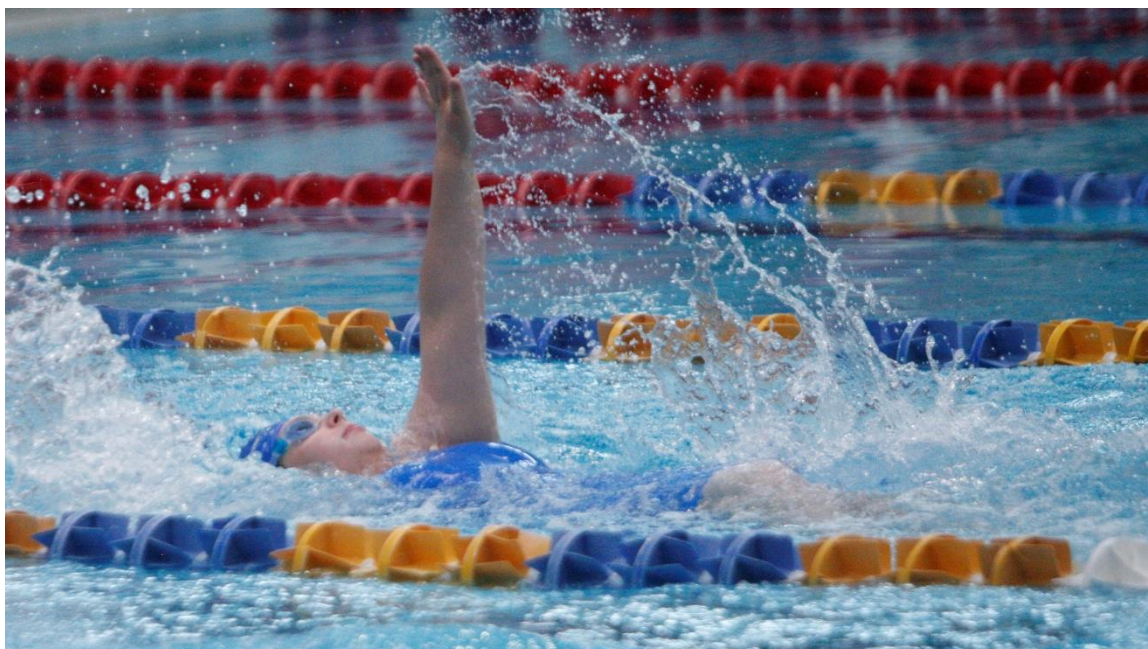


2019 National Partnership Swimming Competition

Hosted by Mencap Sport & Special Olympics GB



Entry Pack

21 September – 22 September 2019

**Liverpool Aquatics Centre, 85 Wellington Rd,
Liverpool, L15 4LE**

What is it?

A national competition for swimmers with a learning disability.

When?

21-22 September 2019

Where?

Liverpool Aquatics Centre, 85 Wellington Road, Liverpool, L15 4LE

Who can enter?

All athletes entering this national competition must:

- Be at least **11 years old** on the start date of the competition
- Have been diagnosed as having an **learning/intellectual disability** (i.e. they meet the [Special Olympics Eligibility Criteria GB](#))
- Be a member of a swimming club, training regularly and have attended other swimming competitions/galas in the last 12 months.
- Be technically capable of competing at the level of competition that they are entering
- Abide by the [Athlete & Unified Partner's Code of Conduct](#) at all times

How to enter

Register and pay online at <http://www.mencap.org.uk/swimming> by **5.00pm on Wednesday 7 August 2019**. Alternatively, you can post entry forms and cheques to **Mencap Sport, 123 Golden Lane, London, EC1Y 0RT**.

Closing date for entries is by 5pm on 7 August. Entries after the deadline will not be accepted.

We reserve the right to refuse entry to anyone whose entry forms and payments are not returned complete by the deadline. Spectators are welcome to attend the event but they will not be able to access the poolside, a seating area will be available for those watching.

Entry fee

The entry fee for this competition will be **£7.50 per athlete per event**. The entry fee includes **one pool pass per four athletes** (athletes who need medical spotters will receive one extra pass). Additional passes can be ordered via the **paper entry form** at a cost of £6.00 per pass. If booking using our **online** form please state the number of passes needed and bring payment for the passes on the day of the event.

The rules

Head Coaches

A Head Coach from each delegation will be required to attend a Head Coach meeting which will be held on Saturday 21 September 2019 at **9.30am** on the upper floor in a meeting room next to the staircase, it will be signposted on the day. Head Coaches are also responsible for submitting all of the forms relating to the competition and checking that all individuals are entered in to the correct events (Head Coaches should keep a copy of every form that is submitted). They are also responsible for managing their delegation during the competition

Volunteer Coach or Escort Eligibility

All volunteers who are travelling with a Special Olympics delegation and fulfilling a specific role should be registered with Special Olympics GB no less than 6 months prior to the Opening Ceremony of the event. The registration process includes:

- Completion of the [Special Olympics GB registration forms](#)
- Compliance with the DBS/PVG requirements
- Compliance with the [Volunteers Code of Conduct](#)

Volunteers should meet the minimum age requirement of being 16 years old on the date of the Opening Ceremony. Volunteers who are 16 & 17 years of age should only be assigned to fulfill supervised roles.

Athlete to Volunteer (Coach/Escort) ratio

The maximum ratio of Athletes to Volunteers (coach/escorts) for this event is 4:1. Each delegation is allowed one volunteer in the marshalling area whilst waiting for an athlete to race. Once the athlete has been handed to the final race marshal, no contact is allowed.

Sports specific information

The competition will run in accordance with [British Swimming, Article 1 of the Special Olympics Sports Rules](#) and the current [Official Special Olympics Sports Rules](#) for Aquatics. Swimmers must have a recognised stroke as defined by FINA.

Divisioning

All divisioning will be completed in advance of the competition using the times submitted on the entry form. Races will be divided into time bands by the organisers to aim where possible for the entry time of each athlete in the band to be within approximately 10% of all others in that band.

Divisioning will be done in accordance with [Article 1 of the Special Olympics Sports Rules \(section I\)](#).

Maximum Effort Rule

The Maximum Effort Rule will be applied for this competition as per [Article 1 of the Special Olympics Sports Rules \(section J\)](#). This means that should any athlete swim more than 15% faster than his or her entry time, except in the 25m Freestyle where the limit is 25% faster; they will be disqualified under the Maximum Effort Rule and excluded from the final placing for that division.

Minimum Qualifying Entry Times – Short Course

Athletes wishing to enter the competition must meet the minimum qualifying times below on or after 21 September 2018 There are no minimum requirements for Long Course events.

Athletes can enter a maximum of **four** events per day at this competition. Athletes competing in 25m races will not be permitted to enter any races of 100m or more in distance.

Race	Male	Female
25m Backstroke	58.00	1.12.00
25m Breaststroke	1.02.00	1.17.00
25m Butterfly	59.00	1.13.00
25m Freestyle	56.00	1.10.00
50m Backstroke	1.32.00	1.36.00
50m Breaststroke	1.40.00	1.54.00
50m Butterfly	1.35.00	1.49.00
50m Freestyle	1.31.00	1.43.00
100m Backstroke	2.48.00	3.07.00
100m Breaststroke	2.54.00	3.24.00
100m Butterfly	2.45.00	3.11.00

Race	Male	Female
100m Freestyle	2.00.00	3.00.00
100m Individual medley	3.36.00	4.07.00
200m Backstroke	4.48.00	5.36.00
200m Breaststroke	5.00.00	6.00.00
200m Butterfly	5.00.00	6.12.00
200m Freestyle	4.12.00	5.12.00
200m Individual medley	4.36.00	5.24.00
400m Freestyle	8.36.00	9.36.00
400m Individual medley	8.48.00	11.00.00
800m Freestyle	20.00.00	25.00.00

Uniform, clothing and equipment

All competitors must be appropriately dressed and Head Coaches are reminded that competition uniform must be in accordance to the regulations as per the [Special Olympics General Rules \(Section 5.08\)](#)

Awards

There will be an awards area set up in the competition venue reception which will include a podium. There will be no awards presentations but medals/ribbons can be collected from the reception area as soon as the results have been confirmed by the Officials. Awards will be given out in accordance with [Article 1 of the Special Olympics Sports Rules \(section K\)](#)

Officials decisions

At all times the Officials decisions are final and all individuals must respect all Officials as well as opponents in an appropriate manner.

Protests and Appeals

Protests will only be accepted from the named Head Coach and must be put in writing on the appropriate [Protest and Appeal Form](#) and must be submitted **within 30 minutes** of the conclusion of the event in question but before any awards have been given out. All protests must be accompanied by a **£20** deposit (which will be refunded if the protest is upheld). Video recordings will not be acceptable as evidence to support a protest. The Sports Specific Jury Committee will review all protests. A Jury of Appeal will review all appeals and their decision shall be final.

Note: Protests, complaints and questions/queries regarding conduct or outcome (results) of the race should be directed by the **named Head Coach** to the **race Referee**, who will be near the Start on the pool deck. Please do not approach any Mencap, Special Olympics GB or event organisers with such queries, as they will not be able to help with these.

Disqualifications

Any swimmer receiving a disqualification will still receive a participation ribbon. DQ codes will be provided on the official results lists.

Other information

Registration

A registration desk will be available in the main reception of the competition venue. Only the Head Coach can register their delegation between 9.00am and 9.30am and must inform the registration desk of any withdrawals. No substitutions after the registration deadline are allowed.

Venue

There is a large changing village next to the swimming pool with individual cubicles and accessible changing areas with accessible showers. There is no changing places facility on site. There is level access from the changing area to the swimming pool. For wheelchair users there is a hydraulic hoist available to get in to the pool. There is free parking on site and spaces for Blue Badge holders.

Accommodation

There are a range of hotels based in Liverpool, please visit <https://www.visitliverpool.com/>

Medical services

The nearest hospital is Broadgreen, 3 miles away from the venue.

It is the Head Coaches responsibility to ensure that all individuals in their squad attending the competition complete a Health Information Form. The Head Coach must keep a copy of this on them at all times during the competition

Photos/Videos

If individuals wish to take any photos/videos during the competition, they must first register their camera/device (including mobile phones and tablets) at the registration desk. You will be asked to wear a sticker to indicate you have registered your device.

Mencap Sport & Special Olympics GB may take pictures or videos to be used for publicity associated to the event including social media and for the promotional work of sport and physical activity projects in the future. If you do not wish to have your picture/video footage used, please indicate this on the entry form.

Professional photographers may be in attendance at the event.

Alcohol and Tobacco

All delegations are reminded that as detailed in [Article 5 of the Special Olympics General Rules](#), **no alcohol or tobacco products** are allowed at any Special Olympics training or competition venue. In addition to this, it is Special Olympics GB policy that no member of a delegation may consume alcohol at any time while Special Olympics has 'duty of care' responsibility for Special Olympics Athletes.

Insurance

The event is covered by third party liability insurance, through Special Olympics GB and Mencap.

Data Protection

In order to register you for our swimming event we need to collect and store your personal data, we will keep your information in a safe place. We will destroy it after 5 years unless you ask us to do so at an earlier date.

We will not give your personal details to anyone outside of Mencap and Special Olympics Great Britain without your consent, unless we have to by law. You can read more about your rights by visiting our <http://www.mencap.org.uk> and reading our privacy policy dated April 2018.

★ Swim Challenge ★

We are hoping to be able to offer an exciting opportunity where athletes will be able to donate money and swim against an elite swimmer at 1.15pm on Saturday 21 September 2019.

During session 1 on the first day of the event, volunteers will come around and ask if there are any individuals interested. For those that are interested, they will need to donate a minimum of £1 and in return, they will be issued with a raffle ticket. The draw will be made during the break between session 1 and 2 and the winner announced over the PA system.

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Provisional timetable of races

Saturday 21 September- Short course

Session 1	Session 2	Session 3
Warm up 9.45am to 10.10am	Warm up 12.40pm to 1.10pm 1.15pm Swim Challenge	Warm up 4.25pm to 4.55pm
Start 10.15am	Start 1.30pm	Start 5.00pm
50m Backstroke Female	50m Breaststroke Female	800m Freestyle Female
50m Backstroke Male	50m Breaststroke Male	800m Freestyle Male
200m Butterfly Female	400m Freestyle Female	50m Butterfly Female
200m Butterfly Male	400m Freestyle Male	50m Butterfly Male
100m Breaststroke Female	25m Backstroke Female	100m Backstroke Female
100m Breaststroke Male	25m Backstroke Male	100m Backstroke Male
200m Freestyle Female	200m Backstroke Female	25m Breaststroke Female
200m Freestyle Male	200m Backstroke Male	25m Breaststroke Male
25m Freestyle Female	50m Freestyle Female	200m Breaststroke Female
25m Freestyle Male	50m Freestyle Male	200m Breaststroke Male
100m Individual Medley Female	100m Butterfly Female	100m Freestyle Female
100m Individual Medley Male	100m Butterfly Male	100m Freestyle Male
	25m Butterfly Female	4x50m Medley Relay Mixed
	25m Butterfly Male	
	200m Individual Medley Female	
	200m Individual Medley Male	
	400m Individual Medley Female	
	400m Individual Medley Male	
	4x50m Freestyle Relay Mixed	

Provisional timetable of races

Sunday 22 September- Long course

Session 4	Session 5
Warm up 9.00am to 9.30am	Warm up 10.45am to 11.15am
Start 9.45am	Start 11.30am
800m Freestyle Female	200m Individual Medley Female
800m Freestyle Male	200m Individual Medley Male
	50m Backstroke Female
	50m Backstroke Male
	50m Breaststroke Female
	50m Breaststroke Male
	4x50m Medley Relay Mixed
	200m Freestyle Female
	200m Freestyle Male
	50m Butterfly Female
	50m Butterfly Male
	100m Backstroke Female
	100m Backstroke Male
	100m Breaststroke Female
	100m Breaststroke Male
	50m Freestyle Female
	50m Freestyle Male
	4x50m Freestyle relay Mixed