



# *Swindon Dolphin ASC*

*(Affiliated to ASA South West Region)*

## ***Regional Qualifying Open Meet***

***Level 2 Licensed Meet***

***License No: 2SW180331***

***Link Centre, Swindon***

***10<sup>th</sup> & 11<sup>th</sup> March 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 11<sup>th</sup> March 2018***

***FOR FURTHER DETAILS CONTACT***

***Jacky Gardo 01793 481615***

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

***Swindon Dolphin Level 2 Licensed Open Meet***

*(Under ASA law and ASA technical rules)*

## **10<sup>th</sup> & 11<sup>th</sup> March 2018**

### **COMPETITION RULES**

1. This event is a Level 2 Licensed Meet and is therefore subject to Lower cut-off times.
2. 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. All entry times must show on the ASA Rankings database at point of entry.
3. 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.
4. Entry of swimmers will be on a fastest to slowest basis for each event & age group as defined in attached programme. Age groups are 9, 10/11, 12/13, 14/15, 16 & Over, ages at 11<sup>th</sup> March 2018.
5. If events are over-subscribed, the promoter reserves the right to return entries based fastest to slowest basis for each event & age group.
6. There will be no time trials. Any spare lanes in an event resulting from withdrawals on the day, lanes will remain empty.
7. 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.
8. 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.
9. Start list for each event will be sent directly to the stewards in the marshalling area for distribution to the coaches.
10. 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.
11. Entries will be seeded into heats from submitted times and the slowest heats swum first. The fastest heat in each event will be spearheaded.
12. 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.

## COMPETITION CONDITIONS

1. **Entries with Short Course times** (Long course conversions accepted) should be made via Sports Systems Entry Manager file (or individual entry form if applicable) backed up with the cash entry summary & coach pass application form together with entry fees. These should reach the meet secretary by 16<sup>th</sup> February 2018. Cheques should be made payable to Swindon Dolphin ASC. For payment by electronic transfer our bank details are:- Sort Code: 20-84-58 Account: 50953237 . Ref: Home club name & RQM
2. It is the responsibility of all swimmers/parents and coaches to enter correct times as a random check will be done on the rankings database to check validity.
3. The entry fee is £6.00 per event. Coach passes are £10 each.
4. The correct entry fee must accompany the entries or they will be treated as incorrect.
5. No other form of entry will be accepted and no entries will be accepted after the advertised closing date of 16<sup>th</sup> February 2018.
6. The promoter reserves the right to refuse or restrict entries as required to meet ASA conditions of meet designation.
7. 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.
8. During warm up, swimmers must be supervised by their coach.
9. 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.
10. All competitors are required to observe all safety announcements and conduct themselves in an appropriate manner at all times.
11. All participants must observe the safety precautions in operation at the Link Centre.
12. Anyone wishing to use a devices capable of photography or video recording must take careful note of the information posters. The full ASA Guidance on Photography can be found in Wavepower the ASA Child Safeguarding Policy and Procedures available at [www.swimming.org](http://www.swimming.org)
13. Under extenuating circumstances which are out of our control, the Referee reserves the right to amend or change the meet rules on the day to cover all conditions out of his/her control to ensure the smooth running of the competition.
14. By submitting entries, consent is thereby given as required by the data protection act 1998 to the holding of personal information on computer.
15. Neither the promoter nor Swindon Dolphin ASC will be responsible for any loss or damage occurring during the meet.
16. All clubs entering the meet will be requested to provide officials, over the duration of the open meet, no swimmers will be rejected if a club cannot supply officials.

PROMOTER AND MEET MANAGER: Jacky Gardo. Swindon Dolphin ASC

15 Bowood Road, Swindon, SN1 4LP

## PROGRAMME OF EVENTS

Session 1 Saturday 10<sup>th</sup> March 12:45 Warm Up 13:30 Start 16:30 Latest Finish

- Event 1 & 2 200m Backstroke
- Event 3 & 4 100m Breaststroke (10 and over)
- Event 5 & 6 200m Freestyle
- Event 7 & 8 100m Butterfly (10 and over)

Session 2 Sunday 11<sup>th</sup> March 10:30 Warm Up 11:15 Start (20 minute break after 2:45 of swimming)

- Event 9 & 10 200m Individual Medley
- Event 11 & 12 100m Freestyle
- Event 13 & 14 200m Butterfly
- Event 15 & 16 100 Backstroke
- Event 17 & 18 200m Breaststroke

Swindon Dolphin ASC  
Regional Qualifying Open Meet  
10<sup>th</sup> & 11<sup>th</sup> March 2018  
Level 2 Licensed  
(License No: 2SW180331 )

# Entry Form

- One entry form per swimmer
- Ages at 11<sup>th</sup> March 2018
- Closing date for entries 16<sup>th</sup> February 2018
- Entry fees £6.00 per event

Surname

Forename

Date of birth

ASA No.

Club

Female/Male

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

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## Club Summary

- One entry form per swimmer
- Ages at 11<sup>th</sup> March 2018
- Closing date for entries 16<sup>th</sup> February 2018
- Entry fees £6.00 per event

Club.....

### Entry fees:

Male entries ..... @ £6.00 per event = £

Female entries ..... @ £6.00 per event = £

### Coach passes:

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

TOTAL:

(Please make cheques payable to Swindon Dolphin ASC) or Bacs Transfer

Sort code – 20-84-58 Account number – 50953237 Account name – Swindon Dolphins  
Reference – Club Name & RQM

Officials Name, License No & Qualification  
.....

Officials email:..... Contact No:.....

(must be a minimum J1)

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.**

## FEMALE (No slower than) QUALIFYING TIMES

Age	9	10/11	12/13	14/15	16+
100m Free	N/A	1:27.60	1:16.60	1:11.30	1:08.70
200m Free	3:24.50	3:06.80	2:44.90	2:33.50	2:28.00
100m Breast	N/A	1:52.50	1:37.30	1:28.70	1:26.20
200m Breast	4:20.00	3:59.50	3:28.80	3:11.50	3:05.80
100m Fly	N/A	1:39.30	1:24.90	1:18.30	1:15.80
200m Fly	4:11.00	3:40.00	3:06.40	2:51.00	2:44.80
100m Back	N/A	1:38.50	1:25.30	1:19.00	1:16.10
200m Back	3:46.20	3:28.70	3:01.70	2:49.20	2:42.40
200m IM	3:51.60	3:32.70	3:06.30	2:53.10	2:47.20

## MALE (No slower than) QUALIFYING TIMES

Age	9	10/11	12/13	14/15	16+
100m Free	N/A	1:23.00	1:15.70	1:07.30	1:02.60
200m Free	3:22.80	3:06.00	2:44.70	2:26.60	2:16.30
100m Breast	N/A	1:48.50	1:36.90	1:25.10	1:18.40
200m Breast	4:17.80	3:59.00	3:29.20	3:03.90	2:50.70
100m Fly	N/A	1:34.50	1:24.60	1:14.40	1:08.80
200m Fly	4:08.30	3:37.30	3:06.60	2:44.70	2:31.70
100m Back	N/A	1:33.60	1:25.20	1:15.00	1:09.30
200m Back	3:43.80	3:26.70	3:02.60	2:41.40	2:29.80
200m IM	3:49.70	3:32.20	3:06.80	2:45.30	2:33.70