

*Swindon Dolphin ASC*

*(Affiliated to ASA South West Region)*

# Christmas Open Meet

***Level 2 Licensed Meet***

***License No: 2SW181857***

## Link Centre, Swindon 15th & 16th December 2018

### *Anti-wave lane ropes,25m 6 lane deck level pool*

*Electronic Timing*

*Awards for individual events*

 *9, 10/11, 12/13,14/15,16 & ov age groups*

***Age as on 16th December 2018***

COMPETITION RULES

1. This event is a Level 2 Licensed Meet and is therefore subject to lower qualifying times.

1. The competition will be held under ASA Laws & Regulations and ASA Technical Rules of Racing designated by the ASA for entry into County and Regional Competitions and Championships.

1. All entrants must be Category 2 members of an affiliated Club and Amateurs as defined by ASA Law. ASA Registration numbers must be included on the entry form.

1. Lower limit Qualifying Times apply to this competition. The Promoter reserves the right to accept or reject entries on the basis of the Qualifying Times having been achieved. In order for the event to run smoothly entries may be restricted, any entry not accepted due to a restriction on numbers being imposed by the Promoter will have the entry fee refunded in full. There are also consideration times that may be used if there are spaces in events in order to ensure a full meet.

1. Selection of swimmers will be on a fastest swimmer accepted basis for each event as defined in attached programme. Age groups are 9, 10/11, 12/13, 14/15, 16 & Over, ages at 16th December 2018.

1. If events are over-subscribed, the promoter reserves the right to return entries based on fastest swimmers accepted, the slowest swimmers will be rejected.

1. There will be no time trials. Any spare lanes in an event resulting from withdrawals on the day, lanes will remain empty.
2. All swimmers must sign in prior to the commencement of warm up for each session.

 It is the Team Managers responsibility to ensure that their swimmers are signed in.

 All coaches will be asked to verify their swimmers signing in.

Failure to sign in will result in a swimmer not being accepted for that event.

1. Entries confirmed after the start list has been produced will only be accepted at the discretion of the Meet Manager and will be subject to availability of empty lanes in the slowest heats.

1. Start list for each event will be sent directly to the stewards in the marshalling area for distribution to the coaches.

1. Competitors must report to the marshal’s two heats before their own and must remain in the marshalling area until called to compete. For the first event at the start of each session, competitors should report to the marshals at the end of the warm up.

1. Entries will be seeded into heats from submitted times and the slowest heats swum first. All heats will be spearheaded.

1. All events are heat declared winners and awards will be made to the top three places in each of the designated age groups to swimmers who have not exceeded the upper cut-off times. Awards not collected will not be posted.

PROGRAMME OF EVENTS

#### Session 1 Saturday 15th December 12:45 Warm Up 13:30 Start

Event 1 & 2 400m Individual Medley

Event 3 & 4 50m Butterfly

Event 5 & 6 100m Breaststroke

Event 7 & 8 200m Freestyle

#### Session 2 Saturday 15th December 16:30 Warm Up 17:15 Start

Event 9 & 10 100m Backstroke

Event 11 & 12 200m Breaststroke

Event 13 & 14 50m Freestyle

Event 15 & 16 100m Individual Medley

#### Session 3 Sunday 16th December 10:30 Warm Up Start 11:15

Event 17 & 18 400m Freestyle

Event 19 & 20 50m Breaststroke

Event 21 & 22 100m Butterfly

Event 23 & 24 200m Backstroke

#### Session 4 Sunday 16th December 13:30 Warm Up Start 14:15

Event 25 & 26 200m Butterfly

Event 27 & 28 100m Freestyle

Event 29 & 30 50m Backstroke

Event 31 & 32 200 Individual Medley

###  Bridgwater ASC Entry Form

**Swindon Dolphin ASC Link Centre Swindon**

**15th and 16th December 2018**

**Closing Date for Entries: Friday 9th November 2018**

**Full Name (as per ASA Registration) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ASA Number** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Male/Female** \_\_\_\_\_\_\_\_\_\_\_\_

**Date of Birth** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Age at: 16th December 2018 \_\_\_**\_\_\_\_\_\_

**Contact telephone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Number of entries \_\_\_\_\_\_\_\_\_\_\_\_\_\_ @ £6.00 = Sub total \_\_\_\_\_\_\_\_\_\_\_\_**

**Add towards Coach’ poolside passes, number \_\_\_\_\_\_\_\_\_\_ @ £3.00**

**Add additional siblings Number \_\_\_\_\_\_\_\_\_\_ @ £1.50**

**(each only payable once per meet, not per day).**

**TOTAL PAID = £\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **Please see attached meet information for entry rules and qualifying criteria, including qualifying times.**
* **Please complete your entries on the correct dates/sessions below, only enter those races you qualify for and would like to complete in.**
* **All entry information must be completed prior to submission; entries will not be accepted if not completed, THIS IS TO INCLUDE ENTRY TIMES, converted if necessary.**
* **ASA swimmer times if available from licensed meets can be found** [**https://www.swimmingresults.org/individualbest**](https://www.swimmingresults.org/individualbest)
* **Please any questions, please feel free to ask.**
* **My email address is somersetstones@btinternet.com**
* **Please submit entry forms to any committee member or to the email address above and payments to be made by Bank Transfer to**

**Sort Code: 30-99-51, A/C Number: 66194568 by the closing date above**

* **This is a Level 2 Licensed Meet giving qualification to County Championships, Level 1 & L2 Open Meets.**

### Bridgwater ASC Entry Form

**Swindon Dolphin ASC Link Centre Swindon**

**15th and 16th December 2018**

|  |  |  |
| --- | --- | --- |
| No  | Event  | Entry Time  |
|   |  50m Freestyle  |   |
|   | 100m Freestyle  |   |
|   | 200m Freestyle |   |
|   | 400m Freestyle  |   |
|   | 50m Backstroke  |   |
|   | 100m Backstroke |   |
|   | 200m Backstroke  |   |
|   | 50m Breaststroke  |   |
|   | 100m Breaststroke |   |
|   | 200m Breaststroke  |   |
|   | 50m Butterfly  |   |
|   | 100m Butterfly  |   |
|   | 200m Butterfly  |   |
|   | 100m Individual Medley  |   |
|   | 200m Individual Medley  |   |
|   | 400m Individual Medley  |   |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   |   |   | AGES AS AT 16th December 2018 Qualifying Times ALL TIMES ARE SHORT COURSE  |  |   |
| BOYS   | EVENT  |  GIRLS  |  |
| 9 yrs  | 10/11yrs  | 12/13Yrs  | 14/15Yrs  | 16Ov  |   |   |   | 9 yrs  | 10/11 yrs  | 12/13Yrs  | 14/15Yrs  | 16Ov  |  |
|  42.10  |  39.30  |  35.10  |  31.30  |  29.00  |   |  50m Freestyle  |   |  42.60  |  39.90  |  35.70  |  33.30  |  32.00  |
|  1:29.80  |  1:23.00  |  1:15.70  |  1:07.30  |  1:02.60  |   |  100m Freestyle  |   |  1:30.60  |  1:27.60  |  1:16.60  |  1:11.30  |  1:08.70  |
|  3:22.80  |  3:06.00  |  2:44.70  |  2:26.60  |  2:16.30  |   |  200m Freestyle  |   |  3:24.50  |  3:06.80  |  2:44.90  |  2:33.50  |  2:28.00  |
|  7:20.60  |  6:31.80  |  5:46.00  |  5:10.40  |  4:48.70  |   |  400 Freestyle  |   |  7:25.40  |  6:35.70  |  5:43.70  |  5:20.80  |  5:10.20  |
|  48.60  |  45.10  |  40.30  |  35.80  |  32.60  |   |  50m Backstroke  |   |  48.90  |  45.30  |  40.50  |  37.50  |  36.31  |
|  1:39.90  |  1:33.60  |  1:25.20  |  1:15.00  |  1:09.30  |   |  100m Backstroke  |   |  1:45.50  |  1:38.50  |  1:25.30  |  1:19.00  |  1:16.10  |
|  3:43.80  |  3:26.70  |  3:02.60  |  2:41.40  |  2:29.80  |   |  200m Backstroke  |   |  3:46.20  |  3:28.70  |  3:01.70  |  2:49.20  |  2:42.40  |
|  55.10  |  51.30  |  45.10  |  39.60  |  36.40  |   |  50m Breaststroke  |   |  55.90  |  51.70  |  45.40  |  41.80  |  40.30  |
|  1:55.70  |  1:48.50  |  1:36.90  |  1:25.10  |  1:18.40  |   |  100m Breaststroke  |   |  1:59.90  |  1:52.50  |  1:37.30  |  1:28.70  |  1:26.20  |
|  4:17.80  |  3:59.00  |  3:29.20  |  3:03.90  |  2:50.70  |   |  200m Breaststroke  |   |  4:20.00  |  3:59.50  |  3:28.80  |  3:11.50  |  3:05.80  |
|  47.40  |  43.80  |  38.80  |  34.30  |  31.50  |   |  50m Butterfly  |   |  47.90  |  43.90  |  39.10  |  36.10  |  34.70  |
|  1:40.00  |  1:34.50  |  1:24.60  |  1:14.40  |  1:08.80  |   |  100m Butterfly  |   |  1:47.90  |  1:39.30  |  1:24.90  |  1:18.30  |  1:15.80  |
|  4:08.30  |  3:37.30  |  3:06.60  |  2:44.70  |  2:31.70  |   |  200m Butterfly  |   |  4:11.00  |  3:40.00  |  3:06.40  |  2:51.00  |  2:44.80  |
|  1:47.40  |  1:39.60  |  1:28.70  |  1:18.10  |  1:11.80  |   |  100 Individual Medley  |   |  1:48.80  |  1:38.50  |  1:29.10  |  1:22.60  |  1:19.40  |
|  3:49.70  |  3:32.20  |  3:06.80  |  2:45.30  |  2:33.70  |   |  200 Individual Medley  |   |  3:51.60  |  3:32.70  |  3:06.30  |  2:53.10  |  2:47.20  |
|  7:40.00  |  6:59.70  |  6:34.30  |  5:50.30  |  5:25.40  |   |  400 Individual Medley  |   |  7:40.00  |  6:57.30  |  6:32.00  |  6:03.10  |  5:50.50  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   |   |   | AGES AS AT 16th December 2018 Consideration Times ALL TIMES ARE SHORT COURSE  |   |
| BOYS   | EVENT  |  GIRLS  |
| 9 yrs  | 10/11yrs  | 12/13Yrs  | 14/15Yrs  | 16Ov  |   |   |   | 9 yrs  | 10/11 yrs  | 12/13Yrs  | 14/15Yrs  | 16Ov  |  |
|  N/A  |  40.50  |  36.38  |  33.25  |  31.63  |   |  50m Freestyle  |   |  N/A  |  41.00  |  37.38  |  35.63  |  34.88  |
|  N/A  |  1:28.25  |  1:18.13  |  1:11.25  |  1:08.00  |   |  100m Freestyle (10 & Over)  |   |  N/A  |  1:30.13  |  1:19.63  |  1:16.13  |  1:14.38  |
|  N/A  |  3:17.99  |  2:56.28  |  2:40.94  |  2:33.79  |   |  200m Freestyle  |   |  N/A  |  3:19.03  |  2:57.97  |  2:50.17  |  2:46.40  |
|  N/A  |  N/A  |  N/A  |  N/A  |  N/A  |   |  400 Freestyle  |   |  N/A  |  N/A  |  N/A  |  N/A  |  N/A  |
|  N/A  |  46.75  |  42.00  |  38.13  |  35.63  |   |  50m Backstroke  |   |  N/A  |  46.75  |  42.38  |  40.13  |  39.25  |
|  N/A  |  1:41.75  |  1:28.63  |  1:19.75  |  1:15.63  |   |  100m Backstroke (10 & Over)  |   |  N/A  |  1:41.75  |  1:29.00  |  1:24.50  |  1:22.63  |
|  N/A  |  3:42.04  |  3:16.56  |  2:57.97  |  2:49.52  |   |  200m Backstroke  |   |  N/A  |  3:43.86  |  3:16.69  |  3:07.98  |  3:03.04  |
|  N/A  |  53.13  |  46.88  |  42.13  |  39.63  |   |  50m Breaststroke  |   |  N/A  |  53.38  |  47.50  |  44.75  |  43.75  |
|  N/A  |  1:56.00  |  1:40.63  |  1:30.25  |  1:25.25  |   |  100m Breaststroke (10 & Over)  |   |  N/A  |  1:56.63  |  1:41.63  |  1:34.75  |  1:33.50  |
|  N/A  |  4:17.53  |  3:45.68  |  3:22.93  |  3:13.11  |   |  200m Breaststroke  |   |  N/A  |  4:17.79  |  3:46.59  |  3:32.81  |  3:29.82  |
|  N/A  |  45.50  |  40.38  |  36.50  |  34.50  |   |  50m Butterfly  |   |  N/A  |  45.38  |  40.88  |  38.75  |  37.88  |
|  N/A  |  1:43.25  |  1:28.00  |  1:19.00  |  1:15.00  |   |  100m Butterfly (10 & Over)  |   |  N/A  |  1:43.13  |  1:28.75  |  1:23.75  |  1:22.50  |
|  N/A  |  3:55.04  |  3:21.63  |  3:01.87  |  2:51.73  |   |  200m Butterfly  |   |  N/A  |  3:58.03  |  3:22.54  |  3:10.33  |  3:06.03  |
|  N/A  |  1:43.00  |  1:32.38  |  1:23.13  |  1:18.38  |   |  100 Individual Medley  |   |  N/A  |  1:41.00  |  1:32.88  |  1:28.50  |  1:26.13  |
|  N/A  |  3:47.37  |  3:20.46  |  3:01.87  |  2:53.81  |   |  200 Individual Medley  |   |  N/A  |  3:47.24  |  3:21.11  |  3:12.01  |  3:08.37  |
|  N/A  |  N/A  |  N/A  |  N/A  |  N/A  |   |  400 Individual Medley  |   |  N/A  |  N/A  |  N/A  |  N/A  |  N/A  |