a considerable amount of time in the water) for each 8 competitors entered, to help reset the manikin events.

If there are insufficient event helpers or timekeepers, the organisers may have no option but to cancel one or more events on the day.

## Child Protection

We strongly advise that all team managers, officials and event helpers involved in the event, are named on the event helpers list and hold a current CRB check with SLSGB.

There will be a nominated official at the event to which any concerns should be raised.

People wishing to take photographic images must register their intention to do so with the nominated official. They will be given a highly visible badge to wear. Event organisers may seek to challenge or take appropriate action where concerns are raised by participants or others about persons taking photographic images.

By entering the competition you agree to the following. As our events are held in public places, by participating in these championships competitors may be photographed and these may be published.

## Equipment to be provided by competing clubs – manikins

Each club must provide at least 2 ILS specification manikin for the competition. We need at least 8 manikins to run events where manikins are used, and 16 for the 200m Super lifesaver. Having more manikins available will mean that the turn-around time between events will be significantly shortened. Ensure your manikin is clearly marked with your club name.

SLSGB are not responsible for a loss or damage to manikins or tubes. Please make sure that they are properly identified.

Time	Event	Age	Sex
<b>08:00 Warm Up 08:20 First Marshal call/08:30 Start of first event</b>			
1	100m Obstacle	13yrs	F
2	100m Obstacle	13yrs	M
3	100m Obstacle	U15yrs	F
4	100m Obstacle	U15yrs	M
5	200m Obstacle	U17yrs	F
6	200m Obstacle	U17yrs	M
7	200m Obstacle	U19yrs	F
8	200m Obstacle	U19yrs	M
9	200m Obstacle Relay	15yrs & Under	F
10	200m Obstacle Relay	15yrs & Under	M
11	200m Obstacle Relay	17yrs & Under	F
12	200m Obstacle Relay	17yrs & Under	M
13	200m Obstacle Relay	19yrs & Under	F
14	200m Obstacle Relay	19yrs & Under	M
15	50m Manikin Carry	13yrs	F
16	50m Manikin Carry	13yrs	M
17	50m Manikin Carry	U15yrs	F
18	50m Manikin Carry	U15yrs	M
19	50m Manikin Carry	U17yrs	F
20	50m Manikin Carry	U17yrs	M
21	50m Manikin Carry	U19yrs	F
22	50m Manikin Carry	U19yrs	M
23	4 x25m Manikin Relay	15yrs & Under	F
24	4 x25m Manikin Relay	15yrs & Under	M
25	4 x25m Manikin Relay	17yrs & Under	F
26	4 x25m Manikin Relay	17yrs & Under	M
27	4x25m Manikin Relay	19yrs & Under	F
28	4 x25m Manikin Relay	19yrs & Under	M
29	100m Manikin Carry with Fins	13yrs	F
30	100m Manikin Carry with Fins	13yrs	M
31	100m Manikin Carry with Fins	U15yrs	F
32	100m Manikin Carry with Fins	U15yrs	M
33	100m Manikin Carry with Fins	U17yrs	F
34	100m Manikin Carry with Fins	U17yrs	M
35	100m Manikin Carry with Fins	U19yrs	F
36	100m Manikin Carry with Fins	U19yrs	M
37	100m Rescue Medley	U15yrs	F
38	100m Rescue Medley	U15yrs	M
39	100m Rescue Medley	U17yrs	F
40	100m Rescue Medley	U17yrs	M
41	100m Rescue Medley	U19yrs	F
42	100m Rescue Medley	U19yrs	M
43	200m Super Lifesaver	U17yrs	F
44	200m Super Lifesaver	U17yrs	M
45	200m Super Lifesaver	U19yrs	F
46	200m Super Lifesaver	U19yrs	M
47	100m Manikin Tow with Fins	13yrs	F
48	100m Manikin Tow with Fins	13yrs	M
49	100m Manikin Tow with Fins	U15yrs	F
50	100m Manikin Tow with Fins	U15yrs	M
51	100m Manikin Tow with Fins	U17yrs	F
52	100m Manikin Tow with Fins	U17yrs	M
53	100m Manikin Tow with Fins	U19yrs	F
54	100m Manikin Tow with Fins	U19yrs	M
55	4x50M Medley Relay	15yrs & Under	F
56	4x50M Medley Relay	15yrs & Under	M
57	4 x50M Medley Relay	17yrs & Under	F
58	4 x50M Medley Relay	17yrs & Under	M
59	4x50M Medley Relay	19yrs & Under	F
60	4x50M Medley Relay	19yrs & Under	M