

Long Eaton Swimming Club



2015 Open Meet

Under ASA Laws

And

ASA Technical Rules of Swimming

Queens Leisure Centre, Derby

Sunday 25th January, 2015

Long Eaton Swimming Club is Sponsored by:





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Rules

1. Long Eaton 2014 will be held under ASA Laws and ASA Technical Rules of Swimming, and is Licensed at Level 3 (3EM150030)
2. The Meet will be held on Sunday 25th January 2015. The venue will be Queens Leisure Centre, Cathedral Road, Derby.
3. Ages are as at 25th January 2015.
4. The Events are:
 - 9 Years 50m all strokes (girls and boys). HDW.
 - 50m Freestyle (girls and boys). 10 and over. Heats and Finals.
 - 100m Freestyle (girls and boys). 10 and over. Heats and Finals
 - 100m Backstroke, Breaststroke and Butterfly (girls and boys). 10 and Over. HDW.
 - 200m IM (girls and boys). HDW.
 - 200m Freestyle (girls and boys). HDW.

“Upper Limit Times” and “Qualifying Times” have been published, and entries outside these times will not be accepted.

5. The pool length is 25m, six lane. The Pool will be equipped with electronic timing and anti-wave ropes.
6. Overhead starts may be used at the Promoter’s discretion.
7. Finalists will be the fastest six swimmers from the heats in the following events and age groups:
 - 50m Freestyle 10, 11, 12, 13, 14+ (girls and boys)
 - 100m Freestyle 10, 11, 12, 13, 14+ (girls and boys)

In the event of two or more swimmers recording the same times, resulting in more than six swimmers being eligible for the final, fewer lanes will be swum in the final.

All other events will be Heat Declared Winner (HDW).

8. Awards will be made to all finalists in the 50m and 100m Freestyle events, including tied finalists as per (7).

Awards will be made to the first six in the HDW events in the following age groups:

- 9 years (girls and boys)
- 10 years (girls and boys)
- 11 years (girls and boys)
- 12 years (girls and boys)
- 13 years (girls and boys)
- 14 years and over (girls and boys)

9. If the Meet is oversubscribed, entries will be accepted on a “first-come, first-served” basis.

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10. All paper entries must be made on the official form (photocopies acceptable) and must include the swimmer's ASA Registration Number together with the correct fees - cheques payable to *Long Eaton S.C.* Incomplete entry forms will not be accepted. Entries open 1st October 2014. No entries will be accepted after the closing date of 5th January 2015.

Late entries will not be accepted unless due to Promoter's error.

Club entries are preferred electronically, and a SportSystems file set can be obtained by e-mail from john.hidle@ntlworld.com. If this method is used, we only require the entry print out and cheque. **Please ask for confirmation of receipt of electronic entries.**

11. Submitted times must be current PBs equal to or better than the published qualifying times. **Times will not be updated after an entry has been accepted.**

12. The Meet will consist of three sessions

- Session 1 - Warm Up 08:00, Start 09:00. Estimated Finish 12.30.
- Session 2 - Warm Up 13.00 (TBC), Start 14.00 (TBC). Estimated Finish 17.30.

13. If similar numbers of entries are not received for each session, the start time of later sessions may be subject to change and will be confirmed on publication of the draft programme.

14. Warm up will be 50 minutes for all sessions. Boys first Session 1. Girls first Session 2.

15. The Entry Fee is £4.75 per event.

16. A Coaches Pass for the day will cost £8.00 per individual, or £12.00 including food (must be pre-booked). Please indicate the number and type of coaches passes required and include remittance with entry fees.

17. Spectator admission prices:

- Per session: Adult £4.00, Child & OAP £2.00 (inclusive of **FREE PROGRAMME**)
- All Day: Adult £7.00, Child & OAP £3.00 (inclusive of **FREE PROGRAMME**)

18. **Please Note** : There is limited spectator accommodation and the area may be cleared between sessions by the Pool Operator, even if you have an All Day Pass

19. A draft programme with details of all accepted swimmers will be available on the LESC web-site approximately two weeks prior to the event, to enable swimmers to check their entries and advise of any problems.

Swimmers will be called two events prior to their swim and should report to the Clerk of the Course immediately. Swimmers will be sent to the starting area by the stewards.

Lists of finalists will be posted. All Finalists should report to the Clerk of the Course immediately prior to the finals being swum at the end of each session.

20. Please help the running of the meet by advising of withdrawals where known. Withdrawals from the first or second session should be made by the start of the first warm-up for that session. The mechanism for withdrawal will be published with details of accepted entries. No refunds can be made after the closing date.

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21. Results will be available on the Club web site, http://lescwebsite.wix.com/lesc_website
22. All participants must observe the safety precautions in operation at Queens Leisure Centre and must wear suitable footwear when leaving the Poolside.
23. Any conditions not covered by this information will be at the discretion of the Promoters, **Long Eaton Swimming Club**.

ENTRIES

Club entries are preferred electronically via SportSystems

Please e-mail john.hidle@ntlworld.com for a SportSystems file set.

Entries submitted in this way should be accompanied with an entry print out, and cheque made payable to Long Eaton Swimming Club. Alternatively, please ask for details of a Bank Transfer mechanism.

OFFICIALS AND VOLUNTEERS

As with all open meets we are always grateful of the support provided to us by Officials and Volunteers from other clubs and organisations. It is this generosity that enables the sport to continue to stage such events.

If you are able to assist in this meet, in any way, we would very much like to hear from you.
Any contribution would be most valued.

In the first instance please contact john.hidle@ntlworld.com.

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Session 1 Warm Up 08.00 Session Start 09.00

Event Number	Event
1	Boys 200m Freestyle
2	Girls 50m Freestyle
3	Boys 100m Backstroke
4	Girls 100m Breaststroke
5	Boys 100m Freestyle
6	Girls 9yrs 50m Butterfly
7	Boys 9yrs 50m Breaststroke
8	Girls 200m Individual Medley
9	Boys 9yrs 50m Backstroke
10	Girls 100m Butterfly
11, 12, 13, 14, 15	Finals Boys 100m Freestyle 10, 11, 12, 13, 14+
16, 17, 18, 19, 20	Finals Girls Open 50m Freestyle 10, 11, 12, 13, 14+

Session 2 Warm Up 13.00 (TBC) - Session Start 14.00 (TBC)

Event Number	Event
21	Girls 200m Freestyle
22	Boys 50m Freestyle
23	Girls 100m Backstroke
24	Boys 100m Breaststroke
25	Girls 100m Freestyle
26	Boys 9yrs 50m Butterfly
27	Girls 9yrs 50m Breaststroke
28	Boys 200m Individual Medley
29	Girls 9yrs 50m Backstroke
30	Boys 100m Butterfly
31, 32, 33, 34, 35	Finals Girls 100m Freestyle 10, 11, 12, 13, 14+
36, 37, 38, 39, 40	Finals Boys Open 50m Freestyle 10, 11, 12, 13, 14+

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ENTRY FORM – PLEASE USE BLOCK LETTERS

ASA Registration Number:																			
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Full Name: Male/Female (delete as appropriate)

Club:..... Date of Birth: Age at 25/1/2015:

Address:

..... Post Code:

Tel. No Email

Event	Girls (£4.75 per event)		Boys (£4.75 per event)	
50m Freestyle	2	: .	22	: .
100m Freestyle	25	: .	5	: .
200m Freestyle	21	: .	1	: .
9yrs 50m Backstroke	29	: .	9	: .
100m Backstroke	23	: .	3	: .
9yrs 50m Breaststroke	27	: .	7	: .
100m Breaststroke	4	: .	24	: .
9yrs 50m Butterfly	6	: .	26	: .
100m Butterfly	10	: .	30	: .
200m Individual Medley	8	: .	28	: .

Cheques payable to Long Eaton S.C. Total Fee: £ :

I hereby declare that the above particulars are correct and that the swimmer named is an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the Promoters.

Signature (Coach / Parent / Club Official) Date

Send this completed form together with the correct entry fee to:

Mrs. A. Hidle, 70 Sandringham Road, Sandiacre, Nottingham, NG10 5LD. Tel: 0115 919 2514

Club entries are preferred electronically via SportSystems

Please e-mail john.hidle@ntlworld.com for a SportSystems file set.

Entries submitted in this way should be accompanied with an entry print out, and cheque made payable to Long Eaton Swimming Club. Alternatively, please ask for details of how to make payment by Bank Transfer.

ENTRIES OPEN: 1st OCTOBER 2014 - CLOSING DATE: 5th JANUARY 2015

Late or incomplete entries will not be accepted for this Level 3 Meet (3EM150030).

Please also see: http://lescwebsite.wix.com/lesc_website

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If you are able to assist in this meet, in any way, we would very much like to hear from you.
Any contribution would be most valued.

In the first instance please contact john.hidle@ntlworld.com or complete the form below and submit this along with your entries. As usual we will be providing food and refreshments for our volunteers.

Name	Contact Details	Highest Qualification or Role	Session Availability		
			1	2	Both

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Qualifying Times

Male	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14/ O yrs
50m free	1m 00.0	50.0s	48.0s	42.0s	40.0s	35.0s
50m fly	1m 15.0					
50m back	1m 05.0					
50m breast	1m 10.0					
100m free						
100m fly		2m 20.0	2m 10.0	2m 05.0	2m 00.0	1m 30.0
100m back		2m 25.0	2m 15.0	2m 10.0	2m 05.0	1m 35.0
100m breast		2m 30.0	2m 20.0	2m 15.0	2m 10.0	1m 40.0
200m free	3m 45.0	3m 30.0	3m 10.0	2m 50.0	2m 45.0	2m 35.0
200m IM	4m 15.0	4m 00.0	3m 35.0	3m 25.0	3m 10.0	2m 55.0
Female	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14/ O yrs
50m free	1m 00.0	50.0s	46.5s	45.0s	42.0s	40.0s
50m fly	1m 15.0					
50m back	1m 05.0					
50m breast	1m 10.0					
100m free						
100m fly		2m 25.0	2m 15.0	2m 10.0	2m 05.0	1m 35.0
100m back		2m 30.0	2m 20.0	2m 15.0	2m 10.0	1m 40.0
100m breast		2m 40.0	2m 30.0	2m 25.0	2m 20.0	1m 50.0
200m free	3m 45.0	3m 30.0	3m 10.0	2m 50.0	2m 45.0	2m 35.0
200m IM	4m 15.0	4m 00.0	3m 35.0	3m 25.0	3m 10.0	3m 00.0

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Upper Limit Times

Male	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs & over
50m free	32.5s	32.5s	29.0s	27.9s	26.6s	25.6s
50m fly	36.4s					
50m back	37.8s					
50m breast	42.4s					
100m free						
100m fly		1m 23.0	1m 23.0	1m 13.0	1m 09.0	1m 01.0
100m back		1m 20.0	1m 20.0	1m 14.0	1m 10.0	1m 02.0
100m breast		1m 31.0	1m 31.0	1m 24.0	1m 18.0	1m 10.0
200m free	2m 40.0	2m 30.0	2m 30.0	2m 22.0	2m 14.0	2m 02.0
200m IM	3m 00.0	2m 50.0	2m 45.0	2m 30.0	2m 20.0	2m 17.0
Female	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs & over
50m free	33.0s	32.0s	31.0s	30.0s	29.0s	28.0s
50m fly	36.3s					
50m back	37.1s					
50m breast	42.3s					
100m free						
100m fly		1m 19.0	1m 19.0	1m 14.0	1m 11.0	1m 08.0
100m back		1m 22.0	1m 22.0	1m 14.0	1m 11.0	1m 08.0
100m breast		1m 30.0	1m 30.0	1m 25.0	1m 21.0	1m 18.0
200m free	2m 40.0	2m 30.0	2m 30.0	2m 24.0	2m 18.0	2m 13.0
200m IM	3m 00.0	2m 50.0	2m 45.0	2m 32.0	2m 23.0	2m 20.0

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