

# HALSTEAD

A m a t e u r S w i m m i n g C l u b



## 1sr Short Course Licensed Open Meet 18<sup>th</sup> April 2010 Level 3 Licence No. 3ER0015 Individual Entry Form

CLUB \_\_\_\_\_

*Please photocopy entry form as required* \* Delete as necessary

<b>FIRST NAME(S)</b> (exactly as on registration card)	<b>SURNAME</b>	
<b>ADDRESS (including Postcode)</b>	<b>DATE OF BIRTH</b>	<b>Male/Female*</b>
	<b>Age as at 18<sup>th</sup> April 2010</b>	
	<b>ASA Reg No.</b>	

Entries will not be accepted if the above information is incomplete

Event	Entry Time	Event	Entry Time	Event	Entry Time
50m Free		100m Free		200m I.M	
50m Back		100m Back			
50m Fly		100m Fly			
50m Breast		100m Breast			
		100m I.M.			

**Entries will not be accepted if the above information is incomplete and/or illegible.  
The promoter has the right to restrict entries on the grounds of safety and overall timing of the event.**

I declare that: a. the above named swimmer has achieved the entry time shown by his/her name  
b. the above personal details are correct;  
c. He/she is an eligible competitor according to the laws of the ASA  
d. We have read, understand, accept and will abide by the conditions set by the Promoter / Organiser.

Signed.....Club Secretary / Club Official Date .....

Enclosed are..... entries @ £4.00 each, totaling £ ..... for this entry form.

**One cheque only per Club( please wright your club name on the reverse) this should be made payable to HASC and sent together with completed Club Entry Forms and a Summary sheet**

**CLOSING DATE FOR ENTRIES IS MIDNIGHT 8th MARCH 2010**

**Return to: Mrs A. Cox  
119 Colne Road, Halstead Essex, CO9 2HL**



# HALSTEAD AMATEUR SWIMMING CLUB

## 1st Short Course Open Meet - Licence # 3ER0015



### Session 1 - Provisional Warm Up @ 08:45 + Start @ 10:00

Event No.	Sex	Distance	Stroke
1	Girls	200 Metre	Individual Medley
2	Boys	100 Metre	Individual Medley
3	Girls	100 Metre	Butterfly
4	Boys	100 Metre	Butterfly
5	Girls	50 Metre	Backstroke
6	Boys	50 Metre	Backstroke
7	Girls	100 Metre	Breaststroke
8	Boys	100 Metre	Breaststroke
9	Girls	50 Metre	Freestyle
10	Boys	50 Metre	Freestyle

### Session 2 - Provisional Warm Up @ 14:00 + Start @ 15:00

Event No.	Sex	Distance	Stroke
11	Girls	100 Metre	Individual Medley
12	Boys	200 Metre	Individual Medley
13	Girls	50 Metre	Butterfly
14	Boys	50 Metre	Butterfly
15	Girls	100 Metre	Backstroke
16	Boys	100 Metre	Backstroke
17	Girls	50 Metre	Breaststroke
18	Boys	50 Metre	Breaststroke
19	Girls	100 Metre	Freestyle
20	Boys	100 Metre	Freestyle

### FEMALE - Qualification Times

Stroke	Lower Limit								Upper Limit						
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs
50m Back	1:02.0	0:57.5	0:55.1	0:53.1	0:51.0	0:50.5	0:50.1	0:49.6	0:37.0	0:34.5	0:34.1	0:33.1	0:31.0	0:30.5	0:30.1
50m Breast	1:09.0	1:03.4	1:00.4	0:57.8	0:55.5	0:54.8	0:54.3	0:54.0	0:44.0	0:40.4	0:39.4	0:37.8	0:35.5	0:34.8	0:34.3
50m Fly	1:01.5	0:56.2	0:53.9	0:51.9	0:49.9	0:49.4	0:48.6	0:48.3	0:36.5	0:33.2	0:32.9	0:31.9	0:29.9	0:29.4	0:28.6
50m Free	0:55.5	0:52.3	0:50.4	0:48.7	0:46.8	0:46.3	0:46.0	0:45.7	0:30.5	0:29.3	0:29.4	0:28.7	0:26.8	0:26.3	0:26.0
100m Back		2:00.0	1:49.2	1:44.3	1:42.5	1:40.9	1:39.4	1:38.6		1:20.0	1:14.0	1:09.3	1:07.5	1:07.9	1:06.4
100m Breast		2:10.0	2:01.7	1:55.4	1:53.0	1:50.1	1:49.5	1:48.4		1:30.0	1:26.7	1:20.4	1:18.0	1:17.1	1:16.5
100m Fly		2:01.0	1:49.9	1:44.0	1:42.0	1:39.8	1:39.2	1:38.3		1:21.0	1:14.9	1:09.0	1:07.0	1:06.8	1:06.2
100m Free		1:50.0	1:38.2	1:35.2	1:32.9	1:31.2	1:30.3	1:29.3		1:10.0	1:03.2	1:00.2	0:57.9	0:58.2	0:57.3
100m IM	2:07.3	1:57.0	1:51.0	1:46.7	1:43.4	1:41.9	1:41.5	1:40.6	1:27.3	1:17.0	1:16.0	1:11.7	1:08.4	1:08.9	1:08.5
200m IM	4:20.1	4:03.4	3:47.0	3:31.8	3:24.9	3:15.7	3:14.8	3:14.2	3:05.1	2:48.4	2:37.0	2:26.8	2:19.9	2:25.7	2:24.8

### MALE - Qualification Times

Stroke	Lower Limit								Upper Limit						
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs
50m Back	1:03.5	0:58.8	0:55.5	0:53.4	0:50.5	0:49.0	0:47.4	0:46.9	0:38.5	0:35.8	0:34.5	0:33.4	0:30.5	0:29.0	0:27.4
50m Breast	1:10.2	1:04.8	1:00.8	0:58.0	0:54.6	0:52.6	0:51.1	0:50.4	0:45.2	0:41.8	0:39.8	0:38.0	0:34.6	0:32.6	0:31.1
50m Fly	1:02.5	0:57.5	0:54.0	0:52.0	0:49.3	0:47.5	0:46.0	0:45.2	0:37.5	0:34.5	0:33.0	0:32.0	0:29.3	0:27.5	0:26.0
50m Free	0:57.0	0:52.7	0:49.9	0:47.9	0:46.2	0:44.7	0:43.5	0:42.8	0:32.0	0:29.7	0:28.9	0:27.9	0:26.2	0:24.7	0:23.5
100m Back		1:59.0	1:49.0	1:44.0	1:40.2	1:36.2	1:34.2	1:31.4		1:19.0	1:14.0	1:09.0	1:05.2	1:03.2	1:01.2
100m Breast		2:10.0	2:00.0	1:55.6	1:50.3	1:46.4	1:43.2	1:40.0		1:30.0	1:25.0	1:20.6	1:15.3	1:13.4	1:10.2
100m Fly		1:59.0	1:49.0	1:44.5	1:40.2	1:36.3	1:33.3	1:30.8		1:19.0	1:14.0	1:09.5	1:05.2	1:03.3	1:00.3
100m Free		1:50.0	1:40.0	1:34.9	1:30.5	1:27.6	1:25.9	1:24.9		1:10.0	1:05.0	0:59.9	0:55.5	0:54.6	0:52.9
100m IM	2:09.2	1:58.5	1:52.1	1:47.3	1:42.5	1:38.2	1:35.5	1:33.2	1:29.2	1:18.5	1:17.1	1:12.3	1:07.5	1:05.2	1:02.5
200m IM	4:28.4	4:05.0	3:49.5	3:32.6	3:23.4	3:09.7	3:04.1	3:00.6	3:13.4	2:50.0	2:39.5	2:27.6	2:18.4	2:19.7	2:14.1

**CLOSING DATE FOR ENTRIES : Monday 8th March 2010**



<b>oke</b>
il Medley
il Medley
erfly
erfly
stroke
stroke
stroke
stroke
style
style



<b>16+ yrs</b>
0:29.6
0:34.0
0:28.3
0:25.7
1:05.6
1:15.4
1:05.3
0:56.3
1:07.6
2:24.2



<b>16+ yrs</b>
0:26.9
0:30.4
0:25.2
0:22.8
0:58.4
1:07.0
0:57.8
0:51.9
1:00.2
2:10.6

**CLOSING DATE FOR ENTRIES : Monday 8th March 2010**

# HALSTEAD

A m a t e u r S w i m m i n g C l u b



## **1<sup>st</sup> Short Course Licensed Open Meet 18<sup>th</sup> April 2010 Level 3 Licence No. 3ER0015**

(UNDER ASA LAW'S AND ASA TECHNICAL RULES)

### **MEET RULES AND INFORMATION**

#### **GENERAL:**

1. The meet will be held at the Braintree Swimming Centre, Charter Way, Braintree, Essex, CM77 8YJ, which is part of the Freeport Shopping complex.
2. The Meet will be held under ASA Laws and ASA Technical Rules and in accordance with the Promoter's conditions.
3. The competition will be held in an 8 lane, 25 metre deck level pool with anti-wave lane ropes. The depth of the shallow end is 1 metre. Omega Electronic timing will be in operation.

#### **COMPETITOR:**

4. All entrants **MUST** be ASA, SASA or WASA category 2 registered, belong to an affiliated club and enter in the name of one club only.
5. It is the responsibility of the club to ensure that all swimmers are competent to the standard of the ASA competitive start award.
6. All swimmers and coaches must follow the Braintree Swimming Centre **Code of Conduct**.

#### **ENTRIES:**

7. Initially entries will be accepted on a first come, first served basis with only one cheque accepted per club. Entries may then be partially declined if the numbers designated for each event are over subscribed.
8. **Entries and payment must have been correctly submitted and received by the 8th March 2010.**
9. No late entries will be accepted after the advertised closing date.

10. Full reimbursement of the entry fee shall be made on the day to unsuccessful entrants via their club.
11. All entries will be £4.00 per event. A coach pass will be £10.00 with food or £5.00 without; a programme of events will be included.
12. Only swimmers and coaches displaying a pass will be allowed poolside. (COACH PASSES WILL NOT BE AVAILABLE ON THE DAY). All applicants for coach passes must be registered on the ASA Child Protection Register.
13. The ASA recommends 1 coach for every 10 swimmers.
14. Entries of 5 or more per club must be made electronically. A SPORTSYTEM entry manager file for the meet can be downloaded from our website [www.hasc.co.uk](http://www.hasc.co.uk), or on request from [alexacox@yahoo.com](mailto:alexacox@yahoo.com). Sport System entry manager 2.0 can be downloaded free via the Sport System website [www.sportsys.co.uk](http://www.sportsys.co.uk). Electronic entries only need to be supported by a summary sheet plus payment.
15. Paper entries must be submitted on a legible and correctly completed entry form. This can be downloaded from our website [www.hasc.co.uk](http://www.hasc.co.uk) and must be received at the published address along with correct payment by the closing date.
16. As soon as possible we will notify you via email of club acceptances/rejections, along with **details of check in**. Clubs should check their swimmer's details and report any mistakes by return.
17. Cheques should be made payable to H.A.S.C and should be sent with a club summary form; please write your club's name on the reverse of the cheque. We will acknowledge receipt of all entries via email.

#### **AGE GROUPS & EVENTS:**

18. Age groups are based on the **SWIMMERS AGE ON DAY OF COMPETITION**.
19. Age groups for both male and female will be 9yrs; 10yrs; 11yrs; 12yrs; 13yrs; 14yrs; 15yrs and 16yrs/over.

#### **ENTRY PROCEDURE:**

20. This meet will be a cardless meet. For each event in that session, swimmers must sign in no later than 15 minutes before warm up starts. No late sign-ins will be accepted.

#### **THE COMPETITION:**

21. Over the top starts will operate where applicable.
22. All events will be heat declared winners for each age group.
23. Awards will be presented to the top 6 places, of each age group per event.

There will also be awards for Top Boy and Top Girl. Points will be awarded as follows, each age group, 1<sup>st</sup> 6pts, 2<sup>nd</sup> 5pts, 3<sup>rd</sup> 4pts etc.

24. Swimmers must report to the marshalling area when indicated. This responsibility lies with the coach/team manager.
25. The referees decision relating to the interpretation of the rules and conditions will be final.

#### **QUALIFYING TIMES:**

26. There are lower and upper qualifying times; please see attached table.
27. Swimmers must be equal to or between the two levels, i.e to have swum equal to or faster than the lower limit but no faster than the upper limit.
28. Heats will be swum with all age groups combined and swimmers seeded by entry time. Some heats may be spearheaded.

#### **SAFETY/SECURITY:**

29. Coaches/Team managers are responsible for swimmers during the warm up and must be supervise their swimmers at all times whilst on poolside.
30. The event organisers and pool management reserve the right to remove any spectator or swimmer from the pool area whose behaviour does not comply with the pool's code of conduct. All swimmers/personnel must abide by the H & S rules of the pool management. **For Health and Safety reasons no bags will be allowed on poolside. Bag storage will be provided.**
31. Stewards will be patrolling both the pool area and changing room area.
32. The promoter reserves the right to refuse admission to any spectator, coach or swimmer.
33. Anything not covered within these rules will be at the discretion of the meet organiser and/or the promoters of the competition i.e. Halstead Amateur Swimming Club.

#### **SESSION TIMES:**

34. To be confirmed once the meet is closed. Provisional warm up times are 08:45am for session 1 and 14:00pm for session 2.

#### **PHOTOGRAPHY:**

35. In line with the recommendations of the ASA Child protection policy, any person wishing to engage in any video, zoom or close range photography must register their details with staff at the spectator's entry desk before carrying out any such photography. A badge will be supplied upon registration, this must be worn at all times.

36. An official photographer may be attending this event, and will be taking photographs periodically throughout the day. If you do not wish your child's photograph to be taken during the event you must advise the promoter on arrival.

**RESULTS:**

37. Results will be displayed throughout the day and on our web site as soon as possible after the meet.

**DATA PROTECTION:**

38. Swimmers entries & results will be stored on computer. We will take receipt of your entries as your consent to store & make public this information.

**FURTHER INFORMATION:**

It is intended that Goggle Box swim wear will be present for all those treats and last minute buys!

There is plenty of free parking!

There are many places to eat within walking distance and fast food outlets are a 5 minute drive away.

Cineworld at Braintree is opposite the pool, more information is available from:

[www.cineworld.co.uk/cinemas/2](http://www.cineworld.co.uk/cinemas/2)

Freeport outlet shopping village is also within walking distance, please see link for information on shopping/cafes and restaurants: [www.freeport-braintree.com](http://www.freeport-braintree.com)

Braintree Swimming Centre has an eight lane pool and fun pool, for more information click the link below:

<http://www.dcleisurecentres.co.uk/Centres/Essex/Braintree+Swimming+Centre/Braintree+Swimming+Centre>

We hope you have an enjoyable event. If you have any feedback we will be very pleased to hear from you please contact Donna on [dsdtdkjwhall@tiscali.co.uk](mailto:dsdtdkjwhall@tiscali.co.uk).