



# Deben Swimming Club

[www.debenswimmingclub.co.uk](http://www.debenswimmingclub.co.uk)

Chairman: Ian Cotton  
Secretary: Elaine Claydon

Affiliated to ASA East Region & Suffolk County ASA

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Dear Coach/Parent,

Please find enclosed details of the entries for the Deben Open Meet on 7<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> October. Please could you check through the entries and let me know any errors or corrections as soon as possible either by phone (01473) 620042 or by email [debensc.vicechair@hotmail.co.uk](mailto:debensc.vicechair@hotmail.co.uk).

There have been a large number of entries this year and we have done our best to accommodate as many swims as possible. **Unfortunately there have been a number of rejections and refunds will be made in due course.** Because of this, it will be really important that we have withdrawals from swimmers who will not compete so that we don't have empty lanes. Withdrawals before the day can be sent to me by email, withdrawals on the day will need to complete a withdrawal form, which will be coaches' packs. A waiting list will be kept for those swimmers who have been rejected from 800m and 1500m freestyle.

Due to the large number of participants & spectators, for Health & Safety reasons swimmers will only be permitted entry to the pool area when they are called for a warm up or to take part in an event. At all other times, they will need to remain either in the community centre next door which will be available for both swimmers and parents on Saturday & Sunday. Swimmers will be able to wait in the pool area on the Friday evening as this is only for the long distance events. **For those who have not attended our Open Meet before, please be advised that access to the community centre means going outside and swimmers should bring appropriate clothing and footwear to enable them to pass safely and comfortably between the pool and the community centre.**

With the large number of swimmers and spectators expected, space in the Community Centre will be at a premium. We will be allocating space for each club. A small amount of seating will be provided but spectators may want to bring their own portable chairs.

A copy of the warm up schedule is enclosed to give you the chance to work out a schedule prior to the meet for your swimmers to warm up. **Also enclosed is a revised schedule of events, showing the timings for each session.**

We look forward to welcoming you to Deben Pool and hope that you find the meet enjoyable.

If you have any concerns or questions, please do not hesitate to contact me.





## DEBEN SWIMMING CLUB LICENSED OPEN MEET

07 October 2016 3ER161899

15-16 October 2016 3ER161900

Deben Pool Woodbridge

Held under ASA Laws and ASA Technical Rules

### SCHEDULE OF EVENTS

SESSION 1 - Friday 7 October											
No	Event	Gender	Age Group	18.30	Warm Up	Approx end	No	Event	Gender	Age Group	
101	800 Free	F	10yrs+	19.00	Start	21:00	102	1500 Free	M	10yrs+	

SESSION 2 - Saturday 15 October						SESSION 3 - Saturday 15 October					
No	Event	Gender	Age Group	08.30	Warm Up	13:00	No	Event	Gender	Age Group	
201	400 Free	F	9yrs+	09.30	Start	14:00	301	400 Free	M	9yrs+	
202	50 Back	M	9yrs+	12:10	Approx end	16:45	302	50 Breast	F	9yrs+	
203	50 Back	F	9yrs+				303	50 Breast	M	9yrs+	
204	100 Breast	M	9yrs+				304	100 Back	F	9yrs+	
205	100 Breast	F	9yrs+				305	100 Back	M	9yrs+	
206	200 IM	M	9yrs+				306	200 IM	F	9yrs+	
207	200 Fly	F	9yrs+				307	200 Fly	M	9yrs+	

SESSION 4 - Saturday 15 October											
No	Event	Gender	Age Group	17:30	Warm Up	No	Event	Gender	Age Group		
401	100 IM	F	9yrs+	18:15	Start	403	200 Free	F	9yrs+		
402	100 IM	M	9yrs+	20:15	Approx end	404	200 Free	M	9yrs+		

SESSION 5 - Sunday 16 October						SESSION 6 - Sunday 16 October					
No	Event	Gender	Age Group	8.30	Warm Up	13:30	No	Event	Gender	Age Group	
501	400 IM	F	9yrs+	9.30	Start	14:30	601	400 IM	M	9yrs+	
502	50 Fly	M	9yrs+	12:30	Approx end	16:45	602	100 Fly	F	9yrs+	
503	50 Fly	F	9yrs+				603	100 Fly	M	9yrs+	
504	200 Back	M	9yrs+				604	200 Breast	F	9yrs+	
505	200 Back	F	9yrs+				605	200 Breast	M	9yrs+	
506	100 Free	M	9yrs+				606	50 Free	F	9yrs+	
507	100 Free	F	9yrs+				607	50 Free	M	9yrs+	

## Deben Open Meet 2016 - 07/10/2016 to 16/10/2016

## Felixstowe Swimming Club Entries - All Events

## Felixstowe Swimming Club

1	Archer, Rececca - Female - Age: 15 - Ind/Rel: 3 / 0			
	#503 Girls 9&O 50 Fly	39.70	#507 Girls 9&O 100 Free	1:15.13
	#606 Girls 9&O 50 Free	33.46		
2	Bennett, Brendan - Male - Age: 14 - Ind/Rel: 2 / 0			
	#502 Boys 9&O 50 Fly	30.38	#506 Boys 9&O 100 Free	1:01.85
3	Bennett, Sarah - Female - Age: 11 - Ind/Rel: 7 / 0			
	#203 Girls 9&O 50 Back	46.20	#205 Girls 9&O 100 Breast	1:49.39
	#302 Girls 9&O 50 Breast	49.76	#401 Girls 9&O 100 IM	1:41.52
	#507 Girls 9&O 100 Free	1:22.84	#604 Girls 9&O 200 Breast	3:52.86
	#606 Girls 9&O 50 Free	39.74		
4	Boyt, Thomas - Male - Age: 16 - Ind/Rel: 11 / 0			
	#102 Boys 10&O 1500 Free	17:58.02	#202 Boys 9&O 50 Back	29.62
	#204 Boys 9&O 100 Breast	1:15.16	#305 Boys 9&O 100 Back	1:03.59
	#307 Boys 9&O 200 Fly	2:21.94	#402 Boys 9&O 100 IM	1:05.44
	#404 Boys 9&O 200 Free	2:08.60	#502 Boys 9&O 50 Fly	28.06
	#504 Boys 9&O 200 Back	2:15.34	#603 Boys 9&O 100 Fly	1:02.69
	#605 Boys 9&O 200 Breast	2:47.12		
5	Cook, Finlay - Male - Age: 13 - Ind/Rel: 2 / 0			
	#506 Boys 9&O 100 Free	1:15.83	#607 Boys 9&O 50 Free	35.41
6	Davies, Sam - Male - Age: 14 - Ind/Rel: 3 / 0			
	#202 Boys 9&O 50 Back	34.82	#206 Boys 9&O 200 IM	3:03.57
	#305 Boys 9&O 100 Back	1:15.48		
7	Davies, Tim - Male - Age: 17 - Ind/Rel: 2 / 0			
	#204 Boys 9&O 100 Breast	1:30.69	#303 Boys 9&O 50 Breast	42.90
8	Felgate, Emma - Female - Age: 15 - Ind/Rel: 6 / 0			
	#302 Girls 9&O 50 Breast	48.69	#401 Girls 9&O 100 IM	1:34.63
	#503 Girls 9&O 50 Fly	43.80	#507 Girls 9&O 100 Free	1:23.01
	#602 Girls 9&O 100 Fly	1:39.35	#606 Girls 9&O 50 Free	36.97
9	Flower, Paige - Female - Age: 13 - Ind/Rel: 4 / 0			
	#203 Girls 9&O 50 Back	42.18	#207 Girls 9&O 200 Fly	2:56.84
	#503 Girls 9&O 50 Fly	34.73	#602 Girls 9&O 100 Fly	1:16.94
10	Gray, Emily - Female - Age: 12 - Ind/Rel: 6 / 0			
	#203 Girls 9&O 50 Back	40.79	#304 Girls 9&O 100 Back	1:29.89
	#401 Girls 9&O 100 IM	1:37.48	#403 Girls 9&O 200 Free	2:56.19
	#505 Girls 9&O 200 Back	3:10.70	#507 Girls 9&O 100 Free	1:21.41
11	Greenwood, Kaitlyn - Female - Age: 10 - Ind/Rel: 1 / 0			
	#606 Girls 9&O 50 Free	52.71		
12	Hermon, Faye - Female - Age: 16 - Ind/Rel: 6 / 0			
	#101 Girls 10&O 800 Free	10:14.21	#203 Girls 9&O 50 Back	31.76
	#205 Girls 9&O 100 Breast	1:22.40	#302 Girls 9&O 50 Breast	38.15
	#304 Girls 9&O 100 Back	1:07.67	#306 Girls 9&O 200 IM	2:33.69
13	Howes, Rosie - Female - Age: 11 - Ind/Rel: 4 / 0			
	#203 Girls 9&O 50 Back	45.53	#302 Girls 9&O 50 Breast	56.30
	#507 Girls 9&O 100 Free	1:32.10	#606 Girls 9&O 50 Free	38.39
14	Keeble, Jessica - Female - Age: 12 - Ind/Rel: 8 / 0			
	#203 Girls 9&O 50 Back	41.07	#205 Girls 9&O 100 Breast	1:41.81
	#302 Girls 9&O 50 Breast	48.20	#304 Girls 9&O 100 Back	1:29.00
	#401 Girls 9&O 100 IM	1:29.65	#503 Girls 9&O 50 Fly	45.09
	#507 Girls 9&O 100 Free	1:16.08	#606 Girls 9&O 50 Free	34.75
15	Landles, Maxwell - Male - Age: 10 - Ind/Rel: 8 / 0			
	#202 Boys 9&O 50 Back	43.77	#204 Boys 9&O 100 Breast	2:01.10
	#303 Boys 9&O 50 Breast	58.88	#305 Boys 9&O 100 Back	1:43.23
	#404 Boys 9&O 200 Free	2:48.04	#502 Boys 9&O 50 Fly	49.15
	#506 Boys 9&O 100 Free	1:35.29	#607 Boys 9&O 50 Free	40.26
16	Leighton, Katimai - Female - Age: 11 - Ind/Rel: 7 / 0			
	#203 Girls 9&O 50 Back	44.41	#302 Girls 9&O 50 Breast	52.35
	#401 Girls 9&O 100 IM	1:44.35	#403 Girls 9&O 200 Free	3:10.18
	#503 Girls 9&O 50 Fly	47.06	#507 Girls 9&O 100 Free	1:24.62
	#606 Girls 9&O 50 Free	37.10		

## Deben Open Meet 2016 - 07/10/2016 to 16/10/2016

## Felixstowe Swimming Club Entries - All Events

## Felixstowe Swimming Club

17	Marchant, Alison - Female - Age: 16 - Ind/Rel: 1 / 0			
	#503 Girls 9&O 50 Fly	36.75		
18	Matthews, Edward - Male - Age: 11 - Ind/Rel: 1 / 0			
	#506 Boys 9&O 100 Free	1:55.00		
19	Mazur, Lauren - Female - Age: 14 - Ind/Rel: 8 / 0			
	#203 Girls 9&O 50 Back	40.24	#304 Girls 9&O 100 Back	1:25.64
	#306 Girls 9&O 200 IM	3:09.22	#401 Girls 9&O 100 IM	1:30.10
	#403 Girls 9&O 200 Free	2:45.78	#505 Girls 9&O 200 Back	3:05.91
	#507 Girls 9&O 100 Free	1:12.45	#606 Girls 9&O 50 Free	33.56
20	Meadows, Lewis - Male - Age: 10 - Ind/Rel: 1 / 0			
	#202 Boys 9&O 50 Back	44.65		
21	Phillips, Charlie - Male - Age: 13 - Ind/Rel: 7 / 0			
	#202 Boys 9&O 50 Back	39.60	#206 Boys 9&O 200 IM	2:55.26
	#402 Boys 9&O 100 IM	1:26.40	#404 Boys 9&O 200 Free	2:28.24
	#502 Boys 9&O 50 Fly	39.34	#506 Boys 9&O 100 Free	1:14.70
	#607 Boys 9&O 50 Free	33.03		
22	Read, Jessica - Female - Age: 14 - Ind/Rel: 5 / 0			
	#304 Girls 9&O 100 Back	1:21.66	#306 Girls 9&O 200 IM	2:53.54
	#401 Girls 9&O 100 IM	1:20.88	#403 Girls 9&O 200 Free	2:26.27
	#507 Girls 9&O 100 Free	1:07.56		
23	Sargent, Calum - Male - Age: 12 - Ind/Rel: 2 / 0			
	#502 Boys 9&O 50 Fly	45.51	#607 Boys 9&O 50 Free	38.16
24	Smith, Charlotte - Female - Age: 14 - Ind/Rel: 8 / 0			
	#101 Girls 10&O 800 Free	10:47.52	#203 Girls 9&O 50 Back	34.34
	#207 Girls 9&O 200 Fly	2:53.40	#304 Girls 9&O 100 Back	1:14.88
	#306 Girls 9&O 200 IM	2:41.66	#503 Girls 9&O 50 Fly	33.39
	#602 Girls 9&O 100 Fly	1:13.99	#606 Girls 9&O 50 Free	32.00
25	Spalding, George - Male - Age: 11 - Ind/Rel: 2 / 0			
	#502 Boys 9&O 50 Fly	47.94	#506 Boys 9&O 100 Free	1:27.95
26	Stannard, Mikayla - Female - Age: 11 - Ind/Rel: 2 / 0			
	#205 Girls 9&O 100 Breast	2:08.00	#606 Girls 9&O 50 Free	52.00
27	Todd, Henry - Male - Age: 10 - Ind/Rel: 4 / 0			
	#202 Boys 9&O 50 Back	43.89	#303 Boys 9&O 50 Breast	59.31
	#502 Boys 9&O 50 Fly	46.81	#607 Boys 9&O 50 Free	39.44
28	Tyler, Francesca - Female - Age: 11 - Ind/Rel: 13 / 0			
	#201 Girls 9&O 400 Free	6:19.87	#203 Girls 9&O 50 Back	41.19
	#205 Girls 9&O 100 Breast	1:49.57	#302 Girls 9&O 50 Breast	47.68
	#304 Girls 9&O 100 Back	1:28.80	#306 Girls 9&O 200 IM	3:22.55
	#401 Girls 9&O 100 IM	1:31.74	#403 Girls 9&O 200 Free	2:54.65
	#503 Girls 9&O 50 Fly	41.57	#505 Girls 9&O 200 Back	3:10.50
	#507 Girls 9&O 100 Free	1:18.70	#602 Girls 9&O 100 Fly	1:42.90
	#606 Girls 9&O 50 Free	35.56		
29	Unthank, Phillipa - Female - Age: 15 - Ind/Rel: 4 / 0			
	#503 Girls 9&O 50 Fly	41.12	#507 Girls 9&O 100 Free	1:23.47
	#602 Girls 9&O 100 Fly	1:34.22	#606 Girls 9&O 50 Free	36.25
30	Valentine, Anais - Female - Age: 12 - Ind/Rel: 2 / 0			
	#302 Girls 9&O 50 Breast	47.30	#401 Girls 9&O 100 IM	1:31.72
31	Walker, Thomas - Male - Age: 12 - Ind/Rel: 2 / 0			
	#206 Boys 9&O 200 IM	3:22.01	#301 Boys 9&O 400 Free	6:32.18
32	Watts, Megan - Female - Age: 11 - Ind/Rel: 4 / 0			
	#503 Girls 9&O 50 Fly	45.23	#507 Girls 9&O 100 Free	1:28.30
	#602 Girls 9&O 100 Fly	1:56.68	#606 Girls 9&O 50 Free	37.51
33	Welsford, Callum - Male - Age: 13 - Ind/Rel: 5 / 0			
	#204 Boys 9&O 100 Breast	1:43.05	#303 Boys 9&O 50 Breast	47.46
	#502 Boys 9&O 50 Fly	57.04	#605 Boys 9&O 200 Breast	3:58.22
	#607 Boys 9&O 50 Free	37.37		

## Deben Open Meet 2016 - 07/10/2016 to 16/10/2016

## Felixstowe Swimming Club Entries - All Events

## Felixstowe Swimming Club

34	White, Caitlyn - Female - Age: 12 - Ind/Rel: 6 / 0			
	#302 Girls 9&O 50 Breast	50.36	#401 Girls 9&O 100 IM	1:37.67
	#403 Girls 9&O 200 Free	2:57.70	#503 Girls 9&O 50 Fly	47.70
	#507 Girls 9&O 100 Free	1:22.32	#606 Girls 9&O 50 Free	37.67
35	Williams, Isaac - Male - Age: 11 - Ind/Rel: 4 / 0			
	#202 Boys 9&O 50 Back	41.09	#305 Boys 9&O 100 Back	1:29.51
	#504 Boys 9&O 200 Back	3:17.52	#506 Boys 9&O 100 Free	1:28.28
36	Woodrow-Archer, Grace - Female - Age: 11 - Ind/Rel: 1 / 0			
	#507 Girls 9&O 100 Free	1:50.00		
37	Wright, Mia Louise - Female - Age: 11 - Ind/Rel: 8 / 0			
	#203 Girls 9&O 50 Back	43.67	#205 Girls 9&O 100 Breast	2:09.00
	#302 Girls 9&O 50 Breast	52.14	#304 Girls 9&O 100 Back	1:32.00
	#503 Girls 9&O 50 Fly	44.01	#507 Girls 9&O 100 Free	1:26.24
	#602 Girls 9&O 100 Fly	1:48.61	#606 Girls 9&O 50 Free	38.91
38	Yates, Eve - Female - Age: 11 - Ind/Rel: 4 / 0			
	#203 Girls 9&O 50 Back	48.55	#503 Girls 9&O 50 Fly	58.05
	#505 Girls 9&O 200 Back	3:52.42	#606 Girls 9&O 50 Free	41.32
39	Yates, Mia - Female - Age: 13 - Ind/Rel: 13 / 0			
	#101 Girls 10&O 800 Free	10:56.78	#201 Girls 9&O 400 Free	5:02.72
	#203 Girls 9&O 50 Back	37.07	#205 Girls 9&O 100 Breast	1:33.23
	#302 Girls 9&O 50 Breast	41.28	#304 Girls 9&O 100 Back	1:18.91
	#306 Girls 9&O 200 IM	2:38.47	#403 Girls 9&O 200 Free	2:20.08
	#503 Girls 9&O 50 Fly	36.07	#505 Girls 9&O 200 Back	2:51.50
	#507 Girls 9&O 100 Free	1:05.35	#604 Girls 9&O 200 Breast	3:16.25
	#606 Girls 9&O 50 Free	29.67		
40	Young, Beth - Female - Age: 10 - Ind/Rel: 2 / 0			
	#203 Girls 9&O 50 Back	39.54	#205 Girls 9&O 100 Breast	1:38.57

**Felixstowe Swimming Club Total Individual Entries: 189 - Total Relays: 0**

## Felixstowe Swimming Club

~~REJECTED ENTRIES~~

	5	Brunning, Elijah - Male - Age: 10 - Ind/Rel: 1 / 0	
#303	Boys 9&O 50 Breast	1:04.83	SCR
	8	Davies, Tim - Male - Age: 17 - Ind/Rel: 3 / 0	
#202	Boys 9&O 50 Back	39.15	SCR
	9	Felgate, Emma - Female - Age: 15 - Ind/Rel: 10 / 0	
#203	Girls 9&O 50 Back	41.50	SCR
#205	Girls 9&O 100 Breast	1:46.86	SCR
#304	Girls 9&O 100 Back	1:32.98	SCR
#306	Girls 9&O 200 IM	3:21.14	SCR
	12	Greenwood, Abigail - Female - Age: 13 - Ind/Rel: 2 / 0	
#302	Girls 9&O 50 Breast	1:02.30	SCR
#401	Girls 9&O 100 IM	1:50.65	SCR
	13	Greenwood, Kaitlyn - Female - Age: 10 - Ind/Rel: 2 / 0	
#302	Girls 9&O 50 Breast	1:07.94	SCR
	15	Howes, Rosie - Female - Age: 11 - Ind/Rel: 6 / 0	
#304	Girls 9&O 100 Back	1:45.24	SCR
#401	Girls 9&O 100 IM	1:51.35	SCR
	17	Landles, Maxwell - Male - Age: 10 - Ind/Rel: 9 / 0	
#402	Boys 9&O 100 IM	1:51.10	SCR
	20	Matthews, Edward - Male - Age: 11 - Ind/Rel: 2 / 0	
#204	Boys 9&O 100 Breast	2:20.00	SCR
	22	Meadows, Lewis - Male - Age: 10 - Ind/Rel: 2 / 0	
#204	Boys 9&O 100 Breast	2:25.38	SCR
	25	Sargent, Calum - Male - Age: 12 - Ind/Rel: 5 / 0	
#202	Boys 9&O 50 Back	46.34	SCR
#303	Boys 9&O 50 Breast	55.57	SCR
#402	Boys 9&O 100 IM	1:41.80	SCR
	26	Smith, Charlotte - Female - Age: 14 - Ind/Rel: 9 / 0	
#501	Girls 9&O 400 IM	4:48.49	SCR
	28	Stannard, Mikayla - Female - Age: 11 - Ind/Rel: 4 / 0	
#203	Girls 9&O 50 Back	58.00	SCR
#302	Girls 9&O 50 Breast	1:04.00	SCR
	33	Walker, Stanley - Male - Age: 10 - Ind/Rel: 3 / 0	
#202	Boys 9&O 50 Back	53.49	SCR
#206	Boys 9&O 200 IM	5:19.26	SCR
#305	Boys 9&O 100 Back	1:51.45	SCR
	34	Walker, Thomas - Male - Age: 12 - Ind/Rel: 3 / 0	
#305	Boys 9&O 100 Back	1:35.33	SCR
	36	Welsford, Callum - Male - Age: 13 - Ind/Rel: 8 / 0	
#202	Boys 9&O 50 Back	44.00	SCR
#305	Boys 9&O 100 Back	1:35.43	SCR
#402	Boys 9&O 100 IM	1:43.91	SCR
	37	White, Caitlyn - Female - Age: 12 - Ind/Rel: 8 / 0	
#201	Girls 9&O 400 Free	6:41.89	SCR
#306	Girls 9&O 200 IM	3:37.65	SCR
	39	Woodrow-Archer, Grace - Female - Age: 11 - Ind/Rel: 2 / 0	
#205	Girls 9&O 100 Breast	2:15.00	SCR
	41	Yates, Eve - Female - Age: 11 - Ind/Rel: 6 / 0	
#302	Girls 9&O 50 Breast	1:02.68	SCR
#304	Girls 9&O 100 Back	1:46.06	SCR
	43	Young, Beth - Female - Age: 10 - Ind/Rel: 3 / 0	
#306	Girls 9&O 200 IM	2:38.47	SCR

2:48.04