

**Bridgwater ASC Entry Form**  
**Plymouth Leander Winter National Qualifier Level 2/3**  
**Short Course Open Meet 16<sup>th</sup> & 17<sup>th</sup> November 2019**  
**Plymouth Life Centre**

**Closing Date for Entries Friday 4<sup>th</sup> October 2019**

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

ASA Number \_\_\_\_\_ DOB \_\_\_\_\_ Age at: 17 /11/19 \_\_\_\_\_

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

PLEASE WRITE CLEARLY

Number of entries \_\_\_\_\_ @ £8.00 \_\_\_\_\_

Add £3.00 towards Coach' poolside passes TOTAL PAID £ \_\_\_\_\_

£1.50 for additional siblings (each only payable once per meet, not per day).

Example 2 entries @ £8.00 = £16.00 + £3.00 (coach's pass) = £19.00

- 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>
- Any questions, please feel free to ask.
- My email address is [somersetstones@btinternet.com](mailto: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30-99-51, A/C Number: 66194568 payment must be received within 48hrs after submitting your form or your entry maybe withdrawn.
- This is a Level 2 Licensed Meet giving qualification to County Championships, Level 1 & L2 Open Meets.

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**Plymouth Life Centre**

NAME \_\_\_\_\_

**SATURDAY 16<sup>th</sup> November 2019**

Session 1 – Warm Up 12.30pm Start time 1.15pm				Session 2 Start time TBC		
EVENT #	EVENT	ENTRY TIME		EVENT #	EVENT	
EVENT 101	400m Freestyle Boys 9yrs+			EVENT 201	100m Backstroke Girls 9 years+	
EVENT 102	200m Breaststroke Girls 9 years+			EVENT 202	100m Breaststroke Boys 9 years+	
Event 103	200m Backstroke Boys 9 years+			EVENT 203	50m Breaststroke Girls 9 years+	
Event 104	100m Freestyle Girls 9 years+			EVENT 204	50m Backstroke Boys 9 years+	
Event 105	100m Butterfly Boys 9 Years+			Event 205	400m IM Girls/Boys 11 years+	
Event 106	50m Butterfly Girls 9 years+			EVENT 206	200m Freestyle Girls 9 years+	
Event 107	50m Freestyle Boys 9 years+			Event 207	100m IM Boys 9 years+	
Event 108	800m Freestyle Boys/Girls 11yrs+			Event 208	100m IM Girls 9 years+	

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NAME \_\_\_\_\_

**SUNDAY 17<sup>th</sup> November 2019**

Session 3 warm up 11.30pm Start time 12.15pm				Session 4 – Warm up TBC Start time TBC		
EVENT #	EVENT	ENTRY TIME		EVENT #	EVENT	
EVENT 301	400m Freestyle Girls 9 years+			EVENT 401	100m Backstroke Boys 9 years+	
EVENT 302	200m Breaststroke Boys 9 years+			EVENT 402	100m Breaststroke Girls 9 years+	
Event 303	200m Backstroke Girls 9 years+			EVENT 403	50m Breaststroke Boys 9 years+	
Event 304	100m Freestyle Boys 9 years+			EVENT 404	50m Backstroke Girls 9 years+	
Event 305	100m Butterfly Girls 9 years+			Event 405	200m Butterfly Boys/Girls 9 years+	
Event 306	50m Butterfly Boys 9 years+			EVENT 406	200m Freestyle Boys 9 years+	
Event 307	50m Freestyle Girls 9 years+			Event 407	200m IM Girls 9 years+	
Event 308	1500m Freestyle Boys/Girls 11 years+			Event 408	200m IM Boys 9 years+	

## **Meet Conditions**

**This is a Dual Level 2 Licensed Meet for Entry into National & Regional Level Competitions and Level 3 for entry into County Level Championships.**

1. The event will be held at Plymouth Life Centre (25m pool) on Saturday 16<sup>th</sup> – Sunday 17th November 2019
2. The event will be held under ASA Laws and Regulations and ASA Technical Rules of Racing. All British swimmers must be registered ASA members of an ASA affiliated club and amateurs as defined by ASA Law.
3. The Meet will be run under Level 2 conditions.
4. Competitor's age groups shall be defined as at 17th November 2019, competitors must be at least 9 years old by the last day of the event
5. A competitor may enter all events (subject to Condition 6) in his/her age group;- 9yrs, 10/11yrs, 12/13 yrs; 14/15 yrs, 16yrs & Over.
6. 9 & 10 year old competitors may NOT swim 400m IM, 800m or 1500m free.
7. For entry to this Meet into L2, times will only be accepted with actual times from British Rankings. All submitted entry times must either be: i) Times achieved in a 25m pool ii) Times which have been converted to a

25m pool time (Meet Qualification times have been set at minimum Level 2 accepted times by British Swimming)

8. Swimmers who enter will be placed in a Heat appropriate to their entry time within the conditions of the Level 2 Qualifying criteria, or Level 3 if they don't meet the Qualifying time -adhering to Conditions 5 and 6.

9. Disability swimmers may enter and will be placed in a Heat appropriate to their entry time within the conditions of the Level 2 Qualifying criteria, adhering to Conditions 5 and 6. There will be no separate Para-qualifying times.

10. All events are Heat Declared winners awarded separately for Level 2 & Level 3 Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded.

11. Entries of 5 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration. 12. Clubs are responsible for their swimmers entries if after publication of accepted entries or the programme a Club notes an error on an entry from their submission, the Promoter cannot guarantee that the swimmer will then be able to swim the preferred event or in an appropriate heat.

13. If events are under-subscribed acceptance of additional entries will be at the Promoters discretion. These will be offered after the competition's closing date for entry. However, these competitors must still enter within the stated qualification times and will be accepted on the basis of the fastest entries first rule, by age group.

14. A system of Deck Entries will operate however extra swims will be slotted into empty lanes if space is available and the events will not be

re-seeded. The Deck entries must meet the conditions of the Meet, including point 5 and 6 and must be in by the beginning of the warm up of each session. Cost of Late or Deck Entries will be £8.50 per event.

15. If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted on the basis of times submitted to enable the competition to meet ASA licensing requirements. Any deletions made will be slowest first and proportionate and will endeavour to ensure an equal balance of swimmers across the age groups and events.

16. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times could result in the athlete being scratched from the specific race(s) affected without refund of fees.

17. No refunds for entries will be given after the publication of the Accepted Entries, except in the case of: • a swimmer being subsequently selected to swim for their country on the same day • the production of a Doctor's note confirming the athlete is unfit to compete. ☐ Notification of withdrawals before publication of Accepted Entries will receive a 50% refund

18. Plymouth Leander Swimming uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Bill 2018 (GDPR), to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet. All Personal Data will be retained in a confidential manner and access to such Data will be restricted by the Meet Promoter and limited to only those operating the Meet Software in order to process results. All supporting paper

entry details will be destroyed within 3 months of the completion of the Meet results. Further information on Plymouth Leander Swimming Association Data Protection and GDPR compliance and policy can be requested by contacting the Club Data Protection Officer, Andy Hutchinson.

19. Competitors must report to the stewards in the marshalling area at least two events prior to their own where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event, and their lane space offered to a reserve swimmer.

20. On acceptance of entries, the swimmer and any supporters agree that their behaviour will be of an appropriate and respectful manner, abiding by the rules of the competition and venue. Failure to do so could result in removal from the meet.

21. Swimmers, coaches and volunteers must not change poolside or in the spectator area and should use the facilities provided in the changing village. Failure to do so could result in sanctions for the offender or their Club.

22. The promoters do not accept responsibility for any property. Lockers are available in the changing village or main corridor and should be used for the safe keeping of all belongings. The Life Centre operators, Everyone Active and Plymouth Leander SC accept no responsibility for accidents around the pool.

23. Safeguarding: Plymouth Leander follow ASA Wavepower 2016-2019 guidelines.

24. To support all visiting, local and club swimmers as well as Child Safe Guarding criteria Plymouth Leander reserves the right to designate seating within the viewing balcony for swimmer use, visitors and parents are kindly requested not to occupy designated seating.

25. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter. Competitors are reminded that sensible footwear should be worn when off the pool deck at all times.

26. All Clubs will be permitted to purchase up to 3 Coach Passes per Club (regardless of entrant numbers) and one additional Coach Pass per 10 athletes over 30 swimmers. Coach Passes will not be sold on the day. Admission to pool deck will be refused to non-pass holders.

27. Any swimmer unable to execute a safe dive from the starting blocks into shallow water, are reminded that they should start from the side of the pool.

28. The swim down pool will be operated at a depth of 1.5 meters to ensure the safety of swimmers during cool down, diving is strictly prohibited in the swim down pool.

29. The referee's decision is final.



### **FEMALE L2 QUALIFYING TIMES (slower than L2 will be entered into L3)**

AGE	9	10	11	12	13	14	15	16+
50M Free	41.00	41.00	38.75	37.25	35.25	33.95	31.75	30.95
100M Free	1:22.00	1:22.00	1:19.00	1:17.95	1:15.25	1:10.00	1:08.55	1:07.00
200M Free	3:10.00	3:10.00	3:06.00	2:57.75	2:43.50	2:37.00	2:29.00	2:27.15
400M Free	6:25.00	6:25.00	6:18.00	6:08.25	5:44.25	5:26.10	5:17.15	5:12.00
800M Free	NA	NA	12:45.00	12:35.00	12:25.25	11:43.35	11:30.50	11:01.35
1500M Free	NA	NA	23:55.00	23:35.00	23:05.00	23:03.75	21:05.00	20:45.00
50M Breast	52.25	52.25	50.25	48.95	47.25	44.25	43.45	42.98
100M Breast	1:50.00	1:50.00	1:47.50	1:44.17	1:40.00	1:35.50	1:34.00	1:32.25
200M Breast	4:02.00	4:02.00	3:53.00	3:46.00	3:32.00	3:22.00	3:17.00	3:12.85
50M Fly	50.00	50.00	48.5	46.96	43.25	42.45	37.55	35.25
100M Fly	1:50.00	1:50.00	1:48.00	1:45.45	1:38.25	1:28.10	1:25.95	1:24.75
200M Fly	4:30.00	4:30.00	4:20.00	4:09.00	3:38.55	3:29.39	3:07.25	2:57.00
50M Back	46.00	46.00	44.00	42.00	39.55	38.50	37.98	36.95
100M Back	1:42.00	1:42.00	1:37.50	1:32.50	1:26.95	1:20.15	1:19.25	1:18.00
200M Back	3:46.00	3:46.00	3:40.00	3:34.55	3:07.15	2:54.95	2:51.00	2:46.13
100M IM	1:44.50	1:44.50	1:40.50	1:36.75	1:28.15	1:22.09	1:20.15	1:18.00
200M IM	3:45.00	3:45.00	3:39.00	3:29.95	3:07.75	2:57.25	2:50.00	2:48.35
400M IM	NA	NA	6:30.00	6:25.00	6:18.52	6:12.00	6:05.22	5:58.55

### **MALE L2 QUALIFYING TIMES (slower than L2 will be entered into L3)**

AGE	9	10	11	12	13	14	15	16+
50M Free	41.00	41.00	38.75	36.5	34.25	33.25	31.2	29.50
100M Free	1:22.00	1:22.00	1:19.00	1:17.25	1:14.50	1:10.25	1:06.75	1:02.05
200M Free	3:10.00	3:10.00	3:06.00	2:59.75	2:45.65	2:34.15	2:24.00	2:20.15
400M Free	6:25.00	6:25.00	6:18.00	6:03.25	5:40.25	5:25.00	4:58.36	4:52.25
800M Free	NA	NA	12:45.00	12:35.00	12:25.25	11:43.35	11:30.50	11:01.35
1500M Free	NA	NA	23:55.00	23:35.00	23:05.00	23:03.75	21:05.00	20:45.00
50M Breast	52.25	52.25	50.25	49.75	47.45	45.25	42.35	40.33
100M Breast	1:50.00	1:50.00	1:47.50	1:45.95	1:44.25	1:36.95	1:29.25	1:26.00
200M Breast	4:02.00	4:02.00	3:53.00	3:47.95	3:35.00	3:21.25	3:08.10	3:03.25
50M Fly	50.00	50.00	48.50	45.25	42.55	41.75	37.10	34.25
100M Fly	1:50.00	1:50.00	1:48.00	1:42.15	1:41.55	1:34.50	1:25.25	1:19.10

200M Fly	4:30.00	4:30.00	4:20.00	4:09.00	3:48.50	3:36.15	3:20.25	2:58.98
50M Back	46.00	46.00	44.00	43.35	42.75	40.95	36.75	35.45
100M Back	1:42.00	1:42.00	1:37.50	1:29.95	1:25.50	1:21.65	1:17.00	1:15.98
200M Back	3:46.00	3:46.00	3:40.00	3:20.25	3:08.25	2:59.25	2:40.75	2:35.75
100M IM	1:44.50	1:44.50	1:40.50	1:38.75	1:27.75	1:20.92	1:14.64	1:12.89
200M IM	3:45.00	3:45.00	3:39.00	3:30.25	3:07.95	2:59.15	2:47.35	2:37.25
400M IM	NA	NA	6:32.00	6:27.00	6:21.98	6:05.45	5:50.47	5:32.85