



Swindon Dolphin ASC

(Affiliated to ASA South West Region)

Regional Qualifying Meet

Level 3 Licensed Meet

License No: 3SW190058

***Link Centre, Swindon
30th & 31st March 2019***

*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 31st March 2019

FOR FURTHER DETAILS CONTACT

Jacky Gardo 01793 481615

or **competition@swindondolphin.co.uk**

Swindon Dolphin Level 3 Licensed Open Meet

(Under ASA law and ASA technical rules)

30th & 31st March 2019

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 Laws & Regulations and ASA Technical Rules of Racing designated by the ASA for entry into County and Regional Competitions and Championships.
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. Selection of swimmers will be on a first come first served basis for each event as defined in attached programme. Age groups are 9, 10/11, 12/13, 14/15, 16 & Over, ages at 31st March 2019.
5. If events are over-subscribed, the promoter reserves the right to return entries based on first come first served basis, the latest received entries will be rejected.
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. All heats 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.
13. 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. The time swam will be sent to the ASA for rankings purposes.

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 1 October 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 & RegionalMeet
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 £5.50 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 1st March 2019.
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
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. Entries may be held on a computer solely for the purpose of this competition and consent, as required by the Data Protection Act 2018 and in line with GDPR 2018, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal Data will be available for inspection during the Meet on application to the Promoters.
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 30th March 12:45 Warm Up 13:30 Start

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

Session 2 Saturday 30th March 16:30 Warm Up 17:15 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 31st March 10:30 Warm Up Start 11:15

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

Session 4 Sunday 31st March 13:30 Warm Up Start 14:15

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

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Entry Form

- One entry form per swimmer
- Ages at 31st March 2019
- Closing date for entries 1st March 2019
- Entry fees £5.50 per event

Surname

Forename

Date of birth

ASA No.

Club

Female/Male

| No | Event | Entry Time |
|----|----------------------------------|------------|
| | 50m Freestyle | |
| | 100m Freestyle – 10 & over only | |
| | 200m Freestyle | |
| | 400m Freestyle | |
| | 50m Backstroke | |
| | 100m Backstroke – 10 & over only | |
| | 200m Backstroke | |
| | 50m Breaststroke | |
| | 100m Breaststroke – 10 & over | |
| | 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 31st March 2019
- Closing date for entries 1st March 2019
- Entry fees £5.50 per event

Club.....

Entry fees:

Male entries @ £5.50 per event = £

Female entries @ £5.50 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

Officials Name, ASA No & Qualification

(must be a minimum J1 in training with TimeKeeper passed)

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 31st March 2019 | | | | | 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 | |
| 36.00 | 31.90 | 29.25 | 26.50 | 24.15 | | 50m Freestyle | 36.00 | 31.60 | 29.25 | 28.12 | 27.50 | |
| N/A | 1:10.40 | 1:05.10 | 59.00 | 54.50 | | 100m Freestyle (10 & Over) | N/A | 1:09.50 | 1:02.80 | 1:00.30 | 59.00 | |
| 2:50.00 | 2:32.20 | 2:23.40 | 2:05.50 | 1:58.00 | | 200m Freestyle | 2:50.00 | 2:30.75 | 2:21.40 | 2:09.80 | 2:08.00 | |
| 5:50.00 | 5:16.80 | 5:05.40 | 4:23.30 | 4:11.30 | | 400 Freestyle | 5:50.00 | 5:17.20 | 4:55.10 | 4:34.05 | 4:33.00 | |
| 41.50 | 38.00 | 35.50 | 31.60 | 28.60 | | 50m Backstroke | 41.50 | 37.10 | 34.50 | 32.50 | 32.30 | |
| N/A | 1:22.00 | 1:16.50 | 1:07.80 | 1:00.70 | | 100m Backstroke (10 & Over) | N/A | 1:20.50 | 1:14.80 | 1:08.40 | 1:07.20 | |
| 2:58.00 | 2:50.60 | 2:39.70 | 2:21.40 | 2:12.20 | | 200m Backstroke | 2:58.00 | 2:47.60 | 2:35.80 | 2:24.10 | 2:23.30 | |
| 46.00 | 42.80 | 39.50 | 34.70 | 30.30 | | 50m Breaststroke | 46.00 | 42.70 | 39.70 | 37.10 | 36.10 | |
| N/A | 1:34.80 | 1:29.50 | 1:15.20 | 1:07.20 | | 100m Breaststroke (10 & Over) | N/A | 1:33.80 | 1:27.00 | 1:20.20 | 1:16.90 | |
| 3:40.00 | 3:16.60 | 3:03.50 | 2:43.80 | 2:28.90 | | 200m Breaststroke | 3:40.00 | 3:17.60 | 3:05.70 | 2:50.00 | 2:45.00 | |
| 40.00 | 36.10 | 33.00 | 30.15 | 26.20 | | 50m Butterfly | 40.00 | 35.00 | 33.50 | 31.15 | 29.70 | |
| N/A | 1:26.40 | 1:18.80 | 1:06.60 | 59.50 | | 100m Butterfly (10 & Over) | N/A | 1:22.65 | 1:17.60 | 1:09.70 | 1:07.90 | |
| 3:30.00 | 3:12.15 | 2:55.80 | 2:26.70 | 2:10.10 | | 200m Butterfly | 3:30.00 | 3:00.00 | 2:52.80 | 2:33.40 | 2:27.70 | |
| 1:25.40 | 1:19.30 | 1:13.40 | 1:06.30 | 1:01.30 | | 100 Individual Medley | 1:33.60 | 1:23.70 | 1:16.90 | 1:12.90 | 1:10.70 | |
| 3:10.00 | 2:54.20 | 2:45.90 | 2:28.80 | 2:14.00 | | 200 Individual Medley | 3:10.00 | 2:47.25 | 2:42.40 | 2:30.50 | 2:27.20 | |
| 6:40.00 | 6:08.80 | 5:40.00 | 5:04.70 | 4:46.00 | | 400 Individual Medley | 7:03.80 | 6:00.00 | 5:38.60 | 5:16.00 | 5:13.00 | |