



# *Swindon Dolphin ASC*

*(Affiliated to ASA South West Region)*

## ***End of Season Meet***

***Level 3 Licensed Meet***

***License No: 3SW3337***

***Link Centre, Swindon  
20<sup>th</sup> & 21<sup>st</sup> July 2013***

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

*Awards for individual events and individual age groups  
9, 10, 11/12, 13/14, 15/16, 17 & ov age groups*

***Age as on 21<sup>st</sup> July 2013***

***FOR FURTHER DETAILS CONTACT***

***Jacky Gardo on 01793 481615***

or [\*\*Competition@swindondolphin.co.uk\*\*](mailto:Competition@swindondolphin.co.uk)

***Swindon Dolphin Level 3 Licensed Open Meet***

***(Under ASA law and ASA technical rules)***

*20<sup>th</sup> & 21<sup>st</sup> July 2013*

COMPETITION RULES

1. This event is a Level 3 Licensed Meet and is therefore subject to upper cut-off times.
2. The competition will be held under ASA Law and Technical Rules and is designated by the ASA for entry into County and Regional Competitions and Championships.
3. All entrants must be members of an affiliated Club and Amateurs as defined by ASA Law. ASA Registration numbers must be included on the entry form.
4. The promoter will limit the number of entries should the events be oversubscribed; the slowest entries in each of the relevant events & grades will be rejected. Strictly no refunds on accepted entries.  
There will be no time trials. Any spare lanes in an event resulting from withdrawals on the day, lanes will remain empty.
5. 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.
6. Start list for each event will be sent directly to the stewards in the marshalling area for distribution to the coaches.
7. 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.
8. Entries will be seeded into heats from submitted times and the slowest heats swum first. The fastest heat in each event will be spearheaded.
9. 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.
10. Swimmers achieving a time faster than the published upper cut-off time will not be included in the published results list but will receive a certificate with a record of the time achieved.

## COMPETITION CONDITIONS

1. Entries should be returned on the attached forms with the appropriate fee to the promoter at the address below.
2. The entry fee is £4.50 per event. Coach passes are £10 each.
3. The correct entry fee must accompany the entries or they will be treated as incorrect.
4. No other form of entry will be accepted and no entries will be accepted after the advertised closing date of 22<sup>nd</sup> June 2013.
5. The promoter reserves the right to refuse or restrict entries as required to meet ASA conditions of meet designation.
6. Only competitors, officials and holders of a valid coaches pass will be permitted on poolside. All coaches and chaperones must have relevant accreditation and be registered on the child protection database.
7. During warm up, swimmers must be supervised by their coach.
8. A warm up Protocol will be issued with each coaches information pack and coaches are required to ensure that their swimmers adhere to the warm up procedure as outlined in the protocol or they may be requested to leave the pool.
9. All competitors are required to observe all safety announcements and conduct themselves in an appropriate manner at all times.
10. All participants must observe the safety precautions in operation at the Link Centre.
11. The use of photographic equipment is prohibited unless the user first registers with the help desk on entry. Users of photographic equipment will be expected to provide proof of identity and will be issued with ID that must be visible at all times. Photographic equipment includes cameras, camcorders and mobile phones with photo capability.
12. The promoter reserves the right to alter or amend any of the above conditions as required. Any situation not covered by the above conditions or the rules will be handled at the discretion of the promoter. The promoters decision shall be final.
13. By submitting entries, consent is thereby given as required by the data protection act 1998 to the holding of personal information on computer.
14. Neither the promoter nor Swindon Dolphin ASC will be responsible for any loss or damage occurring during the meet.

PROMOTER AND MEET MANAGER: Jacky Gardo. Swindon Dolphin ASC

15 Bowood Road, Swindon, SN1 4LP

## PROGRAMME OF EVENTS

### Session 1 Saturday 20<sup>th</sup> July 11:30 Warm Up 12:15 Start

Event 1 & 2	400m Individual Medley
Event 3 & 4	50m Backstroke
Event 5 & 6	100m Butterfly (10 and over)
Event 7 & 8	200m Freestyle

### Session 2 Saturday 20<sup>th</sup> July 15:30 Warm Up TBC 16:15 Start

Event 9 & 10	100m Backstroke (10 and over)
Event 11 & 12	200m Breaststroke
Event 13 & 14	50m Freestyle
Event 15 & 16	100m Individual Medley

### Session 3 Sunday 21<sup>st</sup> July 10:30 Warm Up Start 11:15

Event 17 & 18	400m Freestyle
Event 19 & 20	50m Butterfly
Event 21 & 22	100m Breaststroke (10 and over)
Event 23 & 24	200m Backstroke

### Session 4 Sunday 21<sup>st</sup> July 14:30 Warm Up TBC 15:15 Start

Event 25 & 26	200m Butterfly
Event 27 & 28	100m Freestyle (10 and over)
Event 29 & 30	50m Breaststroke
Event 31 & 32	200 Individual Medley

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*End of Season Meet*  
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(License No: 3SW3337)

# Entry Form

- One entry form per swimmer
- Ages at 21<sup>st</sup> July 2013
- Closing date for entries 22<sup>nd</sup> June 2013
- Entry fees £4.50 per event

Surname

Forename

Date of birth

ASA No.

Club

No	Event	Entry Time
	50m Freestyle	
	100 Freestyle – 10 & over only	
	200m Freestyle	
	400 Freestyle	
	50m Backstroke	
	100m Backstroke – 10 & over only	
	200m Backstroke	
	50m Breaststroke	
	100m Breaststroke – 10 & over only	
	200m Breaststroke	
	50m Butterfly	
	100m Butterfly – 10 & over only	
	200m Butterfly	
	100m Individual Medley	
	200m Individual Medley	
	400m Individual Medley	

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# Club Summary

- One entry form per swimmer
- Ages at 21<sup>st</sup> July 2013
- Closing date for entries 22<sup>nd</sup> June 2013
- Entry fees £4.50 per event

Club.....

## Entry fees:

Male entries ..... @ £4.50 per event = £

Female entries ..... @ £4.50 per event = £

## Coach passes:

Meet pass (no lunch provided) ..... @ £10 each = £

## TOTAL:

(Please make cheques payable to Swindon Dolphin ASC)

Contact name (print)

Address

Tel (daytime) ..... (evenings).....

Email address:

I certify that all information and stated entry times are correct .....(Signature)

**Entries to: Jacky Gardo, 15 Bowood Road, Swindon, SN1 4LP.**

NO FASTER THAN TIMES BELOW

		AGES AS AT 21 <sup>st</sup> July 2012						ALL TIMES ARE SHORT COURSE						
		BOYS				EVENT		GIRLS						
9 yrs	10 yrs	11/12Yrs	13/14Yrs	15/16	17Ov			9 yrs	10 yrs	11/12Yrs	13/14Yrs	15/16	17/Ov	
35.30	32.70	29.40	28.00	27.50	27.00		50m Freestyle	35.70	33.20	31.20	30.80	29.30	29.20	
N/A	1:11.40	1:04.50	1:00.50	57.90	57.40		100m Freestyle (10 & Over)	N/A	1:12.90	1:05.40	1:03.50	1:02.10	1:01.10	
2:49.70	2:34.00	2:17.10	2:08.10	2:05.40	2:00.40		200m Freestyle	2:51.40	2:34.80	2:21.40	2:15.10	2:12.20	2:10.40	
6:09.60	5:24.20	4:55.30	4:44.60	4:22.70	4:19.70		400 Freestyle	6:16.30	5:28.50	4:57.80	4:45.80	4:41.80	4:36.30	
41.00	37.80	34.50	31.80	30.70	29.60		50m Backstroke	41.20	37.80	35.20	33.40	32.70	32.60	
N/A	1:22.20	1:14.60	1:07.40	1:04.00	1:03.10		100m Backstroke (10 & Over)	N/A	1:22.30	1:16.90	1:13.30	1:10.70	1:09.50	
3:08.40	2:52.50	2:36.80	2:27.30	2:20.60	2:15.40		200m Backstroke	3:10.40	2:54.00	2:38.00	2:32.00	2:28.10	2:27.00	
46.50	43.00	37.90	35.10	33.40	32.00		50m Breaststroke	47.30	43.20	38.40	36.70	36.30	35.70	
N/A	1:35.90	1:24.30	1:14.90	1:11.80	1:10.50		100m Breaststroke (10 & Over)	N/A	1:34.30	1:24.20	1:19.50	1:18.50	1:17.45	
3:37.40	3:20.30	2:58.50	2:40.60	2:36.10	2:32.50		200m Breaststroke	3:39.80	3:20.40	2:59.30	2:55.30	2:47.80	2:46.75	
40.10	36.80	32.70	29.50	27.80	27.30		50m Butterfly	40.60	36.70	33.10	31.30	30.50	30.50	
N/A	1:23.50	1:13.10	1:07.80	1:02.50	60.40		100m Butterfly (10 & Over)	N/A	1:23.30	1:13.80	1:09.70	1:07.50	1:07.35	
3:32.00	3:02.70	2:42.70	2:25.30	2:16.20	2:14.00		200m Butterfly	3:35.10	3:05.10	2:42.40	2:33.80	2:29.50	2:28.00	
1:30.50	1:23.30	1:14.70	1:07.10	1:03.30	1:02.50		100 Individual Medley	1:31.60	1:21.70	1:15.20	1:11.50	1:09.60	1:09.50	
3:12.70	2:57.00	2:38.90	2:30.40	2:17.90	2:15.30		200 Individual Medley	3:14.50	2:56.80	2:42.40	2:35.10	2:30.30	2:28.40	
6:56.90	6:20.20	5:38.70	5:18.40	4:55.30	4:52.10		400 Individual Medley	6:54.50	6:19.60	5:45.30	5:29.70	5:24.30	5:19.00	