



March Open Meet 2017

Hosted by Teamipswich Swimming
(Level 3 Licence 3ER170552)

Crown Pools, Ipswich,
Saturday 18th - Sunday 19th March 2017

Venue	Crown Pools, Ipswich, IP1 3JA
Pool:	8 Lane Short Course Electronic Timing
Age Groups:	9, 10, 11, 12, 13, 14, 15, 16 & over Age as at 19 th March 2017
Awards:	There will be awards for the top three boys/girls in each event in each age group.
Events:	50m, 100m and 200m All Strokes 200m and 400m Individual Medley 400m Freestyle
Fees:	Race Entry Fee: £4.50 per entry
Entries To:	LOUISE BOYT
Closing Date:	WEDNESDAY 4 th FEBRUARY 2017

This is a Level 3 licenced meet to provide an opportunity for swimmers to obtain county and regional qualifying times.

March Open Meet

Hosted by Teamipswich Swimming

At Crown Pools, Ipswich

PROGRAMME OF EVENTS

Saturday 18th /19th March 2017

Day 1 Saturday 18th March 2017

Session 1 - Warm-up 14:30, Start TBA,			
101	Male 100m Freestyle	102	Female 100m Freestyle
103	Male 400m Individual Medley	104	Female 400m Individual Medley
105	Male 50m Backstroke	106	Female 50m Backstroke
107	Male 200m Breaststroke	108	Female 200m Breaststroke
109	Male 100m Butterfly	110	Female 100m Butterfly

Day 2 Sunday 19th March 2017

Session 2 - Warm-up 08:30, Start TBA,			
201	Female 200m Freestyle	202	Male 200m Freestyle
203	Female 50m Breaststroke	204	Male 50m Breaststroke
205	Female 100m Backstroke	206	Male 100m Backstroke
207	Female 200m Butterfly	208	Male 200m Butterfly
209	Female 50m Freestyle	210	Male 50m Freestyle
Session 3 - Warm-up TBA, Start TBA,			
301	Female 200m Individual Medley	302	Male 200m Individual Medley
303	Female 50m Butterfly	304	Male 50m Butterfly
305	Female 400m Freestyle	306	Male 400m Freestyle
307	Female 100m Breaststroke	308	Male 100m Breaststroke
309	Female 200m Backstroke	310	Male 200m Backstroke

Age groups: 9, 10, 11, 12, 13, 14, 15, and 16 &Over

Age at 19th March 2017

Teamipswich Swimming
(Affiliated to ASA East Region and Suffolk ASA)

March Open Meet 2017

MEET RULES AND INFORMATION

GENERAL

1. The Competition is a Level 3 licensed meet, held under ASA Laws & Regulations & ASA Technical Rules of Racing and ASA Open Meet Licensing Criteria.
2. All entrants must be category 2 ASA members only and National Associations of FINA.
3. The pool length is 25 metres, 8 lanes, with Omega electronic timing. The depth of the shallow end is 1 metre.
4. It is the responsibility of all clubs and coaches to ensure that swimmers are competent to the standard of the ASA Competitive Start Award. Swimmers that do not have a competitive start in line with ASA will start in the water, as the starting end is only 1.0m. Swimmers may start in the water but must inform the referee before the start of the race.

ENTRIES

5. All entries are £4.50 per event. An administration fee will be charged at £5.00 per swimmer for late entries.
6. Applications for entry, the team summary sheet and payment must be received by the published closing date.
Entries should preferably be made electronically by a Hytek file which can be emailed or downloaded from the website. Where there are more than 6 competitors from a club, entries must be submitted with a summary form and a BACS payment to the Club. BACS payments to: Teamipswich Swimming, Sort Code 08-92-99, Account 65758384, Reference MAR17 "CLUB CODE / SWIMMER NAME". Please forward BACS confirmation with the entry form. Where hard copies of entry forms need to be used these shall be the official entry forms submitted by post or email. A cheque or BACS payment must be submitted to the Club by the published closing date.
7. It is the swimmers /parent or guardian's responsibility to ensure the name used for entry into the meet is as registered with the ASA.
8. Swimmers in possession of an ASA Certificate of Swimming Disability or whose ASA membership record details a disability sport class and compete within the ASA East Region are welcome to enter the competition with a time slower than the lower limit standard. An entry time must be provided.
9. Entry is initially first come first served. However, to comply with licenced meet timings we may still have to reduce the entries to individual events. Initially the 400m events will be limited to a maximum of 4 heats. Full reimbursement of fees shall be made in respect of these events.
10. Lists of accepted entries and rejected entries for each club will be sent via email to 1 nominated contact only not less than 2 weeks prior to the event. For individual entries, a full list of accepted entries will be available on the club website. Entrants / clubs will have one week to advise errors or omissions to the promoter.
11. Coaches' passes should be ordered on the relevant forms, enclosed with the Club entry pack. A maximum of three team managers/coaches passes per club will be allocated to permit access to poolside, further managers/coaches passes will only be made available to allow clubs to comply with licensing guideline 10. Stewards will request pass-holders to assist in the supervision of warm-ups.
12. Submitted times should be those achieved in a 25m pool (or converted from 50m times using the SPORTSYSTEMS Equivalent Time Converter, available from www.swimmingresults.org).

AGE GROUPS

13. Age groups are based on the swimmer's age on the 19th March 2017.

14. The age groups are 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years, and, 16 years and over.

THE COMPETITION

15. All competitors' must indicate on sign in sheets that they intend to swim entered events 30 minutes prior to the start of the session.
16. Swimmers must report to the Competitors' Stewards when instructed to do so by the announcer. Any competitor not reporting in time may be excluded.
17. Each event will incorporate all age groups. Age group winners will be on a timed final basis.
18. Heats will be seeded with fastest entrants swimming last. All heats will be spearheaded. The promoter reserves the right to modify the seeding arrangements should conditions demand.
19. Over the top starts will be used at the referee's discretion.
20. Time trials for swimmers faster than the entry times will be accepted if space is available or if available on the day. Time trial swimmers will not be eligible for awards.

AWARDS

21. There will be awards for the top three boys/girls in each stroke in each age group.

ADDITIONAL INFORMATION

22. Teamipswich Swimming accepts no responsibility for loss or damage to personal property and requests that all persons remove their belongings if they leave the premises at any time. Any lost property not claimed from the announcer at the end of the competition will be handed to Crown Pool Management for collection by the owner.
23. In line with the recommendations in the ASA Child Protection Policy, any person wishing to use video, zoom or close-range photography at the competition must register their details at the desk provided beforehand. This rule also applies to the use of video cameras, mobile phones and tablets with an image capturing facility. A sticker will be issued and this should be affixed to the photographer.
24. Competitors must be suitably dressed and with the appropriate footwear whilst on poolside. No exterior footwear is allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers are not allowed elsewhere in the building or in the spectator area with wet swimwear.
25. Entries to the meet will be held on a computer and consent, as required by the Data Protection Act 1998 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 Promoter.
26. Spectators, officials and competitors are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management.
27. Coaches or Team Managers are responsible for the swimmers' conduct at all times.
28. By submitting an entry, competitors and coaches are agreeing to be bound by these rules.
29. The promoters reserve the right to refuse admission to any person.
30. Results will be available on the Club website at www.teamipswichswimming.org as soon as possible after the meet *and will be supplied to British Swimming for entry into the national ranking database.*
31. Spectators will be charged an admission fee on the day and issued with a coloured wristband, which must be visible or shown at the entrance desk for re-entry at all times.
32. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.

Teamipswich Swimming March Open Meet 2017

18th / 19th March 2017

Girls Qualifying Times

GIRLS									
Stroke		9	10	11	12	13	14	15	16+
Free 50	Not slower than	57.50	50.00	46.00	39.00	37.00	36.00	35.50	35.00
	Not faster than	30.00	29.00	27.00	25.00	26.00	25.70	25.50	25.00
Free 100	Not slower than	1:55.00	1:43.00	1:38.00	1:30.50	1:23.50	1:18.30	1:16.10	1:15.00
	Not faster than	1:05.00	1:04.00	1:01.00	57.00	55.00	54.00	53.50	53.00
Free 200	Not slower than	4:43.00	3:59.40	3:25.00	3:04.00	2:51.00	2:50.00	2:49.00	2:48.00
	Not faster than	2:24.00	2:12.00	2:05.00	2:04.00	2:03.00	1:59.00	1:58.00	1:56.00
Free 400	Not slower than	5:50.00	5:50.00	5:40.00	5:35.00	5:30.00	5:25.00	5:20.00	5:10.00
	Not faster than	5:00.00	4:45.00	4:30.00	4:25.00	4:20.00	4:15.00	4:10.00	4:05.00
Back 50	Not slower than	1:05.50	58.50	54.00	49.50	44.50	43.00	41.50	41.00
	Not faster than	35.00	32.00	31.00	30.00	29.00	28.50	28.00	27.50
Back 100	Not slower than	2:05.00	1:54.50	1:48.00	1:40.60	1:34.60	1:28.30	1:26.30	1:18.00
	Not faster than	1:14.00	1:10.00	1:05.00	1:02.00	1:01.00	1:00.50	1:00.00	59.50
Back 200	Not slower than	5:00.00	4:40.00	3:48.00	3:27.40	3:23.40	3:17.90	3:12.90	3:07.00
	Not faster than	2:35.00	2:30.00	2:25.00	2:16.00	2:12.00	2:08.00	2:07.00	2:05.00
Breast 50	Not slower than	1:14.00	1:08.30	57.00	52.70	49.70	45.80	45.70	45.60
	Not faster than	40.00	37.50	35.00	34.50	33.50	33.00	32.50	32.00
Breast 100	Not slower than	2:25.00	2:20.00	2:03.00	1:52.20	1:46.20	1:39.80	1:36.30	1:36.00
	Not faster than	1:27.00	1:21.00	1:17.00	1:16.00	1:15.00	1:13.00	1:12.00	1:11.00
Breast 200	Not slower than	5:20.00	5:05.00	4:25.00	4:05.00	3:42.40	3:30.80	3:27.80	3:25.00
	Not faster than	3:10.00	2:51.00	2:45.00	2:42.00	2:40.00	2:38.00	2:37.50	2:37.00
Fly 50	Not slower than	1:20.00	1:10.00	1:03.00	58.00	50.00	45.00	41.70	41.60
	Not faster than	34.00	31.00	30.00	29.00	28.50	27.55	27.35	27.00
Fly 100	Not slower than	2:17.00	2:08.00	1:45.00	1:36.80	1:33.20	1:31.60	1:30.60	1:28.00
	Not faster than	1:15.00	1:12.00	1:08.00	1:04.00	1:02.80	1:00.50	59.60	59.00
Fly 200	Not slower than	5:00.00	4:40.40	4:20.00	3:49.00	3:29.00	3:10.10	3:07.10	3:05.00
	Not faster than	2:50.00	2:38.00	2:32.00	2:24.00	2:22.00	2:18.50	2:18.00	2:17.00
200 IM	Not slower than	5:10.00	4:31.40	3:57.00	3:38.70	3:28.70	3:12.40	3:10.40	3:08.10
	Not faster than	2:42.00	2:31.00	2:24.00	2:21.00	2:18.00	2:17.00	2:16.00	2:14.00
400 IM	Not slower than	6:50.00	6:50.00	6:40.00	6:20.00	6:20.00	5:59.00	5:59.00	5:48.00
	Not faster than	5:30.00	5:30.00	5:08.00	4:45.00	4:45.00	4:40.00	4:40.00	4:30.00

Notes: Age is as at 19th March 2017. Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry forms.

Refer to the Promoters conditions for acceptance or rejection of competitor entries.

Teamipswich Swimming March Open Meet 2017

18th / 19th March 2017

Boys Qualifying Times

BOYS									
Stroke		9	10	11	12	13	14	15	16+
Free 50	Not slower than	57.50	50.00	46.00	39.00	36.00	35.00	34.50	34.00
	Not faster than	30.00	29.00	27.00	25.00	24.00	23.50	23.20	23.00
Free 100	Not slower than	1:55.00	1:43.00	1:38.00	1:30.50	1:23.50	1:18.30	1:16.10	1:12.00
	Not faster than	1:05.00	1:04.00	1:01.00	54.50	52.00	51.00	50.50	50.00
Free 200	Not slower than	4:43.00	3:59.40	3:25.00	3:04.00	2:51.00	2:39.60	2:36.00	2:33.00
	Not faster than	2:24.00	2:12.00	2:05.00	1:57.00	1:55.00	1:51.00	1:48.00	1:44.00
Free 400	Not slower than	5:50.00	5:50.00	5:40.00	5:20.00	5:30.00	5:05.00	5:20.00	4:50.00
	Not faster than	5:00.00	4:45.00	4:20.00	4:00.00	3:57.00	3:55.00	3:52.00	3:50.00
Back 50	Not slower than	1:05.50	58.50	54.00	49.50	43.50	41.00	40.50	39.70
	Not faster than	35.00	32.00	31.00	28.00	27.00	26.00	25.60	25.50
Back 100	Not slower than	2:05.00	1:54.50	1:48.00	1:40.60	1:34.60	1:29.50	1:26.30	1:20.00
	Not faster than	1:14.00	1:10.00	1:05.00	58.00	57.00	56.00	55.70	55.50
Back 200	Not slower than	5:00.00	4:40.00	3:48.00	3:27.40	3:13.40	2:59.90	2:54.90	2:48.00
	Not faster than	2:35.00	2:30.00	2:25.00	2:06.00	2:04.00	2:03.00	2:01.00	2:00.00
Breast 50	Not slower than	1:14.00	1:08.30	57.00	49.70	48.70	46.70	45.70	46.00
	Not faster than	40.00	37.50	35.00	31.00	30.00	29.00	28.50	28.00
Breast 100	Not slower than	2:25.00	2:20.00	2:03.00	1:52.20	1:46.20	1:39.80	1:36.30	1:35.00
	Not faster than	1:27.00	1:21.00	1:17.00	1:06.00	1:05.00	1:04.00	1:03.50	1:03.00
Breast 200	Not slower than	5:20.00	5:05.00	4:25.00	4:05.00	3:42.40	3:23.90	3:17.80	3:10.00
	Not faster than	3:10.00	2:51.00	2:40.00	2:22.00	2:20.00	2:17.00	2:16.50	2:16.00
Fly 50	Not slower than	1:20.00	1:10.00	1:03.00	58.00	50.00	45.00	41.70	39.00
	Not faster than	34.00	31.00	30.00	27.00	25.60	25.50	25.20	25.00
Fly 100	Not slower than	2:17.00	2:08.00	1:45.00	1:36.80	1:33.20	1:28.90	1:26.60	1:23.00
	Not faster than	1:15.00	1:12.00	1:08.00	1:00.00	57.00	55.00	54.20	54.00
Fly 200	Not slower than	5:00.00	4:40.40	4:20.00	3:49.00	3:29.00	3:10.10	3:07.10	2:59.00
	Not faster than	2:50.00	2:38.00	2:32.00	2:13.00	2:09.00	2:06.00	2:04.00	2:03.00
200 IM	Not slower than	5:10.00	4:31.40	3:57.00	3:28.70	3:21.70	3:01.00	2:54.40	2:48.50
	Not faster than	2:42.00	2:31.00	2:24.00	2:11.00	2:07.00	2:04.00	2:03.00	2:02.00
400 IM	Not slower than	6:50.00	6:50.00	6:40.00	6:20.00	6:20.00	5:59.00	5:59.00	5:48.00
	Not faster than	5:10.00	5:10.00	4:55.00	4:30.00	4:30.00	4:15.00	4:15.00	4:10.00

Notes: Age is as at 19th March 2017. Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry forms.

Refer to the Promoters conditions for acceptance or rejection of competitor entries.

March Open Meet

Hosted by Teamipswich Swimming

Entry Form

FORENAME SURNAME

MALE/FEMALE..... D.O.B...../...../.....Age at 19th March 2017.....

CLUB

EMAILPHONE.....

A.S.A. REGISTRATION No.

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EVENT	ENTRY TIME
Times entered should be 25m or 50m converted times.	
100m FREESTYLE	
400m INDIVIDUAL MEDLEY	
50m BACKSTROKE	
200m BREASTSTROKE	
100m BUTTERFLY	
200m FREESTYLE	
50m BREASTSTROKE	
100m BACKSTROKE	
200m BUTTERFLY	
50m FREESTYLE	
200m INDIVIDUAL MEDLEY	
50m BUTTERFLY	
400m FREESTYLE	
100m BREASTSTROKE	
200m BACKSTROKE	
Entry Fee (£4.50 / event)	£
Admin Fee (Late Entry only)	£ 5.00
Total Entry Fee	£

ENTRY FEE IS **£4.50** PER EVENT, An administration fee of £5.00 will be charged per swimmer for entries received after the closing date. One payment per Club Entry please.

Please Note: Photographs may be taken at this meet and used for publicity purposes in accordance with ASA regulations concerning the use of video close range or zoom photography. If swimmers or parents/guardians of competitors under the age of 18 **do not** wish such photographs to be published, they should notify the meet organiser in writing by attaching a letter to this form.

CLOSING DATE FOR ENTRIES IS WEDNESDAY 4th FEBRUARY 2017

PLEASE TICK PAYMENT METHOD

CHEQUES TO "FELIXSTONE
SWIMMING CLUB"

<input type="checkbox"/>	BACS
<input type="checkbox"/>	CASH
<input type="checkbox"/>	CHEQUE