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**BANGOR**  
SWIMMING CLUB



# Summer Sizzler

A Swim Ireland Level 3 National Qualifying Event  
License No: 3L-23/24-U028

Saturday 1st -  
Sunday 2nd June

**BANGOR AURORA**

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# MEET CONDITIONS

## DATE

1st & 2nd June 2023

## Venue

**Bangor Aurora Aquatics and Leisure Complex**, 3 Valentines Road, Bangor, Co.Down

**10 Lane 50m Pool**

**Full Omega electronic timing and scoreboard display**

## Sessions

### Saturday 1st June

Session 1            **Warm Up TBC / START TBC**

Session 2            **Warm Up TBC / START TBC**

### Sunday 2nd June

Session 1            **Warm Up TBC / START TBC**

Session 2            **Warm Up TBC / START TBC**

Session times confirmation depending on entry volume, you will be notified before gala of Warm Up and Start Times. Should the need arise Bangor SC has the right to restrict entries to ensure a smooth-running event

## Entries

Entries can only be made on Hy-tek.

The program can be downloaded from the Swim Ulster website [www.swimulster.net](http://www.swimulster.net).

Entry files should then be e-mailed to [patdonovan02@gmail.com](mailto:patdonovan02@gmail.com)

**Closing date for entries is 12noon – Friday 17th May 2024**

## Entry Fee

**£6.00 per event.**

**Fees should be paid by Friday 24th May 2024 ( NO REFUNDS AFTER THIS DATE ).**

Note fees will be charged for all entries on that date. Entry fees should be made using the Hytek entry fee collection system (Note that under this system entries will not be processed and confirmed until payment has been received).

Fees should be paid to :-

NatWest | Account Name: Bangor SC | Sort Code: 010004 | Account No: 17573483

Please reference the club and gala on the transfer narrative and email the treasurer on [treasurer@bangorsc.co.uk](mailto:treasurer@bangorsc.co.uk) to confirm transfer

## Entry Times

Please submit Long Course entry times for seeding. HyTek Short course to Long course conversions can be made via the entry file

## Age Groups

This is an open competition designated for National and Regional event qualification. There are Four age bands: 11/12yrs (50m & 100m only), 13/14, 15/16, 17+. Age at 31st December 2024.

**NO swimmer younger than the above age bands will be permitted to enter. Age at 31st December 2024.**

## Skins

Top Ten swimmers in 200m Individual Medley Male & Female, Top Ten swimmers in 50m Freestyle Male & Female will qualify to compete in the SKINS event. Prize money of £100 to the winner of each event in SKINS.

SKINS will operate at the end of each session.

## Awards

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HDW - medals will be awarded to 1st, 2nd and 3rd placed swimmers in each age category.

## Events

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All events are HDW. Session times will be confirmed once all entries have been received. BSC reserve the right to return entries should the event be oversubscribed. Clubs will be notified in advance if this is the case. 50m, 100m(11yrs+) and 200m(13yrs+) events in Butterfly, Backstroke, Breaststroke, Freestyle & Individual Medley 400m Freestyle, 400m Individual Medley(13yrs+), 800 & 1500m Free (13+ yrs mixed events - max two heats)

## Volunteers

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Although Bangor Swimming Club will provide most of the officials during the two day meet, Clubs may be asked to provide officials to assist with the running of the event.

## Withdrawals

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Any withdrawals, or amendments prior to the first day of the event should be notified to the **patdonovan02@gmail.com** providing details. Notification for any final withdrawals should be received by to later than 6.00pm on THURSDAY 30th May 2024

Reminder - All fees must be paid by 24th May 24 and there will be no refunds after this date

## Swim Suits

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The meet will follow Swim Ireland guidance and policies in reference to tech suits

## Format

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All events will be H.D.W. Heats will be run as an open event based on each swimmer's entry time in 10 lane formats.

# CONDITIONS OF ENTRY

- 1.** The Meet will be held under Swim Ireland and FINA Technical rules. Times achieved at the meet can be used for entry into Regional and National events
- 2.** Entries will be seeded into heats based on entry times with the slowest heat being swum first.
- 3.** Only swimmers, coaches and officials are allowed poolside. Swimmers must have flip flops or shoes on to enter the spectator area.
- 4.** In line with child protection policies, any person wishing to use photographic or video equipment (including mobile phones) are required to sign the authorisation slip at the entry desk. Flash photography is not permitted at the start of any event.
- 5.** The swim down pool will only be available outside Bangor Aurora swim lesson times. Clubs are asked to respect the use of this facility and to use it for its intended use. The Meet organisers reserve the right to withdraw this facility should it be misused
- 6.** All incidents, however minor, must be reported to the meet organisers and/or Venue management, completing all appropriate forms.
- 7.** Swimmers should report to Marshalling Area one event prior to their swim.
- 8.** If the meet is undersubscribed, Bangor SC reserves the right to cancel the meet, in which case all entry fees will be refunded.
- 9.** Neither Bangor SC nor Bangor Aurora Aquatic Centre accept any liability for loss or damage to personal belongings.
- 10.** Bangor SC reserves the right to alter any of the above conditions if necessary. Any matter not covered by the conditions shall be at the promoter's discretion if not covered by Swim Ireland Laws or rules
- 11.** Refreshments may be purchased within the centre operated by Aurora.



# SATURDAY

## 1ST JUNE 24

### SESSION 1

WARM UP TBC

### SESSION 2

WARM UP TBC

- 1 Male 200m Individual Medley 13+
- 2 Female 100m Breaststroke
- 3 Male 100m Backstroke
- 4 Female 200m Butterfly 13+
- 5 Male 50m Breaststroke
- 6 Female 50m Backstroke
- 7 Male 200m Freestyle 13+
- 8 Female 100m Freestyle
- 9 S K I N S - Male Medley Ball Draw (Top x10 swimmers from heats)
- 10 Male 400m Freestyle 13+
- 11 Female 400m Individual Medley 13+
- 12 Male 100m Butterfly
- 13 Female 200m Backstroke 13+
- 14 Mixed 800m Freestyle 13+ ( x2 heats maximum)
- 15 Male 50m Freestyle
- 16 Female 50m Butterfly
- 17 Male 200m Breaststroke 13+
- 18 S K I N S - Male 50m Free (Top x10 swimmers from heats)



# SUNDAY

## 2ND JUNE 2024

### SESSION 3

WARM UP TBC

- 19 Female 200m Individual Medley 13+
- 20 Male 100m Breaststroke
- 21 Female 100m Backstroke
- 22 Male 200m Butterfly 13+
- 23 Female 50m Breaststroke
- 24 Male 50m Backstroke
- 25 Female 200m Freestyle 13+
- 26 Male 100m Freestyle
- 27 S K I N S - Female Medley - Ball Draw (Top x10 swimmers from heats)

### SESSION 4

WARM UP TBC

- 28 Female 400m Freestyle 13+
- 29 Male 400m Individual Medley 13+
- 30 Female 50m Freestyle
- 31 Male 200m Backstroke 13+
- 32 Female 100m Butterfly
- 33 Mixed 1500m Freestyle 13+ (x2 heats maximum)
- 34 Male 50m Butterfly
- 35 Female 200m Breaststroke 13+
- 36 S K I N S - Female 50m Free (Top x10 swimmers from heats)