



2018 National Partnership Swimming Competition

Hosted by Mencap Sport & Special Olympics GB

1 September – 2 September 2018

Wales National Pool, Sketty Lane, Swansea, SA2 8QG



Entry Pack



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General Information

Provisional Itinerary

Saturday 1 September 2018

9.00am	–	9.30am	Registration
9.45am	–	10.00am	Head Coach Meeting
9.40am	–	10.10am	Warm up session 1
10.15am			Session 1 starts
12.40pm	–	1.10pm	Warm up session 2
1.15pm	–	1.25pm	Swim Challenge
1.30pm			Session 2 starts
4.25pm	–	4.55pm	Warm up session 3
5.00pm			Session 3 starts

Sunday 2 September 2018

9.00am	–	9.30am	Warm up session 4
9.45am			Session 4 starts
10.45am	–	11.15am	Warm up session 5
11.30am			Session 5 starts

Please note that times may vary slightly during the actual competition.

How to enter

Register and pay online at www.mencap.org.uk/about-us/our-projects/mencap-sport/national-partnership-swimming-competition or email downloaded entry forms to sport@mencap.org.uk by **5.00pm on Wednesday 18 July**.

Alternatively, you can post entry forms and cheques to **Mencap Sport, 123 Golden Lane, London, EC1Y 0RT**. Incomplete forms will be returned to relevant Head Coaches and individuals will not be entered into the competition until the form is rectified. Entries will only be accepted after the deadline with prior authorisation from Mencap Sport and are subject to a late entry fee of £3.00 per athlete.

Closing date for entries is by 5pm on 18 July.

Entry Fee

The entry fee for this competition will be **£7.50 per athlete per event**.

The entry fee includes: competition entry, opening and closing ceremonies and **one free 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.

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.

Venue

There is a large mixed changing village with individual cubicles and one changing place with a hoist. There are lockers available for use that cost £1 each but this is refundable. There is a small café that will be open for delegations and spectators to purchase refreshments and food from.

There is a pay and display car park in front of the competition venue.

For general information on the local area please visit:

<https://www.visitswanseabay.com/destinations/swansea/>

Accommodation

There are a range of hotels based in Swansea, please visit:

<http://www.visitswanseabay.com/>.

Medical Services

In case of emergency, Swansea hospital is adjacent from the competition 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.

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 including your name and contact details. 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 SOGB without your consent, unless we have to by law. You can read more about your rights by visiting our website and reading our privacy policy dated April 2018.

Eligibility Information (this event has a Level 3 Swim Wales and INAS licence)

Athlete Eligibility

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 GB eligibility criteria](#))
- Be a member of a swimming club, training regularly and have attended other swimming competitions/galas in the last 12 months
- (If the athlete is registered with Special Olympics GB, they must have been following a supervised training programme in the relevant sport for a minimum of **8 weeks** prior competing in a local Special Olympics competition, then been following a supervised training programme in the relevant sport for a minimum of a **further 26 weeks** before competing in a Special Olympics regional competition, then been following a

supervised training programme in the relevant sport for a minimum of a **further 26 weeks¹** before competing in the national competition)

- 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

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 person in the marshalling area whilst waiting for their race. Once the athlete has been handed to the final race marshal, no contact is allowed.

Head Coaches

Head Coaches are required to attend a Head Coach meeting which will be held on Saturday 1 September 2018 at **9.45am** on the 3rd floor near to the Officials room. 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.

Sports Specific Information

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 1 September 2017. There are no minimum requirements for Long Course events.

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

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

¹ Unless there has been no competition at the lower level for the athlete to enter.

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

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

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.

Saturday 1 September 2018

Session 1 (Short Course)			Session 2 (Short Course)			Session 3 (Short Course)		
Warm up 9.40am to 10.10am			Warm up 12.40pm to 1.10pm			Warm up 4.25pm to 4.55pm		
			1.15pm Paralympic Swim Challenge					
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				

Sunday 2 September 2018

Session 4 (Long Course)			Session 5 (Long Course)		
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

Sports Rules

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 \(section I\)](#).

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 \(Section 5.08\)](#). Swimwear is not necessary by Special Olympics Rules

Please make sure that all athletes come to the call room/area with a plastic drinks bottle, tracksuit top or t-shirt and tracksuit bottoms or shorts. They must also be wearing suitable footwear.

Officials decisions

At all times the Officials decision 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 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 and protests relating to divisioning or an Officials decision will not be accepted. 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 or of the event in general, and any questions regarding specific athletes and performance should in the first instance be directed **by the named Head Coach** to the race Referee, who will be near the Start on the pooldeck. Please do not approach any Mencap, Special Olympics GB or event organisers with such queries.

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 \(section K\)](#)

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 9.45am and must inform the registration desk of any withdrawals. No substitutions are allowed.

Photos/Videos

If individuals wish to take any photos/videos during the competition, 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.

Photographers will be in attendance at the event. Individuals will be able to purchase event pictures from their stand in the reception area of the competition venue.

Swim Challenge

The event organisers are able to offer an exciting opportunity where athletes will be able to donate money and swim against an elite swimmer during the event.

During session, 1 on the first day volunteers will come around and ask if there 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. A draw will then happen in the competition venue reception area. The draw will be made during the break between session 1 and 2.

Family Members/Supporters

We welcome all family members/supporters to attend the event and will be providing a specific area for them to view the competition from in the spectator viewing gallery.

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.

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