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WINNING WELL.  
IN WATER.

# ENTRY PACK

LEBARA'S RACE THE WORLD 2020  
PRESENTED BY BRITISH PARA-SWIMMING

HEATS 3RD-13TH NOV  
FINALS 2ND-9TH DEC

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## KEY CONTACT

### **British Swimming Contact**

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## ENTRY INFORMATION

### Guide to Entering Online

1. Click [HERE](#) to go to the online entry page.

#### **For British Athletes:**

Enter your membership number or surname in the box.

#### **For International Athletes:**

Enter your WPS SDMS membership number in the box

2. Athletes can enter up to three events. You can select up to three events on the entry page.
3. Payment is via debit or credit card; please follow the PayPal payment instructions. You do not need a PayPal account to do this. Your entry will not be complete until you receive a confirmation of payment email from Paypal.

Entries will open on the 20<sup>th</sup> October 12 noon GMT and close at 6pm GMT on Monday 9<sup>th</sup> November. Entries without completed payment will not be accepted. Entries cost £5 per entrant regardless of number of events entered.

## COMPETITION DETAILS

### Meet Procedure

All Events will swim as Multi-Classification (MC) events. All Results will be determined by the highest points score utilising 'Race The World' points system. The Race The World points system utilises all recognised short course world record times published by World Para-Swimming. A time that achieves 1000 points indicates that an athlete has matched the existing world record for that event and class. A points score above or below 1000 points would indicate that an athlete has achieved a time greater than or less than the recognised world record respectively. For physically and visually impaired events (S1-S13) where there is no recognised short course world record, 1000 point times are taken from the nearest higher class event. For example, as there is no currently recognised short course world record in the male S1 200m Freestyle, the 1000 point time for this event will match that of the male S2 200m Freestyle. For intellectually impaired swim events (S14, SB14 & SM14) that do not currently have a recognised short course world record, 1000 point times were calculated based on the typical departure of intellectually impaired world ranked number 1 times from that of the able-bodied equivalents.

### Heats

Heats will take place between 3<sup>rd</sup> -13<sup>th</sup> November. Race videos can be uploaded from 3<sup>rd</sup> Nov and must be uploaded before 6pm GMT 14<sup>th</sup> November using the link included in your entry confirmation email. The results of the heats will be published on the [event page](#) by 19<sup>th</sup> November.

### Finals

Finalists will be announced and notified by email on Thursday 19<sup>th</sup> November. Finals will take

place between 2<sup>nd</sup>-9<sup>th</sup> December. If you are a finalist please upload your final race video before 12noon GMT 9<sup>th</sup> December using the same link as for your heats entry. The finals will be live streamed via the [British Swimming website](#) on 16<sup>th</sup> December 16.00 GMT and all results will be published on the [British Swimming website](#) on 16<sup>th</sup> December.

### Race Submission

A guide to recording your race can be viewed [here](#). The race video file should be titled in the following way: Firstname Surname Gender Class Event Stage e.g.

*Laura Blatherwick F S6 50m Freestyle Heat*

By submitting an entry you are agreeing for your race footage to be shown during a live streaming event if selected in the top 8 for either a heat or finals. You are also agreeing that you have followed local law and guidance regarding filming in a public place.

### Officiating

The Competition shall be held under World Para Swimming (WPS) Rules and Regulations (any amendments are highlighted in conditions). The race footage from the top 10 swims will be officiated and the top 25 swims will have their times confirmed by the race analysis team. The top 8 athletes will then progress to the finals if their races were judged to have been legal. Athletes finishing in 9<sup>th</sup> and 10<sup>th</sup> place will also be invited to submit a final race video as reserve athletes for the finals. The reserve athletes swims will be considered if one of the finalist do not submit their race footage within the time scales outlined. If any of the top 10 athletes are disqualified the next highest point scoring swim will be reviewed. All results (including DQs) will be published on the website.

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### Prizes

The winners will be determined by the number of points each athlete achieves based upon the Race The World points system (as outlined above). Prizes will be awarded to the following:

- The top 3 swimmers from the following categories:
  - 50M Female
  - 50M Male
  - 100M Female
  - 100M Male
- **1<sup>st</sup> £100** (awarded to the overall male and female winner of each of the above four categories)
- **2<sup>nd</sup> £50** (awarded to the 2<sup>nd</sup> place male and female of each of the above four categories)
- **3<sup>rd</sup> £25** (awarded to the 3<sup>rd</sup> place male and female of each of the above four categories)
- **Top British Athlete - Enchanted House Beds mattress topper and £50** (Awarded in each of the above four categories)
- **Top British Junior £50** - Aged 16 or under as of 31<sup>st</sup> Dec 2020 (Awarded in each of the above four categories)

### Events

The Following events are open for entry by both male and female swimmers. Athletes can enter up to three events.

Freestyle	50m,	S1 – S14
	100m	S1 – S14
Backstroke	50m	S1 – S14
	100m	S1 – S14
Breaststroke	50m	SB1 – SB14
	100m	SB1 – SB14
Butterfly	50m	S1 – S14
	100m	S1 – S14

## A GUIDE TO RACE FILMING

### Camera Requirements

A camera, phone, tablet or handheld device that:

#### *Essential:*

- Captures a minimum of 30 frames per second (fps). Ideal scenario is 50-60 fps.
- Captures in Standard Definition (SD) video quality. Ideal scenario is High Definition (HD) (most phones do this; 4K is not necessary).

#### *Advisable:*

- If settings allow for the adjustment of shutter speed, then a setting between 1/180th to 1/350th is advised.
- Capture settings – most phones & tablets allow for a 'Most Compatible' option. Please use this if available.

The options above can usually be set up using the 'settings' options within the camera, phone or tablet.

Note: the majority of tablets & phones over recent years would meet the above minimum criteria anyway. The Race Analysis team willing to support if some coaches & athletes wanted to obtain a standard camcorder (50Hz).

### **Filming Requirements**

When recording a swim, please ensure that the video meets the following criteria:

#### *Essential:*

- Captures start of swim (ideally several seconds before start of swim). The starting signal (audio or visual) needs to be recorded.
- Maintains swimmer in the shot at all times.
- Clearly captures the end of swim and the swimmer touching the wall (ideally record several seconds after end of swim).
- Is a full, non-edited video file.

#### *Advisable:*

- Places swimmer in center of the shot, with approximately 1 lane of view on either side of the athlete swimming.
- Captured at a vantage point of greater than 1.5 meters above pool level (ideally from the stands if there are any), in a position close to finish end of the pool (i.e. within 2m of the wall).
- Doesn't use excessive zoom.
- Athletes should swim in one of the nearest two lanes to the side of the pool the camera is filming on.

## **TECHNICAL REQUIREMENTS**

### Race Authorisation

For a race to conform to acceptable submission criteria:

#### *Essential:*

- The start of each race must be signalled with a 'sound' or 'light & sound' indication (ideal = Strobe, Plan B = whistle or shout).
- Lane guidance must be installed. Lane ropes are ideal but anti-wave lanes are also acceptable.
- Pool length needs to be 25m. A swim performed in a pool that does not conform to these specific distance requirements would be considered as ineligible. The athlete is required to indicate what pool the swim was performed in during the race submission stage.
- Pool depth should conform with WPS Rule 1.2.3
- If blocks are used they should conform with WPS Rule 1.2.7
- 5 metre flags should be included at each end of the pool.
- Any use of support equipment such as tapper or athlete starting device should be shown within the submitted video prior to the start of the race.

*Advisable:*

- Inclusion of a timing system is not essential. However, Athletes can have official timing in place to corroborate final swim time (at their own behest). The absence of official timing will mean that a final performance time will be derived from the video footage provided by the British Para-Swimming Race Analysis team.
- Officiating is not essential, however if a registered official can be present to corroborate the integrity of the swim is helpful (at their own behest). The absence of officiating will mean that the swim will be subjected to a review from a registered official based on the video footage provided.
- It is expected that all swims are submitted in good faith and have adhered to all the technical rules of the sport.
- Blocks are not essential but would be advisable.

## ELIGIBILITY REQUIREMENTS

1. S1-S10 - All competitors must have an authorised British Swimming or WPS Classification, which is held on the British Swimming or WPS Classification Database at the time of entry.
2. S11-S13 - All competitors must have an authorised British Blind Sport (BBS) or WPS Classification, which is held on the British Swimming or WPS Classification Database at the time of entry.
3. S14 - All competitors must have an authorised INAS-FID or WPS Classification, which is held on the British Swimming or WPS Classification Database at the time of entry.
4. All national competitors must be at least 12 years of age on the 31st December 2020. All international competitors must be 12 years or older on the first day of competition.
5. Entries are invited from non GBR swimmers referred to as 'foreign' such swimmers must hold the nationality of a country affiliated to IPC/WPS.
6. GBR competitors must be a registered member, or equivalent of the club in whose name they are entered at the date of entry. That club must be offered by the online entry system.

## SOCIAL MEDIA

Please use [#RaceTheWorldPara](#) and [@britishswimming](#) on social media to stay connected with other athletes competing in Lebara's Race The World.

## COVID UPDATE 2.11.2020

Following the government announcement in England at the weekend British Para-Swimming has had to make changes to the Lebara's Race The World virtual event. The decision has been made to extend the period of time in which you must film your swims and record a race time. This will give all athletes across the world the best opportunity to enter and raise the profile of this competition. The window in which you must swim your race is now between **3<sup>rd</sup> November and 13<sup>th</sup>**

**November.** The entry window has also been extended until 6pm on Monday 9<sup>th</sup> November. Race videos can be uploaded from 3<sup>rd</sup> Nov and must be uploaded before 6pm GMT 14<sup>th</sup> Nov using the link included in your entry confirmation email.

Please ensure you upload your recorded swim before 6pm GMT on Saturday 14<sup>th</sup> November to be entered in Lebara's Race The World.

Due to the interest in this event we are looking at running a series of virtual races with the second likely in the first quarter of 2021. If you have already entered and you are unable to record your swim due to the lockdown coming in place from 5th November your entry will be rolled over to the next series. If you would like a refund please request this.

British Swimming would like to thank [Lebara](#) and [Enchanted House Beds](#) for supporting this event.

Please contact [laura.blatherwick@swimming.org](mailto:laura.blatherwick@swimming.org) if you have any questions.