



**LEIGHTON BUZZARD  
SWIMMING CLUB**  
EST. 1921

*Affiliated to Swim England East Region and Bedfordshire*

## **LBSC SPILLS 2020 – Rules and Information**

Level 4 Licence: 4ER200351 / 4ER200352 / 4ER200353 / 4ER200354

The competition is a Level 4 licensed meet, held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming and the following conditions:

1. SPILLS (Swimmers' Performance Improvement Linked Leagues) is only open to members of Leighton Buzzard Swimming Club and who are Leighton Buzzard Swimming Club first-registered swimmers.
2. The Promoters of this event are Anna Hewitt and Claire Oakins on behalf of Leighton Buzzard Swimming Club.
3. SPILLS will consist of four galas, which will take place on **Saturday 7<sup>th</sup> March 2020, Tuesday 17<sup>th</sup> March 2020, Friday 5<sup>th</sup> June 2020** and **Saturday 20<sup>th</sup> June 2020** and will be held at the 25m pool at Tiddenfoot Leisure Centre, Mentmore Road, Leighton Buzzard, Beds.
4. The closing date for entries and bank transfers is **FRIDAY 24<sup>th</sup> JANUARY 2020**. **Full payment via bank transfer is required with entry forms** (no cash or cheques, thank you). **Please transfer to LBSC via sort code: 30-14-71 and bank account: 00806043. Please quote swimmers name in bank transfer reference e.g. spillsWOakins. Entries without payment will not be accepted.**
5. The promoters reserve the right to allow new members, who join the club after the closing date, to swim in the competition.
6. The age groups for boys and girls are: 8 and under, 9 years, 10/11, 12/13, 14/15, 16 and over. The age of each swimmer shall be as at 31<sup>st</sup> December 2020.
7. The entry fee per event is £1.50 or £12.00 for all 10 events (£10.00 for 9 & under age groups). There will be a spectator fee of £3.00 (children are free).
8. SPILLS will be held under Swim England laws and disqualification may take place. It is therefore advisable for younger swimmers to have their strokes assessed by their teacher or coach before entering, to avoid the potential disappointment of being disqualified during the events.
9. Swimmers will be seeded according to their latest short course personal best ranking list (as of 31<sup>st</sup> December 2019). The slowest swimmers will be seeded to swim first. Where a swimmer has no recorded time (NRT) for an event within their age group they are still eligible to enter. They will be seeded to swim first, in accordance with the rules. A swimmers age will be as at 31<sup>st</sup> December 2020. For example, a swimmer whose 9th birthday is on 24<sup>th</sup> July 2020 is counted as a 9 year old because that is how old they will be on 31.12.2020 [even though, when they swim they will be 8 years old].
10. Over the top starts may be used at the referee's discretion.
11. Any disputes or appeals will be dealt with according to Swim England Law and procedures.
12. There will be 25m, 50m, 100m, and 200m events:
  - 25m freestyle, backstroke and breaststroke events are only for competitors aged 8 years and under.
  - 9 years old and under can enter the 25m butterfly event.
  - 9 years old and over can complete in 50m freestyle, backstroke and breaststroke events.
  - 10 years old and over can compete in the 50m butterfly event.
  - 10 and 11 years old can complete in the 100m individual medley.
  - 12 and over can complete in the 200m individual medley.
  - Learn to Train entries will accepted after agreement with the Head Coach.

13. Points will be awarded for improvement to encourage swimmers to focus on improving their times and rewarding the efforts of all swimmers for doing so. Points will be awarded each time a swimmer achieves a personal best (PB) as follows:

NRT–1 second = 1 point

1-2 seconds = 2 points

2-3 seconds = 3 points

3-4 seconds = 4 points

4+ seconds = 5 points

After each gala the points will be calculated and shared with the Club Members and will be supplied to British Swimming for entry into the national ranking database. At the end of the series of 4 galas the overall points will be calculated. Trophies will be presented at our summer celebration event to each overall age group winner, as well as second and third place swimmers.

14. Spectators will not be allowed to spectate from the changing room areas, as this is against H&S and Child Safeguarding Policy and Procedures ([www.leightonbuzzardswimmingclub.co.uk/policies-and-constitution.html](http://www.leightonbuzzardswimmingclub.co.uk/policies-and-constitution.html)). Please use the viewing balcony or volunteer to help and therefore be on poolside.
15. Any matter not covered by these conditions will be determined by the Promoters and Referee, subject to Swim England laws, Regulations and the Swim England Technical Rules of Racing.
16. All participants must observe the safety precautions in operation at Tiddenfoot Leisure Centre. Neither the Promoters nor Leighton Buzzard Swimming Club will be responsible for any loss or damage occurring during this meet.
17. 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. The Club's privacy notice can be found at [www.leightonbuzzardswimmingclub.co.uk/policies-and-constitution.html](http://www.leightonbuzzardswimmingclub.co.uk/policies-and-constitution.html)
18. In accordance with the Swim England safeguarding Policies and Procedures, 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 reasonable possible and to avoid including other children in those images. No images or footage should be shared on Social Media. Should you have any concerns about photography or filming please bring them to the attention of the Promoters.
19. No photography is permitted in changing rooms. Any person found to be contravening this condition will be required to leave the competition and venue without refund.