



West Dorset Swimming Club  
Invites you to its annual  
**Licensed Level 3 (3SW192880)**

## **December Open Meet**

On

**Saturday 7th December 2019 2.00pm &  
Sunday 8th December 2019 9.00am**

At

**Dorchester Sports Centre,  
Coburg Road,  
Dorchester, Dorset**

**Bridgwater ASC Entry Form**  
**West Dorset Swimming Club Level 3 Open Meet**  
**7<sup>th</sup> and 8<sup>th</sup> December 2019**  
**Dorchester Sports Centre Coburg Road Dorchester Dorset**

**Closing Date for Entries Friday 1<sup>st</sup> November 2019**

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

ASA Number \_\_\_\_\_ DOB \_\_\_\_\_ Age at: 08/12/19 \_\_\_\_\_

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

Please state any medical condition that the Coach and Team Manager need to be aware of;

\_\_\_\_\_

Entry fee £6.00 per event + add £3.00 towards Coach' poolside passes Number of events \_\_\_\_\_ total paid £ \_\_\_\_\_  
£1.50 for additional siblings (each only payable once per meet, not per day).

- 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; THIS IS TO INCLUDE ENTRY TIMES, converted if necessary.
- ASA swimmer times if available from licensed meets can be found at <https://www.swimmingresults.org/individualbest>
- 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Code: 30-99-51, A/C Number: 66194568 payment must be received within 48hrs of submitting the form or your entry maybe withdrawn.  
This is a Level 3 Licensed Meet giving qualification to County Championships, Level 1 & L2 Open Meets, any questions please ask.

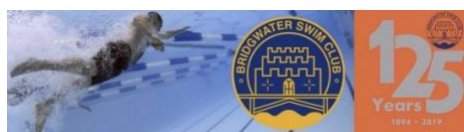


**Bridgwater ASC Entry Form**  
**West Dorset Swimming Club Level 3 Open Meet**  
**7<sup>th</sup> and 8<sup>th</sup> December 2019**  
**Dorchester Sports Centre Coburg Road Dorchester Dorset**

NAME \_\_\_\_\_

**SATURDAY 7<sup>th</sup> December 2019**

Session 1 – Warm Up 14.00-14.45 Girls/Boys Start time 14.50 Finish time TBC				Session 2 – Warm up TBC Girls/Boys Start time TBC Finish time TBC		
EVENT #	EVENT	ENTRY TIME		EVENT #	EVENT	
EVENT 1	400m Freestyle Boys			EVENT 6	100m Breaststroke Girls	
EVENT 2	200m Freestyle Girls			EVENT 7	100m Backstroke Boys	
Event 3	50m Fly Boys			EVENT 8	200m Backstroke Girls	
Event 4	50m Backstroke Girls			EVENT 9	50m Breaststroke Boys	
Event 5	200m Breaststroke Boys			Event 10	50m Freestyle Girls	



NAME \_\_\_\_\_

**SUNDAY 8<sup>th</sup> December 2019**

Session 3– Warm Up 9.10-9.55am Girls/Boys Start time 10.00 Finish time TBC				Session 4 – Warm up TBC Girls/Boys Start time TBC Finish time TBC		
EVENT #	EVENT	ENTRY TIME		EVENT #	EVENT	
EVENT 11	400m Freestyle Girls			EVENT 17	100m Butterfly Girls	
EVENT 12	200m Butterfly Boys			EVENT 18	50m Backstroke Boys	
Event 13	50m Butterfly Girls			EVENT 19	200m Breaststroke Girls	
Event 14	100m Freestyle Boys			EVENT 20	200m Freestyle Boys	
Event 15	100m IM Girls			Event 21	100m Backstroke Girls	
Event 16	100m Breaststroke Boys			EVENT 22	100m Butterfly Boys	
<b>Session 5 warm up tbc</b>						
Event 23	200m Butterfly Girls					
Event 24	200m Backstroke Boys					
Event 25	100m Freestyle Girls					
Event 26	100m IM Boys					
Event 27	50m Breaststroke Girls					
Event 28	50m Freestyle Boys					

Qualifying Times (Upper Cut Off) MALE			Qualification				Age		
EVENT		9	10	11	12	13	14	15	OPEN
50m Freestyle	Upper Cut off	36.00	33.50	31.10	29.50	27.25	26.30	25.50	24.15
100m Freestyle	Upper Cut off	1.19.00	1.13.00	1.08.40	1.04.40	1.01.10	58.50	56.00	53.50
200m Freestyle	Upper Cut off	2.50.00	2.42.00	2.29.20	2.22.20	2.15.40	2.08.20	2.04.50	1.59.50
400m Freestyle	Upper Cut off	5.50.00	5.35.00	5.13.83	4.52.41	4.38.68	4.25.97	4.21.80	4.10.00
50m Backstroke	Upper Cut off	41.50	38.50	36.00	34.10	32.50	30.30	29.60	28.50
100m Backstroke	Upper Cut off	1.27.80	1.24.00	1.18.00	1.14.40	1.10.50	1.05.80	1.02.80	59.70
200m Backstroke	Upper Cut off	3.00.00	2.53.00	2.46.60	2.38.60	2.29.70	2.22.30	2.16.40	2.09.20
50m Breaststroke	Upper Cut off	46.00	44.00	42.80	39.50	37.50	35.70	32.70	31.30
100m Breaststroke	Upper Cut off	1.40.00	1.35.00	1.30.80	1.25.80	1.20.50	1.17.20	1.12.20	1.09.20
200m Breaststroke	Upper Cut off	3.30.00	3.20.00	3.15.60	3.07.60	2.57.50	2.45.20	2.39.80	2.28.90
50m Butterfly	Upper Cut off	40.00	38.00	35.10	32.80	31.00	29.50	28.15	27.20
100m Butterfly	Upper Cut off	1.38.00	1.27.90	1.22.40	1.15.90	1.10.80	1.07.80	1.03.60	59.50
200m Butterfly	Upper Cut off	3.15.00	3.08.00	3.00.15	2.55.15	2.45.80	2.35.50	2.26.70	2.15.10
100m Individual Medley	Upper Cut off	1.32.00	1.23.18	1.17.16	1.12.13	1.07.44	1.04.14	1.02.55	1.00.55
FEMALE			Qualification				Age		
EVENT		9	10	11	12	13	14	15	OPEN
50m Freestyle	Upper Cut off	36.00	34.50	31.60	30.24	29.25	28.35	28.12	27.50
100m Freestyle	Upper Cut off	1.19.00	1.14.30	1.09.50	1.05.55	1.02.80	1.00.80	59.50	58.00
200m Freestyle	Upper Cut off	2.50.00	2.42.00	2.30.75	2.23.70	2.17.40	2.11.20	2.07.80	2.05.00
400m Freestyle	Upper Cut off	5.50.00	5.35.00	5.15.56	4.54.26	4.44.12	4.37.11	4.32.89	4.24.63
50m Backstroke	Upper Cut off	41.50	39.50	36.10	34.50	32.50	31.50	31.00	30.00
100m Backstroke	Upper Cut off	1.27.80	1.24.00	1.18.50	1.15.80	1.10.80	1.08.20	1.07.40	1.04.20
200m Backstroke	Upper Cut off	2.58.00	2.53.00	2.46.60	2.40.60	2.30.80	2.26.70	2.23.10	2.18.30
50m Breaststroke	Upper Cut off	46.00	44.00	42.90	39.70	37.70	35.85	35.00	34.10
100m Breaststroke	Upper Cut off	1.40.00	1.36.00	1.32.80	1.27.10	1.22.00	1.17.90	1.15.20	1.13.90
200m Breaststroke	Upper Cut off	3.30.00	3.20.00	3.15.60	3.10.10	3.00.70	2.50.60	2.45.00	2.40.00
50m Butterfly	Upper Cut off	40.00	38.00	35.00	33.50	32.50	31.00	30.00	29.00
100m Butterfly	Upper Cut off	1.38.00	1.27.90	1.22.65	1.18.00	1.12.60	1.08.20	1.04.00	1.02.00
200m Butterfly	Upper Cut off	3.15.00	3.10.00	3.02.00	2.59.00	2.52.80	2.46.50	2.33.40	2.27.70
100m Individual Medley	Upper Cut off	1.34.00	1.25.18	1.19.95	1.14.30	1.11.42	1.09.84	1.09.03	1.06.34

## PROMOTORS CONDITIONS

1. The event will be held at Dorchester Sports Centre on Saturday 7 & Sunday 8 December 2019
2. The event will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing
3. Competitors' ages shall be age as at 8 December 2019
4. Entries may only be accepted from competitors registered as members of ASA, WASA & SASA or registered with their governing body
5. Entry fees will be refunded if for any reason the entry is not accepted.
6. Clubs should submit entries via the Hy-Tek file
7. Coaches' passes must be applied for at the cost of £20.00 per pass covering the whole weekend. Only holders of these passes will be allowed on poolside.
8. Age groups are as follows; 9, 10, 11, 12, 13, 14, 15 and open.
9. Awards will be made to 1st, 2nd and 3rd in age groups. Points will be given to the six top-placed swimmers in each age group of each event – i.e. 1st place = 6 points, 2nd place = 5 points etc. These points will accumulate as the competition progresses with awards being presented at the end of the competition to:  
☐ Best Girl, Best Boy & Best WDSC swimmer
10. There will be 5 sessions as per the programme.
11. Secondary registration is not required however it would be appreciated if coaches could inform the promoter in advance if they are aware that swimmers will not be attending so that we can avoid empty lanes.
12. Over the top starts may be used at the discretion of the referee.
13. The pool is 25m long, has anti-wave ropes and electronic timing will be in operation.
14. Admission (per day) for spectators will be £5.00 for adults, children under 16 free. Programmes priced at £2 covering the whole weekend
15. Swim meet entries and results will be managed on a computer. By submitting entries consent is given, as required, under the Data Protection Act 1998 to the holding of personal information on a computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.
16. The promoters reserve the right to alter the schedule if circumstances demand.

- 17 Video Recording/Photography/Mobile Telephones. In line with ASA guidance, Parents and Carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.
- Data Protection. With the submission of entry details, consent is deemed to have been given, as required of the Data Protection Act, to the holding, and distribution as necessary, of personal information on computer to enable the running of the Meet.
- Link to the ASA Wavepower site for info: <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>
- 18 An official event photographer invited by the promoter may be in attendance. If you do not wish your child to be photographed, please advise the registration desk.
- 19 There will be a swim shop, raffle and tombola. As only very limited refreshments are available from vending machines at this venue we would advise swimmers and spectators to bring food and drink with them.
- 20 All competitors are to observe all safety announcements and conduct themselves in an appropriate manner at all times.
- 21 The referee reserves the right to alter or amend any of the above conditions on the day to ensure the smooth running of the gala as required. Any situation not covered by the above Rules and Conditions will be handled at the discretion of the promoter. The referee's decision shall be final.
- 22 Warm up protocol will be issued to coaches on poolside.
- 23 Only competitors, coaches, officials and event helpers will be permitted on poolside.
24. The promoter reserves the right to refuse admission to any competitor or spectator eg for bad behaviour
- 25 The promoter does not accept responsibility for any property. Lockers are available in the changing rooms.
- 26 Results will be available from the [www.swimwestdorset.org.uk](http://www.swimwestdorset.org.uk) website shortly after the event.
- 27 Competitors may start from the side of the pool or in the water if unable to execute a safe dive into the pool.
- 28 Any withdrawals on the day may be filled from West Dorset Swimming Club reserves who meet the qualifying/consideration times for that event. These swims will be Time Trials only, and will not be eligible for any awards/points.
- 29 The meet will not exceed 7.5 hours in total of racing time per day (excludes warm ups)
- 30 A secondary strobe is NOT available for this meet

