

BETTER

Festival of Swimming 2024



Presented by
LONDON FIELDS LIDO



Venue: London Fields Lido, London E8 3EU

Come and make a splash! Have a go at a timed swim in a fun, friendly, pressure-free environment. No experience needed, everyone is welcome to enjoy a summer evening with friends! Take the plunge here:

Or via this webpage: <https://tinyurl.com/4kdyb8r7>



SATURDAY 22nd JUNE 2024

Warm up starts at 15:00, racing starts at 16:00 and the lido premises will close at 21:00.

Festival of Swimming 2024

If you love swimming, and if you imagine you might enjoy a warm summer's evening by the pool with friends, family and like-minded folk, occasionally ducking out from the picnic banter to indulge in a friendly race, then come to this first ever London Fields Lido Festival of Swimming. If it's been many years since you last raced, or if you've never raced before then this is your opportunity to have a go and to discover whether it's for you.

You can choose from the following individual events: 400m free, 100m free and breast, 50m free, breast, back and fly. There will also be relays at the end. When entering the individual events you will be asked for an entry time; this is so that we can put you in a heat with others who swim at a similar speed. There will be blocks to dive from at the deep end though you can choose to dive from the block, or from the side, or to start from in the water as you wish. If you do not know what to enter for your entry time then you can pop along to the lido and ask a lifeguard to time you anytime while entries are open. We particularly welcome para-swimmers who our pool accommodates and our lifeguards would be happy to discuss anything we can do to make the event more accessible for you.

All times will be recorded, so you will know what time to improve on next year. This celebratory event will have spot prizes for random heats.

Closing date for entries is 8th June 2024 at 22:00, though entries for particular events may close earlier if they become fully subscribed. Enter using the link given in section 8 below.

Spectators are welcome. (See section 22 below)

A steel band will be on hand to fill any gaps as we prepare for the next event, and to close the evening.

CONDITIONS

1. Entry open to any swimmers who are able to complete a 50m without assistance.
2. The Competition is an unlicensed meet (under Swim England Laws & Technical Rules).
3. Age will be as of midnight on the day (31st December 2024). Age categories for this competition are 8-10, 11-13, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+.
4. The competition will be run under Swim England Laws & Technical Rules and these promoter's conditions.
5. We will have mixed female and open/male category races.
6. The pool length at London Fields Lido is 50m. The pool has 8 lanes with anti-turbulence lane ropes of which two will be allocated to warm-up/down. The pool depth at the deep end is 2.0m. Starts/relay take-overs at the shallow end must be from in the water.
7. The events will be 50m free, 50m breast, 50m fly, 50m back, 100m free and breast and 400m free with all to be swum on a heat declared winner basis. Over the top/side-by-side starts may be used at the discretion of the referee.
8. The event will be open for swimmers to enter online via <https://www.better.org.uk/leisure-centre/london/hackney/london-fields-lido> or <https://tinyurl.com/4kdyb8r7>
9. The promoter reserves the right to accept and reject entries at their discretion and to restrict entries in order that the meet is completed in time. In the event that the meet is oversubscribed entries will be accepted based upon first come, first served principle, ensuring an equal balance of swimmers across all age groups as far as possible.
10. All swimmers will compete seeded according to entry time where they have given one. If a swimmer does not have a time for an event then they should enter a training / predicted time to help the Promoter manage the meet.
11. Swimmers must report to marshalling at least 10 minutes prior to their race. If a swimmer is late for an event they will lose the right to swim in it but may be placed in an unoccupied lane at the discretion of the promoter/referee.
12. Lifeguards will supervise the warm-up. Swimmers must leave the pool by the steps at the sides of the pool and not cross the racing lanes.
13. The entry fee will be £6 and is payable via BACs transfer (with an entry summary form) by 8th June 2024. After the closing date no refunds will be provided other than in exceptional circumstances, such as illness to a swimmer or close relative with supporting evidence. If a swimmer does not wish to swim an event and withdraws after the closing date, they will still be charged.
14. Swimmers can enter as many events as they wish. Where space allows swimmers may sign up for additional events on the day.

15. Swimmers (or their representatives) who are not intending to swim an event must submit notice of withdrawal, either electronically as prescribed in point 13 above, or at the announcer's table at the pool by completing an official withdrawal form no later than 50 minutes before the advertised starting time of the first event in the relevant session.

16. Hackney Aquatics Club adheres to the Swim England Wavepower policy recommendations. As the permitted use of devices which capture still or moving images is no longer dependent upon pre-registration, we request that all persons attending this meet at the London Fields Lido have a clear understanding of their responsibilities and obligations as detailed in the "Photography of Members" section of Swim England Wavepower 2024. All coaches and officials shall comply with Swim England Wavepower 2024. Swim England changing room policy now **prohibits all use of a mobile phone or device in a changing area** during Swim England regulated activity.

17. All **DATA** relating to the entry and results processing will be held on a computer database. Swimmer entries will be managed on a computer. By submitting entries, consent is thereby given, as required by the Data Protection Act 2018, to the holding of personal information on computer. Personal data will be available for inspection during the meet upon request.

18. **POOLSIDE:** Only swimmers, lifeguards, officials and volunteers will be allowed on the area immediately around poolside during the Meet. There will be space for picnic blankets in the sunbathing area and spectators may stand at the railings but must move when asked to do so.

19. **STEWADING:** It is the responsibility of swimmers to ensure that they report to the marshals in time for the start of their race. The organisers and pool management reserve the right to remove any spectator or swimmer whose behaviour is against the rules of the pool or the efficient running of the meet. Stewards will be patrolling the centre and anyone found causing damage or seriously misbehaving will be banned from the meet and refused entry to the building with no refunds.

20. **OFFICIALS & VOLUNTEERS:** Without sufficient officials and volunteers we will not be able to run this meet. We therefore request that consider helping in some capacity for some part of the day.

21. **AWARDS:** Swimmers who participate will receive a souvenir London Fields Lido hat.

22. **SPECTATORS:** Access to the viewing area is from the main entrance. Spectator entry fees are £3/person/day on a first come, first served basis. Passes are non-transferable. Once we reach capacity we will operate a one-in, one out policy.

23. **PICNICS:** Food and drink for personal consumption may be brought to the festival. Glass containers are not permitted. BBQs and alcohol are not permitted. A poolside café will be open throughout the festival selling snacks and non-alcoholic drinks.

24. All participants must observe the safety precautions in operation at London Fields Lido. Neither the Meet Management, the Promoter nor Hackney Aquatics Club will be responsible for any loss or damage occurring during this Meet.

25. Participants are reminded that they should not attend if they have a high temperature, cold-like symptoms, a new continuous cough and a loss of taste or smell.

26. Anything not covered within these conditions will be at the discretion of the lead referee or ultimately the promoter of the competition.

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. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. A full copy of the results will be published after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.

SCHEDULE

Saturday 22nd June (Warm up: 15:00 – Start 16:00) (Warm-up/down lanes will be available throughout)	
1) 400 Free	6) 50 Back
2) 100 Breast	7) 50 Free
3) 100 Free	8) 4x50m Relay
4) 50 Fly	9) Whacky Races Relay
5) 50 Breast	

Races are expected to finish by 20:00. The lido premises will close at 21:00.

Timings are tentative and will be confirmed after entries close.

Promoter:

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