



2009 COLCHESTER PHOENIX ASC
(Founded 1993 - Registered Charity No 1053511)
16TH ANNIVERSARY OPEN SWIMMING MEET
Under IPC Swimming Rules, DSE Swimming Rules (S11-S17) and ASA
Laws and Technical Rules of Swimming
(Non-Disabled Swimmers).
ASA Licence Applied for.
Venue: Colchester Leisure World,
Cowdray Avenue, Colchester, Essex C01 1YH. Tel:
01206 282000
SATURDAY 24TH OCTOBER 2009
Session 1 Warm-up: 8.00am for a 9.00am start.



Dear Team Manager/Swimmer

We have much pleasure in inviting you to attend the Colchester Phoenix ASC 16th Anniversary Open Swimming Meet

MEET RULES, CONDITIONS AND INFORMATION

- The competition will be held under IPC Swimming Rules, ASA Technical Rules of Disability Swimming, DSE Swimming Rules (S17) and ASA Laws and Technical Rules of Swimming (Non-Disabled Swimmers).
- The competition is open to both disabled and non-disabled swimmers.
- Entries will be restricted as the promoter sees fit to ensure the timely competition of the Meet. Entries will be on a first-come, first-served basis.
- **For all entries – age as at the date of competition.**
- **All Club entries must come through their club's Fixture/Gala Secretary.**
- **Qualifying times Non-disabled entries: Only swimmers whose times are within the official qualifying times within their age group. (See qualify times).**
- **Qualifying times Disability Swimmers entries: Only swimmers whose times are within the official qualifying times within their classification (See qualifying times)**
- **Disability Swimmers only:** Those swimmers who have a Functional Ability Card (FAC) and or who hold an UKSAPLD or INAS- FID registration must enter your registration number on their entry form and enclose a copy of their **FAC/NAS-FID or UKSAPLD** registration certificate with their entry so that it can be lodged with the Referee prior to the start of the event. By asking you to do this, it will save a lot of time during the running of the event.
- **Non-disabled Swimmers only:** Those swimmers who hold an ASA Certificate of Permanent Disability must enclose a copy of their certificate in with their entry. By asking you to do this, it will save a lot of time during the running of the event.
- ASA ID registration numbers must be entered on **ALL** entry forms.
- **CLOSING DATES FOR ENTRY:**
Disability entries: By midnight Friday 25th September 2009. No late entries or uncompleted entries will be accepted.
Non-Disabled entries: By midnight Friday 2nd October 2009. As above.
- **The One Start Rule will apply.**
- **All starts will be from the deep end of the pool.**
- **Disability Swimmers may enter up to 6 individual events throughout the competition.** (See Schedule of events).
- **Non-Disabled Swimmers may enter up to 4 individual events throughout the competition.** (See Schedule of events).
- Warm-Up: See Schedule of Events.
- The promoters reserve the right to refuse admission to any person.
- The 'Promoter's Meet Notes and Information' shall form part of the Meet Rules.
- Any situation not covered by 'the meet' notes will be decided at the discretion of the promoters, who also reserve the right to make any changes that may be considered necessary for the smooth and safe running of the event.

FEES/COSTING

- **Entry fee per event:** £4.00 per swimmer (**entries cannot be processed without correct entry fees**).
- **Entry fee for the Squadron Team Relay event:** £5.00 per relay team entry. See Relay/Costing Form.
- **Team Manager / Coach / Escorts Pool Pass:** £3.00p per T/Manager / Coach / Escort to **include Poolside refreshments.**
- **Disability swimmers who require 'Spotters' / 'Tappers':** Pool Passes free of charge. (See Costing Sheet).
- **No unauthorised person will be allowed on poolside.**
- **Spectator's admission fee:** £4.00p.
- Programmes: £3.00p. (Amendment Sheets will be available (where applicable) from the Gala Shop free of charge)
- **CLOSING DATE FOR ENTRIES – FOR DISABILITY ENTRIES MIDNIGHT FRIDAY 25TH SEPTEMBER.**
FOR NON-DISABLED ENTRIES MIDNIGHT FRIDAY 2ND OCTOBER 2009. No entries will be accepted after the closing dates.
- Entries and entry fees must be sent to the Event Co-ordinator, Maggie Hargraves, at the address below. Please make your cheque(s) payable to Colchester Phoenix ASC.
- **Entries will be strictly time banded; the success of the Gala depends on accurate swim times being submitted.**
- If it becomes necessary to swim male and female swimmers together, then **that** event/heat will become two separate events/heats.
- Teams may enter up to two teams in the 8 x 50m Freestyle Squadron Relay event. See Relay Form.

MEDAL POSITIONS:

- **Disability Swimmers who hold the following:**
an IPC or British Swimming Classification
an INAS-FID or UKSAPLD registration
swimmers who hold a registered DSE S17 classification
or swimmers who are on the British Swimming list pending classification **will be in medal position.**
Medals will be given from 1st to 3rd place positions only within each classification the overall fastest time of each event.

Non-disabled swimmers: Medals will be given from **1st to 3rd place positions** only for the swimmers with the fastest overall time of each age group within each event.

- For the Relay events: (Please note the Relay events are classed as 'Open') Medals will be given for the team with the fastest overall time. **1st to 6th place position** only. If more than six teams enter the relay event medal positions will be adjusted accordingly.
- Disabled swimmers who do not have an approved classification or are **not** on the 'waiting list' pending classification and are competing under a 'suggested' classification will not be included in the medal positions, but will be awarded a 'Certificate of Participation' on completion of the event.
- Trophies will be awarded for the Overall Team Winners (Disability and Non-Disabled Team), Team Runners-up (Disability and Non-Disabled Team), the Phoenix Challenge Cup (Open), the Colchester Phoenix ASC Endeavour Award (Disabled Swimmer, Male or Female) and the Colchester Phoenix ASC Award (Non-disabled Swimmer, Male or Female), will be presented on the Pool Deck on completion of the Gala.
- Points will be calculated as follows: 1st - 6 points, 2nd - 5 points, 3rd - 4 points, 4th - 3 points, 5th - 2 points and 6th - 1 point. For the 8 x 50m Squadron Team Relay event the points system will be doubled.

OTHER INFORMATION

- Please report/register upon your arrival to the Registration Table, which is situated on the first floor corridor near the lift leading to the Spectators' Seating Area.

REGISTRATION:

Saturday morning Session 1: 7.15 – 8.15am.

Saturday afternoon including the early evening session. Sessions 2 & 3. Registration time(s) to be advised at a later date.

- Upon Registration, Team Managers and Individual Entries (swimmers) **only** will receive a Gala Pack which will contain: a Gala Programme, Amendment Sheet (where applicable), Pool Safety Notice, Warm-up procedures, Pool Pass(s), Marshalling Area procedures and any other information deemed necessary.
- Raffle tickets will be on sale during registration and throughout the Gala.
- A Provisional Programme of Events will be e-mailed to all Team Managers / Individual entries 7 days prior to the date of the event. **Please ensure you write/print the e-mail address clearly of your Club Contact on your entry form. Failure to do this could lead to you not receiving a provisional programme of events.**
- **For Individual Entries please print your E-mail address clearly.**
- Within the guidelines of the ASA Child Protection Policy and the Promoters Club Members Protection Policy, anyone wishing to use a video camera and or a wide lens, a zoom lens camera and or a mobile 'phone camera during any part of this event, including the warm-up period, must complete the Photography Registration Form and Log Book. Photography Registration forms will be available upon registration and also throughout the event from the **GALA LIAISON OFFICER**. Please hand your Photography Registration Form to the **GALA LIAISON OFFICER** who will be situated by the Spectators seating area (near the steps leading down to the Pool Deck at the shallow end of the pool). Failure to do this will lead to the camera operator being asked to leave the event.

FACILITIES

- Instant results service.
- Lifeguard cover throughout the Gala.
- Omega electronic timing will be used where possible.
- New Omega score display board.
- 6 lanes – anti-wave ropes.
- Pool hoist is available, if required.
- Disabled changing facilities.
- Gala Shop.
- The Classics Bar will be open from 7am for teams to sit and relax prior to going on poolside on Saturday morning. The Bar will not be Open!
- Classics Bar: Fully licensed bar and restaurant with widescreen television.
- Vending machines: A good selection of well stocked vending machines for snacks, hot and cold drinks are situated in the Reception Foyer and throughout the centre.
- The Classics Poolside Café (situation on the ground floor near the Leisure Pool) will be open to serve snacks, ice cream, hot and cold drinks from 10.00 am to 6.00 pm.
- Entry to Pool Deck and Seating Areas for swimmers and coaches only will be from **7.30am**
- Entry for spectators will be from **7.45am**.

POOL AND POOL DECK HEALTH AND SAFETY

- No outdoor footwear is to worn on the Pool Deck or in the Shower Area. Disposable cover shoes will be available during registration and throughout the Gala at the Gala Liaison Officer's table.
- **FIRE EXITS** are clearly marked and a diagram will be included in your Gala Pack and within the Programme. Everyone attending must ensure that they familiarise themselves with these exits in case of need in any emergency. A copy of the Pool's NOPS and EAPs will be available upon request from the Gala Liaison Officer.
- Team Managers/individual swimmers shall satisfy themselves that their swimmers/individuals are competent to the standard of the ASA Competitive Start Award. Any swimmer who is not competent must start from the poolside or in the water.

Fitness Pool details:

Shallow end = 0.9m deep

Deep end = 2.0m deep at the boom

Width = 12.5m

Length of Pool to boom = 25m

Diving Pit details:

Depth = 3.5m

Width = 12.5m

- **NO DIVING WILL BE ALLOWED FROM THE SHALLOW END OF THE POOL.**
- **The use of Teaching Pool before, during or after the Gala is not permitted, unless otherwise advised.**

- The Diving Pit will be used as an 'overflow' pool during all warm-up sessions. **NO DIVING ALLOWED AT ANYTIME IN THE DIVING PIT.**
- **The Diving Pit may be used for Cool Down, but only under strict supervision of Team Managers/Coaches or Escorts. Please remember the Diving pit has very limited space!**
- Pre competition warm-up procedures. Details will be sent out once all entries have been received.
- Team Managers/Escorts are **strictly** responsible for swimmers during all warm-up periods prior to the Referee taking control of the Gala.

OTHER NOTES

- Swimmers and spectators are reminded that property should not be left unattended at any time. Colchester Phoenix ASC cannot accept liability for any loss or damage that may occur to personal property.
- Lockers are available in the Changing Rooms. Locker keys are available from a key dispenser (price £1.00 refundable) which is situated in the Reception Foyer.
- Disposal of rubbish: Team Managers/Swimmers and Spectators, before you leave for home, please dispose of all your rubbish in the black refuse bags which will be situated around the Pool Deck and Spectators' Seating Areas.
- Change Areas: It is the responsibility of the Team Managers /Escorts to ensure that their swimmers do not leave the Changing Areas untidy and that all swimmers' behaviour is appropriate at all times.

Should you have any queries regarding the above, please do not hesitate to contact the Event Co-ordinator, Maggie Hargraves, on 01206 512021 Monday to Friday 9am – 5pm only. Or e-mail phoenixswim@btinternet.com.

We are looking forward to receiving your entry(s)

Maggie

Event Co-ordinator
Colchester Phoenix ASC
1 Jarmin Road
Colchester
Essex CO1 1XW

REMINDER:

CLOSING DATES FOR ENTRIES: –

Disability Entries: Midnight Friday 25th September 2009.

Non-Disabled Entries (AB): Midnight Friday 2nd October 2009.

Club entries: All entries are to go through your club's Fixtures/Gala Secretary.

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