

Devonport Royal

# Summer Sizzler

July 15<sup>th</sup> & 16<sup>th</sup> 2023

Level 3 Licensed Meet  
Plymouth Life Centre



[www.devonportroyal.com](http://www.devonportroyal.com)



# Devonport Royal Summer Sizzler

Plymouth Life Centre July 15<sup>th</sup> – 16<sup>th</sup> 2023

**Licence Number** 3SW230382

**Venue** Plymouth Life Centre, Plymouth PL2 3DF

**Pool** 10-Lane 25m Racing Pool With ROMA09-TRK starting blocks, 2 metres depth throughout and 140mm FINA regulation lane lines.  
Constantly available 2-lane 25m swim-down pool.  
Electronic timing & 10-lane video display screen.  
On-site cafeteria & car parking.

**Age Groups** 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs+  
Age as at 31st December 2023

**Primary Events** 50 metres Backstroke, Breaststroke, Butterfly, Freestyle  
100 metres Backstroke, Breaststroke, Butterfly, Freestyle, Individual Medley  
200 metres Backstroke, Breaststroke, Butterfly, Freestyle, Individual Medley  
400 metres Freestyle, Individual Medley

**Fees** £7 per event

**Entries/enquiries** Mark Philipson [compsec.drsa@yahoo.com](mailto:compsec.drsa@yahoo.com)

**Closing date** Midnight 31<sup>st</sup> May 2023



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## Programme of Events

**Saturday 15th July 2023**

### Session 1

Warm up 12:30

Girls		Boys	
1	200m Breaststroke	2	200m Individual Medley
3	100m Freestyle	4	100m Backstroke
5	200m Backstroke	6	50m Freestyle
7	50m Butterfly	8	400m Freestyle

### Session 2

TBA

Girls		Boys	
9	400m Individual Medley	10	100m Individual Medley
11	100m Breaststroke	12	100m Butterfly
13	200m Butterfly	14	50m Breaststroke
15	50m Backstroke	16	200m Freestyle

**Sunday 16th July 2023**

### Session 3

Warm up 11:30

Boys		Girls	
17	200m Breaststroke	18	200m Individual Medley
19	100m Freestyle	20	100m Backstroke
21	200m Backstroke	22	50m Freestyle
23	50m Butterfly	24	400m Freestyle

### Session 4

TBA

Boys		Girls	
25	400m Individual Medley	26	100m Individual Medley
27	100m Breaststroke	28	100m Butterfly
29	200m Butterfly	30	50m Breaststroke
31	50m Backstroke	32	200m Freestyle



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## Upper time limits for entries

Girls event	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs+
50m Free	36.37	33.32	30.06	29.27	27.52	26.59	26.48	26.00
100m Free	1:18.50	1:14.55	1:06.07	1:04.33	59.06	58.14	56.75	56.00
200m Free	2:45.00	2:28.32	2:23.24	2:19.47	2:11.70	2:05.98	2:01.00	1:59.50
400m Free	5:25.00	5:17.29	5:01.43	4:53.49	4:33.85	4:25.84	4:14.39	4:10.15
50m Breast	49.15	44.88	40.60	39.53	37.20	35.20	35.05	34.12
100m Breast	1:43.70	1:38.50	1:29.12	1:26.77	1:20.85	1:17.57	1:14.77	1:13.52
200m Breast	3:35.25	3:27.56	3:07.80	3:02.85	2:52.18	2:42.77	2:37.92	2:35.24
50m Back	42.73	39.02	35.30	34.37	32.43	31.31	30.60	29.78
100m Back	1:29.00	1:24.59	1:16.53	1:14.52	1:09.40	1:06.47	1:03.63	1:01.98
200m Back	3:01.25	2:56.05	2:39.29	2:35.09	2:25.10	2:22.17	2:14.17	2:12.33
50m Fly	40.25	36.75	33.25	32.38	31.45	30.33	29.27	28.96
100m Fly	1:31.40	1:26.82	1:18.55	1:16.49	1:12.47	1:08.26	1:04.94	1:03.65
200m Fly	3:15.22	3:09.00	2:51.00	2:46.50	2:40.76	2:34.93	2:22.65	2:19.35
100m IM	1:29.19	1:23.92	1:19.92	1:13.25	1:10.50	1:07.65	1:04.57	1:02.12
200m IM	3:02.18	2:55.62	2:38.90	2:34.72	2:31.10	2:25.71	2:20.09	2:18.56
400m IM	6:22.00	6:08.80	5:33.69	5:24.91	5:17.31	5:06.00	4:54.20	4:51.00

Boys event	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs+
50m Free	36.75	33.56	30.36	29.56	27.43	25.60	24.95	24.50
100m Free	1:19.93	1:15.94	1:06.90	1:05.14	1:01.17	55.67	55.38	54.95
200m Free	2:45.00	2:39.81	2:24.59	2:20.79	2:13.59	2:02.31	1:57.10	1:55.50
400m Free	5:25.00	5:17.89	5:03.43	4:55.49	4:43.85	4:15.84	4:04.49	4:01.25
50m Breast	49.31	45.02	40.74	39.66	37.31	35.34	32.60	31.95
100m Breast	1:44.80	1:39.55	1:30.07	1:27.70	1:23.45	1:15.99	1:10.20	1:08.52
200m Breast	3:35.25	3:26.49	3:06.83	3:01.91	2:50.45	2:40.68	2:32.17	2:28.65
50m Back	43.51	39.91	36.11	35.16	33.32	30.22	29.58	28.24
100m Back	1:30.60	1:26.11	1:17.91	1:15.86	1:11.52	1:05.00	1:03.05	59.95
200m Back	3:03.26	2:59.19	2:42.13	2:37.86	2:28.66	2:15.29	2:11.73	2:09.26
50m Fly	41.52	37.91	34.30	33.39	30.80	29.42	28.14	27.38
100m Fly	1:35.50	1:30.75	1:22.11	1:19.95	1:13.36	1:06.92	1:02.07	1:00.26
200m Fly	3:35.00	3:21.77	3:02.55	2:57.75	2:43.62	2:29.40	2:16.62	2:15.80
100m IM	1:30.54	1:25.19	1:17.60	1:11.36	1:08.54	1:05.14	1:02.25	1:01.28
200m IM	3:20.54	3:11.69	2:45.56	2:41.20	2:34.47	2:20.96	2:15.78	2:12.39
400m IM	7:00.00	6:42.50	5:47.67	5:38.52	5:24.38	4:56.00	4:45.14	4:38.00



# Devonport Royal Summer Sizzler

Plymouth Life Centre July 15<sup>th</sup> – 16<sup>th</sup> 2023

## Meet rules and information

1. The Devonport Royal Summer Sizzler will be held under Swim England Laws and Regulations and Technical Rules of Racing and has been licensed at Level 3 by Swim England for entry into Regional and County Championships and Competitions.
2. Entries may only be accepted from competitors registered as Club compete membership (Cat 2) members of Swim England, Swim Scotland or Swim Wales.
3. Competitors' ages shall be as at 31st December 2023.
4. Any swimmer having an entry time faster than the upper limit times listed herein are excluded from entering that event.
5. Disability swimmers entries. All swimmers must have an authorised SE/IPC swimming classification, Certificate of Disability of Function Ability Card. In addition, details of disability must be provided with entry. Please ensure you present Certificate of Disability of Function Ability Card to the Referee prior to each competition session, failure to do so may result in disqualification. Swimmers who enter this meet will be seeded according to achieved time standards and with able bodied or disability swimmers of appropriate times. There will be Multi-Classifications.
6. All entries must be made electronically (unless agreed beforehand). Before the closing date, club officers will be given the opportunity to check entries to correct errors. There will be no changes to times after this. At the discretion of the promoter, entries may be taken on the day on a strictly time trial basis providing all such entries comply with the conditions of this competition. Swimmers entered as a time trial will not be eligible for awards or finalist positions.
7. Times must be submitted for all competitors and the acceptance of competitors will be based on times submitted so it is essential that only achieved times or realistic times be entered. As many heats as possible will be run in the time available for the Meet.
8. By submitting entries on the official entry forms, clubs and competitors accept the rules of this competition. Competitors whose entries are accepted and subsequently found to have been entered in the wrong event(s) because of incorrect entry information, will be withdrawn from the event(s) and will not have their entry fee(s) refunded.
9. Entries will be accepted on a first come first served basis to reach the maximum number of heats possible to run in the time available for the Meet.
10. Refunds will be given for medical reasons on production of a Doctor's note no later than 72 hours prior to the Meet.
11. Should it be necessary to cancel the meet for reasons beyond the control of the Promoter, refunds will not apply once the Meet has commenced. The Meet Promoter will make every effort to run the event. In any situation that the Meet must be cancelled, competitors are not eligible for full refunds of their entry fees. Partial refunds may be made but only after the Promoter has covered all incurred costs.



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**12. Officials & Poolside Helpers:** All clubs entering 10 or more swimmers are invited to provide at least 1 Official per session if possible, as well as volunteers for poolside roles. All volunteers must be Swim England registered and DBS checked. It is the responsibility of the Clubs to check all poolside volunteers have up-to-date DBS and safeguarding certificates.

**13.** Devonport Royal Swimming Association uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information on computer. Personal data such as name, club, entered/achieved times may be made public prior to, during or after the meet (e.g. programmes, results, etc).

**14.** The pool is 25m x 10 lanes and the competition will be swum short course. Anti-wave devices will be in place and electronic timing/placing will be used wherever possible.

**15.** On acceptance of entries, the swimmer and any supporters agree that their behaviour will be of an appropriate and respectful manner abiding by the Rules of the Competition and venue. Failure to do so could result in removal or refusal of entry.

**16.** The promoter does not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Large bags should be stored in the lockers and not brought on poolside. Locker “keys” are available to purchase for £3 (refundable) at the Life Centre front desk. Large bags should be kept away from air vents and passageways. Devonport Royal Swimming Association and Plymouth Life Centre are not responsible for any accidents/incidents resulting from these rules not being followed.

**17.** All participants must observe the safety precautions in operation at Plymouth Life Centre.

**18.** Closing date for entries is Midnight Friday 23<sup>rd</sup> June 2023. Dates of birth, Swim England numbers and fees must accompany entry. 2023 Entry Fees Individual = £7.00 per event.

**19.** For advice and guidance on the use of recording or streaming devices during the duration of the competition parents should consult the Swim England Wavepower Policy:

<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>

Please refer to your Club Welfare officer for further guidance on photography or live streaming detailed within the Swim England Wavepower 2020-2023 guidelines. It is not permitted for photography or videography to be used in any changing room areas, washrooms or within the swimming pool water. Any person found to be contravening this condition will be required to leave the competition and venue without refund.

**20.** All events to be swum in “spearheaded” seeded heats (slowest heat first), regardless of age, from submitted times, with declared age group winners. Over the top starts may be used at the referee’s discretion.

**21.** All events will be heat declared winner (HDW).

**22. Medals & Trophies:** medals will be awarded to swimmers placing 1st, 2nd & 3rd in all age groups and in all events unless disqualified. (Hot Heats - will be held at random, with the winner of the heat being provided with a spot prize.)



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- 23.** Competitors must report to the stewards at the marshalling area at least 3 heats prior to their event where they will be given their starting order. It is the responsibility of coaches and swimmers to ensure that swimmers report to the marshalling area in good time. Any swimmer not reporting may be deemed to have withdrawn from that event.
- 24.** Pool passes: Entry on to pool deck will not be permitted without a valid Pool Pass and a current DBS. All Team Managers and Coaches must ensure they display their pass at all times during the competition. a) Pool passes will be £15 each b) Each club may purchase 3 passes; if a club requires more than three per session these may be purchased for an additional fee of £5.00 per pass per session.
- 25.** Spectators: a) Spectator Entry will be FREE. Programmes will be sent to the Clubs to circulate and will also be available electronically on the day. Entrance to the gallery does not guarantee a seat and the promoter reserves the right to utilise gallery seating for swimmers in the case of heavy subscription.
- 26.** Official decisions: The Referees decision on all swimming matters is final.
- 27.** A secondary strobe will be provided.
- 28.** The promoters reserve the right to make last minute changes in light of government or Swim England guidance concerning social distancing or other Covid-19 restrictions.



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## Entry form

If using Hy-Tek Entry Manager entry forms are not required

Devonport Royal Summer Sizzler Entry Form					
Name				Date of birth	
Swim England number		Male / Female	Multi-class number (if applicable)		
Event		Entry time		Event	
Freestyle	50		Freestyle	200	
	100			400	
Backstroke	50		Breaststroke	50	
	100			100	
	200			200	
Butterfly	50		Medley	100	
	100			200	
	200			400	
I have checked that the entry times fit the meet pack requirements					Yes/No
Total cost of entries (£7/event)					
Signature of swimmer or parent (if swimmer is <18yrs)					

All payments should be made to Devonport Royal Swimming Association via BACS.

Suitable reference should be used and provided to DRSA Competition Secretary

[compsec.drsa@yahoo.com](mailto:compsec.drsa@yahoo.com)

All entries must be submitted by Midnight on 23<sup>rd</sup> June 2023, no entries will be accepted after this date.



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Devonport Royal Swimming Association



Swim England  
Affiliated Club





# Devonport Royal Summer Sizzler

Plymouth Life Centre July 15<sup>th</sup> – 16<sup>th</sup> 2023

DRSA BACS information:

ACC : 39709260

Sort: 77-09-19

## Visiting Club Entry Summary Sheet

Payment should be made via BACS by each visiting club. It would be appreciated if Club entries made via one transaction as opposed to multiple smaller transactions. Appropriate reference should be included & provided to DRSA Competition Secretary ([compsec.drsa@yahoo.com](mailto:compsec.drsa@yahoo.com)). The Hytek entry file for this meet will be made available via email. Club entries must be made via Hytek.

<b>Club</b>	
<b>Contact name</b>	
<b>Address</b>	
<b>E-mail</b>	
<b>Phone</b>	

*I certify that all the above details are correct and that our Club understand and will abide by the meet conditions. Signed on behalf of all swimmers:*

*Print name.....*

*Signed.....*

*Date.....*



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## Request for Officials

In order to comply with Meet Licensing requirements, we would gratefully accept any assistance from British Swimming Qualified officials from your clubs. We will provide lunch and refreshments during both days of competition, as well as expenses in line with DRSA expenses policy which can be provided upon request.

All officials are kindly asked to sign up & register their availability using the following link <https://www.swim-meet.com/Availability/?m=1405>

Many thanks in advance for your assistance.

## Poolside Pass Application Form

Club.....

Name	Swim England Number	DBS Number

Please ensure you only submit applications for poolside passes for volunteers who are registered with the Swim England and have a current DBS.

**Passes must be applied for in advance & please include the fee of £15 per pass with your swimmers' entries.**


Passes can be collected on the day from the event stewards.



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Devonport Royal Swimming Association





We look forward to welcoming you to the Plymouth Life Centre for our Summer Open Meet. We hope you have a fantastic season and enjoy rounding it off with us in July.

If you have any queries please do not hesitate to get in contact.

Yours in swimming,

Devonport Royal Swimming Association  
[www.DevonportRoyal.com](http://www.DevonportRoyal.com)

Competition Secretary: Mark Philipson  
[compsec.drsa@yahoo.com](mailto:compsec.drsa@yahoo.com)

Swim Secretary: Caroline Paternotte-Chilton  
[drsaswimsec@gmail.com](mailto:drsaswimsec@gmail.com)

General Secretary: Paul Russell  
[Gensecdrsa@gmail.com](mailto:Gensecdrsa@gmail.com)