



Southwold Swimming Club

“May Meet”

Level 3 Open Meet
Licence Number: 3SW2216

**Hutton Moor Leisure Centre, Hutton Moor
Road, Weston-Super-Mare, Somerset BS22 8LY**

26th and 27th May 2012

8 Lane 25m Pool with Anti-Wave Lane Ropes and Electronic Timing

**All Strokes: 50m, 100m and 200m
Individual Medleys: 100m and 200m**

Entries Close on 24th April 2012

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Meet Conditions

1. The meet will be held under ASA law and technical rules and has been licensed by the ASA for entry into County and Regional Competitions.
2. All competitors must be British Swimming registered and must be members of a club affiliated to the ASA, WASA or SASA.
3. The Promoter (Southwold Swimming Club) reserves the right to reject any entry without giving a reason. By submitting entries clubs and competitors accept the rules and conditions of the meet. Incorrect or incomplete entries or entries without full payment will not be accepted. Competitors whose entries are accepted and subsequently found to have submitted incorrect entry information will be withdrawn from the event(s) and will not have their entry fees refunded
4. Hutton Moor is an 8 lane 25m pool. Anti-wave lane ropes will be in place and electronic timing will be used. Please note that the scoreboard is only an indication of placing/times and the final results will be at the referee's discretion.
5. The age groups are: 9s, 10s, 11s, 12s, 13s, 14s, 15s and 16 and over. Ages are as at 27th May 2012. All 100 metre events, apart from the 100m Individual Medley, are for girls and boys aged 10 and over only.
6. All events will be run on a Heat Declared Winner basis. Entries will be seeded into multi-age heats using submitted times, with the slowest heat first and the final heat spearheaded. All starts, where possible and agreed with the referee, will be over the top. The one start rule will be in operation during this meet. Competitors are to exit the pool at the sides.
7. All entry times must be between the upper and lower qualifying times for the competitor's age for that event. The Entry Fee is £4.50 for each event. Cheques to be made payable to Southwold Swimming Club. Short course entry times should be submitted.
8. Entries from clubs should preferably be made via Hy-Tek Team Manager and e-mailed to Graham Holt at gpholt@btinternet.com. A print out of the Hy-Tek entries report and entries summary sheet along with a single cheque covering all entry fees and Coach/Team Manager passes should then be submitted by post to:

Graham Holt
Southwold Swimming Club
Hainlands,
Inglestone Common
Badminton
South Gloucestershire
GL9 1BX

Clubs must ensure that sufficient postage is applied. Clubs should retain the signed entry forms of their individual competitors. It is the responsibility of clubs to ensure that the entries of their competitors are accurate. A different method of entry will be accommodated by agreement.

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9. Individual entries should be submitted via email to gpholt@btinternet.com and a copy of the email submitted by post along with a single cheque covering all entry fees to Graham Holt at the address in condition 8.
10. For all entries an e-mail address should be supplied to enable return of acceptance /rejections and any other information as required.
11. Visiting clubs with 6 or more swimmers are requested to provide at least one licenced official to assist with officiating in each session. Details of nominated officials should be submitted with the club's entries using the Officials Nomination Form. Further information can be obtained from Helen Rogers at family.rogers3@gmail.com.
12. If an event is oversubscribed then to keep each session within the appropriate time period an equitable proportion of the slowest entries from each age group will be rejected in order to maintain a balance of swimmers across the different age groups. Rejected entries will be refunded through single cheques per club.
13. As soon as possible after the closing date accepted/rejected entries information will be emailed to the named club contact. Entries will be confirmed by email only. It is the responsibility of the club entering competitors to check for any inaccuracies in the confirmed entries. Any inaccuracies must be notified to the Promoter prior to the meet.
14. No refunds will be made to competitors who withdraw after the closing date.
15. No cards will be issued for this meet and competitors will not be required to sign in. Coaches/Team Managers must inform the recorders of any withdrawals for a session prior to the start of the warm-up for that session. In the case of individual entries it is the responsibility of the competitor to inform the recorders of any withdrawals prior to the start of the warm up for that session. The Promoter reserves the right to amend the running order of the events and to add/delete swimmers at its sole discretion should it become necessary e.g. where there has been an error or other unforeseen eventuality which may necessitate such action.
16. Competitors must report to the race steward when requested. Any competitor not reporting on time may be excluded from that event.
17. All events will be Heat Declared Winners and awards will be made as detailed in condition 18, with the exception of swimmers who beat the upper limit qualifying time, do not achieve the lower limit qualifying time or are disqualified, who will not receive an award or points.
18. Subject to the proviso in condition 17, medals will be awarded in each event to the top 3 swimmers in each age group. There will also be awards for Top Boy, Top Girl and Top Visiting Club based on total points awarded for individual event performances within the qualifying times (8 points for 1st place, 7 for 2nd place, 6 for 3rd place etc.) throughout the meet. In the event of a tie, the number of first places etc. will decide the winner. Awards will be collectable from the Awards Table when announced.
19. Separate competitor and spectator areas of the spectator balconies will be designated. Only competitors and Coaches/Team Managers with a valid pass are allowed in the competitor area or on poolside. Wet competitors and competitors wearing only swimwear are not allowed in spectator areas.

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20. Spectator entry fees are £2.00 per session/ £5.00 per day/ £8.00 per weekend. The spectator area will be cleared at the end of each session and all personal belongings are to be removed so that the area can be cleared of rubbish.
21. Coach/Team Manager passes for the 2 day meet, which entitle the holder to admission to all sessions, access to the competitors' area, a programme and start sheets cost £12.00 and can be applied for using the Coach/Team Manager Pass Application Form. Names of Coaches/Team Managers must be submitted at the time of applying for the pass along with their ASA and CRB numbers. Coach/Team Manager passes must be worn conspicuously at all times. It is the responsibility of attending clubs to ensure that all Coaches/Team Managers have an up to date CRB.
22. Coaches/Team Managers are responsible for the good conduct and safety of their competitors at all times and for ensuring that competitors report to the race steward when requested.
23. All competitors, coaches and spectators must observe all safety precautions in operation at Hutton Moor Leisure Centre and follow any instructions given by Leisure Centre staff. Anyone not adhering to these rules may be removed from the Leisure Centre.
24. Competitors are advised not to leave their belongings unattended. Neither Southwold Swimming Club nor Hutton Moor Leisure Centre can accept responsibility for any property that may be lost, stolen or damaged.
25. In accordance with the recommendations of the ASA child protection policy, any person wishing to use a camera or other image-capturing equipment, including mobile phones with photographic capabilities, must first register their full details, showing photographic ID, at the spectator entrance. Issued photographic passes must be displayed at all times when using photographic equipment. All mobile phones must be switched off or set to silent during the competition and flash photography is not allowed at the start of each race.
26. Meet entries will be managed by computer. By submitting entries consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information required to run the meet on a computer. Personal data, including submitted and recorded times, name and age may be made public during and after the meet.
27. Closing date for entries, to include the required e-mail and postal submissions, is **midnight on 24th April 2012**. Late entries may be accepted at the discretion of the Promoter, but not to the detriment of entries received on time.
28. The Promoter reserves the right to refuse admission to any competitor, coach or spectator.
29. The Promoter reserves the right to amend these conditions as necessary and all participants will be informed of any alterations. Any matter which is not covered by these conditions or by ASA law or technical rules will be at the Promoter's discretion and such decisions will be final.
30. For further information or clarifications please contact Graham Holt at gpholt@btinternet.com or on 07821548866

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Qualifying Times for Boys – Ages as at 27th May 2012

			9	10	11	12	13	14	15	16+
Free	50m	Upper	0:33.90	0:31.70	0:30.20	0:28.40	0:27.10	0:26.10	0:25.28	0:24.82
		Lower	0:51.02	0:46.58	0:43.36	0:40.67	0:38.35	0:36.29	0:34.75	0:33.62
	100m	Upper		1:07.00	1:03.85	1:00.80	0:57.75	0:55.97	0:54.31	0:53.53
		Lower		1:37.00	1:29.93	1:24.56	1:19.74	1:15.47	1:12.27	1:09.91
	200m	Upper	2:44.50	2:29.10	2:20.38	2:12.10	2:05.70	2:01.36	1:58.34	1:56.69
		Lower	3:54.03	3:33.61	3:18.92	3:06.52	2:55.92	2:46.48	2:39.41	2:34.22
Breast	50m	Upper	0:45.20	0:41.70	0:39.20	0:36.80	0:34.40	0:33.10	0:32.00	0:30.90
		Lower	1:04.22	0:58.62	0:54.59	0:51.19	0:48.28	0:45.69	0:43.75	0:42.33
	100m	Upper		1:28.00	1:22.20	1:18.47	1:13.70	1:11.36	1:08.80	1:07.67
		Lower		1:58.00	1:51.88	1:45.24	1:39.27	1:33.93	1:29.94	1:27.02
	200m	Upper	3:31.30	3:14.10	3:02.34	2:50.13	2:40.78	2:34.91	2:30.11	2:27.99
		Lower	4:45.79	4:20.84	4:02.91	3:47.78	3:34.83	3:23.29	3:14.67	3:08.33
Fly	50m	Upper	0:39.00	0:35.60	0:33.40	0:31.70	0:29.90	0:28.70	0:27.60	0:26.70
		Lower	0:55.12	0:50.31	0:46.85	0:43.93	0:41.42	0:39.20	0:37.54	0:36.32
	100m	Upper		1:19.00	1:13.73	1:09.11	1:04.73	1:02.16	0:59.95	0:58.98
		Lower		1:48.00	1:37.93	1:31.38	1:26.19	1:21.56	1:18.10	1:15.56
	200m	Upper	3:30.00	3:00.00	2:44.84	2:33.33	2:24.23	2:17.58	2:12.89	2:10.92
		Lower	4:14.38	3:52.19	3:36.22	3:22.74	3:11.22	3:00.96	2:53.28	2:47.63
Back	50m	Upper	0:39.80	0:36.60	0:34.80	0:33.00	0:31.00	0:30.00	0:28.90	0:27.90
		Lower	0:56.73	0:51.78	0:48.22	0:45.21	0:42.65	0:40.35	0:38.65	0:37.49
	100m	Upper		1:18.00	1:12.00	1:09.23	1:05.34	1:02.93	1:00.85	0:59.95
		Lower		1:46.00	1:38.84	1:31.87	1:26.64	1:22.00	1:18.51	1:15.97
	200m	Upper	3:02.80	2:47.20	2:37.43	2:27.84	2:20.37	2:15.32	2:11.38	2:09.84
		Lower	4:11.64	3:49.68	3:33.89	3:20.56	3:09.17	2:59.00	2:51.40	2:45.83
IM	100m	Upper	1:24.81	1:17.41	1:12.09	1:07.60	1:03.75	1:00.33	1:00.33	1:00.33
		Lower	1:59.29	1:48.88	1:41.39	1:35.08	1:29.67	1:24.86	1:21.26	1:18.61
	200m	Upper	3:07.20	2:51.30	2:40.13	2:30.89	2:22.92	2:18.45	2:14.26	2:12.06
		Lower	4:20.04	3:57.36	3:41.03	3:27.26	3:15.48	3:04.98	2:57.13	2:51.37

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Qualifying Times for Girls – Ages as at 27th May 2012

			9	10	11	12	13	14	15	16+
Free	50m	Upper	0:34.60	0:32.10	0:30.60	0:29.30	0:28.50	0:28.09	0:27.85	0:27.57
		Lower	0:52.01	0:47.77	0:44.21	0:41.54	0:39.72	0:38.51	0:37.62	0:37.12
	100m	Upper		1:10.00	1:05.85	1:02.87	1:01.11	0:59.95	0:59.31	0:58.90
		Lower		1:40.00	1:31.93	1:26.37	1:22.59	1:20.07	1:18.22	1:17.18
	200m	Upper	2:49.70	2:33.10	2:21.78	2:15.14	2:11.42	2:08.72	2:07.62	2:06.49
		Lower	3:55.32	3:36.13	3:20.02	3:07.90	2:59.68	2:54.20	2:50.18	2:47.72
Breast	50m	Upper	0:45.90	0:41.90	0:39.30	0:37.20	0:35.90	0:35.20	0:34.60	0:34.30
		Lower	1:05.69	1:00.34	0:55.83	0:52.46	0:50.16	0:48.34	0:47.51	0:46.88
	100m	Upper		1:30.00	1:24.20	1:20.04	1:17.51	1:15.77	1:15.06	1:14.29
		Lower		2:00.00	1:53.88	1:46.98	1:42.30	1:39.18	1:36.89	1:35.60
	200m	Upper	3:33.30	3:14.10	3:00.47	2:51.09	2:46.44	2:42.96	2:42.31	2:41.20
		Lower	4:47.88	4:24.40	4:04.69	3:49.87	3:39.81	3:33.11	3:28.17	3:25.42
Fly	50m	Upper	0:39.40	0:35.50	0:33.70	0:32.70	0:31.70	0:30.50	0:29.90	0:29.80
		Lower	0:55.82	0:51.27	0:47.45	0:44.58	0:42.62	0:41.32	0:40.36	0:39.84
	100m	Upper		1:20.00	1:14.73	1:10.37	1:08.21	1:06.39	1:05.85	1:05.07
		Lower		1:50.00	1:38.93	1:32.93	1:28.88	1:26.17	1:24.18	1:23.06
	200m	Upper	3:29.30	2:59.50	2:44.96	2:35.39	2:29.26	2:25.35	2:23.81	2:22.93
		Lower	4:16.12	3:55.23	3:37.70	3:24.51	3:15.57	3:09.60	3:05.22	3:02.77
Back	50m	Upper	0:39.90	0:36.60	0:34.70	0:33.10	0:32.20	0:31.50	0:31.20	0:30.90
		Lower	0:58.59	0:53.81	0:49.80	0:46.79	0:44.74	0:43.38	0:42.38	0:41.81
	100m	Upper		1:20.00	1:14.00	1:10.28	1:08.27	1:06.62	1:06.04	1:05.40
		Lower		1:48.00	1:40.04	1:34.78	1:30.59	1:27.82	1:25.80	1:24.67
	200m	Upper	3:08.40	2:52.20	2:37.60	2:29.94	2:25.93	2:22.76	2:21.30	2:20.02
		Lower	4:15.07	3:54.27	3:36.80	3:23.70	3:14.77	3:08.82	3:04.46	3:02.01
IM	100m	Upper	1:27.65	1:20.51	1:14.50	1:09.99	1:06.93	1:06.93	1:06.93	1:06.93
		Lower	2:03.28	1:53.23	1:44.79	1:38.44	1:34.13	1:31.27	1:29.16	1:27.98
	200m	Upper	3:08.60	2:50.90	2:40.38	2:32.90	2:28.96	2:25.88	2:25.02	2:23.44
		Lower	4:24.50	4:02.92	3:44.81	3:31.20	3:21.97	3:15.80	3:11.28	3:08.74

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Programme of Events

Saturday 26th May 2012								
Session 1			Session 2			Session 3		
Warm Up: 8.00 to 8.40 a.m.			Warm Up: 10.45 to 11.25 a.m.			Warm Up: 2.00 to 2.40 p.m.		
Start Time: 8.45 a.m.			Start Time: 11.30 a.m.			Start Time: 2.45 p.m.		
Event 1	Boys	100m Breast	Event 5	Boys	50m Free	Event 10	Girls	50m Back
Event 2	Girls	100m Back	Event 6	Girls	50m Fly	Event 11	Boys	50m Breast
Event 3	Boys	200m Back	Event 7	Boys	100m IM	Event 12	Girls	200m Breast
Event 4	Girls	200m IM	Event 8	Girls	100m Free	Event 13	Boys	200m Free
			Event 9	Boys	100m Fly	Event 14	Girls	200m Fly
Finish Time: 10.40 a.m.			Finish Time: 1.30 p.m.			Finish Time: 5.15 p.m.		
Sunday 27th May 2012								
Session 4			Session 5			Session 6		
Warm Up: 8.00 to 8.40 a.m.			Warm Up: 10.45 to 11.25 a.m.			Warm Up: 2.00 to 2.40 p.m.		
Start Time: 8.45 a.m.			Start Time: 11.30 a.m.			Start Time: 2.45 p.m.		
Event 15	Girls	100m Breast	Event 19	Girls	50m Free	Event 24	Boys	50m Back
Event 16	Boys	100m Back	Event 20	Boys	50m Fly	Event 25	Girls	50m Breast
Event 17	Girls	200m Back	Event 21	Girls	100m IM	Event 26	Boys	200m Breast
Event 18	Boys	200m IM	Event 22	Boys	100m Free	Event 27	Girls	200m Free
			Event 23	Girls	100m Fly	Event 28	Boys	200m Fly
Finish Time: 10.40 a.m.			Finish Time: 1.30 p.m.			Finish Time: 5.15 p.m.		

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Age Group Entry Form

Name:		
Male/Female:	Date of Birth:	Age (as at 27/5/12):
Address:		
Post Code:		Phone No:
Club:		
ASA Number:		

Event	Event Number	Entry Time	Entry Fee	Cost
50m Freestyle			£4.50	
100m Freestyle			£4.50	
200m Freestyle			£4.50	
50m Backstroke			£4.50	
100m Backstroke			£4.50	
200m Backstroke			£4.50	
50m Breaststroke			£4.50	
100m Breaststroke			£4.50	
200m Breaststroke			£4.50	
50m Butterfly			£4.50	
100m Butterfly			£4.50	
200m Butterfly			£4.50	
100m IM			£4.50	
200m IM			£4.50	
Total				£

I certify that the above details are correct, I will abide by the Meet Conditions and that I am an eligible competitor in accordance with the laws of the ASA.

Competitor's Signature: _____

Date: _____

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Coach/Team Manager Pass Application Form

Full Name:	
Name of Club:	
Position (e.g. Club Coach):	
Address:	
Post Code:	Phone No:
ASA Number:	
CRB Number:	Date of Issue:
e-mail Address:	

Please enclose a cheque for £12.00 for a weekend pass made payable to
"Southwold Swimming Club" for each pass applied for.

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Officials Nomination Form

We are hoping for support from each participating club with at least one British Swimming Licensed Official per session. If you are able to provide support please complete the form below and return it with your competitors' entry form or by e-mail to gpholt@btinternet.com. If you have any role preferences then please note them in the boxes below, otherwise please indicate availability by ticking the appropriate boxes and we will advise you of your allocated duties nearer the date. If anyone requires mentoring or practical sessions please indicate these below and we will try to assist. Refreshments will be provided for all officials and food for those working on consecutive sessions.

I am available to help at the Southwold “May Meet” as indicated below:

Full Name:				
Name of Club:				
Address:				
Post Code:			Phone No:	
ASA Number:				
e-mail Address:				
Session	J1	J2	J2S	Training
1: 26 May 8.45 a.m.				
2: 26 May 11.30 a.m.				
3: 26 May 2.45 p.m.				
4: 27 May 8.45 a.m.				
5: 27 May 11.30 a.m.				
6: 27 May 2.45 p.m.				