

Deben Open Meet 3ER171625

**Deben Swimming Club invite you to their
Open Meet at Crown Pools, Ipswich.**

Date	7th-8th October 2017
Venue	Crown Pools, Ipswich. The pool length is 25m, eight lanes, equipped with electronic timing and anti-wave lane ropes.
Age Groups	As at 8 th October 2017. Age groups 9, 10, 11, 12, 13, 14 and 15 and over.
Cost	The Entry Fee is £4.50 per event. Details of accepted/rejected swimmers will be posted on the club website. No details will be sent by post. Please check the posted details on our web site and notify us of any corrections.
Acceptances	This is not a first come, first served meet. Entries must be not faster than the cut-off times. If the meet is over-subscribed, entries will be rejected ensuring a balance across age groups. Where time permits, time-only swims be accepted for swimmers who are faster than the cut-off times but these swims will not qualify for awards. Electronic entries are preferred. Entry file set for HYTEK Team Manager is available from www.debenswimmingclub.co.uk . Electronic entries should be submitted to the promoter by the closing date with details of payment at debensc.vicechair@hotmail.co.uk All other entries must be on the official entry form (photocopies and electronic entries accepted), and MUST include the entrants ASA registration number together with all entry fees. Paper entries will incur an admin fee of £2 per swimmer. No entries will be accepted after the closing date or during the meet unless due to promoter's error or omission. Cheques payable to DEBEN SWIMMING CLUB. Closing dates for entries is 6 th September 2017. No refunds after closing date.
Events	All events will be Heat Declared Winners and consist of:- 50m, 100m & 200m all 4 strokes; 400m Freestyle; 100, 200m & 400m IM. Heats will be swum with all age groups combined and swimmers seeded by entry times.
Awards	Awards will be given to the top three placed swimmers in listed age groups in each individual event as detailed in the qualifying times.
Starts	Over the top starts will be used at the promoter's discretion.
Data Protection	Entries will be managed using meet software, and by entering the meet it will be deemed that all swimmers have given consent, as required by

the Data Protection Act, to the holding and distribution of personal information, required to enable the running of the meet.

General Information

1. Swimmers entrance will be through the main pool entrance at the front of the building.
2. Spectator tickets and programmes will be available at the table at the spectator's entrance above the pool.
3. A raffle will be held on each day of the meet. Tickets will be available at the spectator entrance.
4. Long stay car parking is available at Portman Road, at a cost of £5 per day. Short stay car parking is available closer to the pool at a cost of £1 per hour to a maximum of 5 hours. For further details, visit <https://www.ipswich.gov.uk/content/car-park-locations-and-tariffs>
5. Coaches/chaperones passes are available to Coaches supporting competing swimmers. They include a Programme.
 - £6.00 per day.
 - Coaches Passes must be ordered with entries.
 - Pool Side Passes can not be bought on the day unless identity is verified by a club official and proof of CRB check is produced.
6. Awards will be available for collection as soon as possible after the publication of results for the event.
7. Results will be made available on the club website www.debenswimmingclub.co.uk as soon as possible after the meet. Alternatively, electronic results may be collected by presenting a USB memory stick to the promoter at the event.
8. A swim shop will be available during the meet. Facilities are available to try on costumes.
9. In accordance with the recommendations of the ASA Child Protection Policy, any person wishing to use any camera, video or digital capturing device (including mobile phones) should first register their details on the approved ASA form provided at the spectator entrance with proof of identity. An identification label will be issued which must be on show at all times. This policy will be vigorously enforced and any person found to be contravening this policy will be asked to leave the gala without refund.
10. Any conditions not covered in the above will be at the discretion of the promoters Deben Swimming Club and includes any alterations to the program and warm up times as necessary.
11. The safety of all competitors, officials and spectators is of paramount importance. During this event announcements concerning your safety will be made in accordance with the recommendations of the ASA. The organisers ask everyone to pay particular attention to these announcements and instructions. Also please keep all emergency exits clear of obstruction and follow all the safety instruction given by the organisers or the Sports Centre staff.

Promoter: Sarah Elmer 01473 620042 email : debensc.vicechair@hotmail.co.uk



DEBEN SWIMMING CLUB LICENSED OPEN MEET

7th-8th October 2017

Crown Pools, Ipswich

Held under ASA Laws and ASA Technical Rules

SCHEDULE OF EVENTS - License TBA

SESSION 1 - Saturday									
No	Event	Gender	Age Group	2:30pm	Warm Up	No	Event	Gender	Age Group
101	400 Free	F	9yrs+	3:35pm	Start	109	100 Fly	F	9yrs+
102	400 Free	M	9yrs+	8:00pm	Approx end	110	100 Fly	M	9yrs+
103	50 Fly	F	9yrs+			111	100 Breast	F	9yrs+
104	50 Fly	M	9yrs+			112	100 Breast	M	9yrs+
105	50 Back	F	9yrs+			113	100 Free	F	9yrs+
106	50 Back	M	9yrs+		There will be a 20	114	100 Free	M	9yrs+
107	200 IM	F	9yrs+		minute break between				
108	200 IM	M	9yrs+		events 108 and 109				

SESSION 2 - Sunday						SESSION 3 - Sunday				
No	Event	Gender	Age Group	8.30	Warm Up	TBA	No	Event	Gender	Age Group
201	400 IM	M	9yrs+	9.30	Start	TBA	301	100 IM	F	9yrs+
202	400 IM	F	9yrs+	TBA	Approx end	TBA	302	100 IM	M	9yrs+
203	100 Back	M	9yrs+				303	200 Back	F	9yrs+
204	100 Back	F	9yrs+				304	200 Back	M	9yrs+
205	50 Breast	M	9yrs+				305	200 Breast	F	9yrs+
206	50 Breast	F	9yrs+				306	200 Breast	M	9yrs+
207	200 Free	M	9yrs+				307	200 Fly	F	9yrs+
208	200 Free	F	9yrs+				308	200 Fly	M	9yrs+
							309	50 Free	F	9yrs+
							310	50 Free	M	9yrs+

Please return to: Sarah Elmer, 6 Elmers Lane, Kesgrave, Ipswich IP5 2GW

DEBEN OPEN MEET

7th-8th October 2017 - CROWN POOLS, IPSWICH

Held under ASA Laws and ASA Technical Rules. Level 3 License 3ER171625

ENTRY FORM (Age as at 8 October 2017)

PLEASE ENSURE YOUR DETAILS ARE ENTERED CLEARLY AND IN BLOCK CAPITALS

SURNAME: FIRST NAME: (& 2nd initial) F

Date of Birth: / / Address: Post Code:

E-mail address:

Tel No: NAME OF CLUB:

ASA Reg No.

Age Group (Please Circle) 9 10 11 12 13 14 15 and over

Event	Entry Time	Date & Place Achieved
50m Freestyle (9+)		
100m Freestyle (9+)		
200m Freestyle (9+)		
400m Freestyle (9+)		
50m Breaststroke (9+)		
100m Breaststroke (9+)		
200m Breaststroke (9+)		
50m Butterfly (9+)		
100m Butterfly (9+)		
200m Butterfly (9+)		
50m Backstroke (9+)		
100m Backstroke (9+)		
200m Backstroke (9+)		
100m Individual Medley (9+)		
200m Individual Medley (9+)		
400m Individual Medley (10+)		

CLOSING DATE FOR ENTRIES - 6 September 2017 Entry Fee £4.50 per event

No. of entries @ £4.50 £ :
 Admin fee if paper entry £2.00 Total £ : Cheques CASH BACS

CERTIFICATION: I hereby declare that the above particulars are correct and that I am an eligible competitor
Signature of Competitor: Date:

PLEASE NOTE: Photographs may be taken at this competition and used for publicity purposes subject to
Signature of Parent or Guardian Date:

The above details have been checked for accuracy and are correct.

Signed by Club Official: Date:

Position in Club:

Please return to: Sarah Elmer, 6 Elmers Lane, Kesgrave, Ipswich IP5 2GW

Deben Open Meet 2017
Cut Off Times - 25m pool
License No 3ER171625

BOYS							GIRLS							
9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
36.80	32.70	31.46	30.05	27.70	26.58	24.16	50 free	37.70	34.09	31.69	30.14	28.92	28.40	27.10
1:24.30	1:14.93	1:08.97	1:05.41	1:01.16	57.55	52.38	100 free	1:29.80	1:15.82	1:09.77	1:05.75	1:02.54	1:01.26	58.52
3:14.15	2:42.91	2:29.23	2:21.86	2:13.48	2:06.22	1:55.68	200 free	3:12.10	2:46.32	2:28.40	2:22.00	2:15.61	2:12.30	2:06.41
6:30.00	5:48.00	5:13.87	4:56.78	4:41.23	4:29.12	4:08.48	400 free	6:30.00	5:48.00	5:14.00	5:00.53	4:45.59	4:40.69	4:27.93
52.85	45.96	41.71	38.30	36.06	34.25	30.41	50 breast	50.92	45.96	41.47	38.59	36.82	35.83	34.25
2:00.16	1:39.96	1:30.81	1:21.20	1:18.47	1:12.50	1:06.16	100 breast	1:54.01	1:40.36	1:30.70	1:24.18	1:19.81	1:16.00	1:14.29
4:15.50	3:35.43	3:15.47	3:03.61	2:49.48	2:41.68	2:25.00	200 breast	4:29.00	3:28.8	3:13.00	3:00.71	2:51.04	2:48.00	2:40.46
44.90	38.53	35.20	33.06	30.50	29.07	26.18	50 fly	44.92	38.91	35.10	33.05	31.59	30.66	29.38
1:56.00	1:24.00	1:20.88	1:12.60	1:08.88	1:04.75	57.84	100 fly	1:50.00	1:31.19	1:20.04	1:15.06	1:10.29	1:08.53	1:04.59
4:20.00	4:06.26	3:10.36	2:48.67	2:36.09	2:27.87	2:09.87	200 fly	3:55.00	3:16.57	3:04.85	2:48.84	2:38.21	2:33.08	2:23.40
44.49	39.24	36.45	34.49	31.60	30.56	27.39	50 back	41.76	39.67	36.55	34.46	32.84	31.89	30.34
1:44.27	1:25.81	1:16.70	1:13.46	1:08.93	1:04.62	58.26	100 back	1:34.67	1:25.83	1:18.53	1:13.48	1:10.22	1:08.21	1:05.00
4:35.23	3:02.17	2:47.14	2:33.10	2:27.28	2:20.51	2:08.30	200 back	4:02.94	3:02.11	2:47.40	2:38.07	2:30.32	2:27.00	2:19.13
1:38.70	1:25.20	1:18.20	1:16.08	1:10.94	1:07.70	59.92	100 IM	1:37.68	1:27.82	1:21.09	1:16.08	1:12.51	1:10.73	1:06.98
4:29.30	3:05.50	2:50.29	2:41.20	2:29.75	2:15.50	2:11.11	200 IM	3:31.79	3:07.03	2:51.61	2:41.31	2:33.74	2:30.73	2:23.55
7:30.00	6:20.00	06:03.90	5:43.92	5:19.06	5:04.36	4:40.60	400 IM	7:30.00	6:30.00	6:05.00	5:43.34	5:26.37	5:20.07	5:04.70

Times should have been achieved during the previous 12 months. Conversion from long course times are permitted.