NDSC December Open Meet 2016

Schedule of Events

LICENCE NUMBER 3ER161482

Age is at 4th December 2016 and cut off times apply

SESSION 1 – Friday 2nd December 2016, start time 6.30pm			
Event	**Male**	**Event**	**Female**
1	1500m Freestyle	2	800m Freestyle

SESSION 2 – Saturday 3rd December 2016, start time 9.00am			
Event	**Male**	**Event**	**Female**
3	100m Backstroke	4	200m IM
5	50m Freestyle	6	50m Butterfly
7	100m IM	8	100m Freestyle
9	200m Butterfly	10	100m Backstroke

SESSION 3 - Saturday 3rd December 2016, start time TBC			
Event	**Male**	**Event**	**Female**
11	100m Butterfly	12	200m Backstroke
13	50m Breaststroke	14	50m Freestyle
15	400m IM	16	100m Breaststroke
17	200m Freestyle	18	400m IM

SESSION 4 – Sunday 4th December 2016, start time 9.00am			
Event	**Male**	**Event**	**Female**
19	200m Breaststroke	20	200m Freestyle
21	50m Backstroke	22	50m Breaststroke
23	100m Freestyle	24	100m IM
25	200m IM	26	200m Butterfly

SESSION 5 - Sunday 4th December 2016, start time TBC			
Event	**Male**	**Event**	**Female**
27	100m Breaststroke	28	100m Butterfly
29	50m Butterfly	30	50m Backstroke
31	200m Backstroke	32	200m Breaststroke
33	400m Freestyle	34	400m Freestyle

Newmarket & District Swimming Club

swimming since 1918 | president: robert hicks | www.newmarketswimclub.co.uk

Licence Number 3ER160232

December Open 2016 Entry Form

Friday 2nd, Saturday 3rd and Sunday 4th December 2016, Age is at 4th December 2016

Competitor Surname: ..... Forename: ..... MALE/FEMALE (delete)

Address: .....

Telephone: (Daytime)..... (Evening)..... (Mobile).....

E-mail:.....Club: .....

ASA ID number: .....Date of Birth: ...../...../.....Age at 4th December 2016:.....yrs.

Event No (circle event No.)		Event		Entry Cost	Tick	Entry time (25m pool)
Male	Female	Distance	Stroke			
29	6	50m	Butterfly	£4		
21	30	50m	Backstroke	£4		
13	22	50m	Breaststroke	£4		
5	14	50m	Freestyle	£4		
11	28	100m	Butterfly	£4		
3	10	100m	Backstroke	£4		
27	16	100m	Breaststroke	£4		
23	8	100m	Freestyle	£4		
7	24	100m	IM	£4		
9	26	200m	Butterfly	£4		
31	12	200m	Backstroke	£4		
19	32	200m	Breaststroke	£4		
17	20	200m	Freestyle	£4		
25	4	200m	IM	£4		
33	34	400m	Freestyle	£4		
15	18	400m	IM	£4		
1	2	1500m/800m	Freestyle	£8		
SUMMARY						
Total No. of Entries			Entry Cost	£		
Cheques made payable to 'FELIXSTOWE SWIMMING CLUB OR BACS OR CASH'						

My entry is as indicated above and I have achieved the time(s) indicated at the time of submission of the entry. The details on this form are correct and I agree to abide by the Promoters conditions.

Signed.....*(Competitor)* Date.....

I confirm that the above information is correct and the competitor is an ASA registered member of the club and is eligible to compete as defined by ASA law.

Signed..... *(signature of club official)* Position in club.....

Return forms: LOUISE BOYT

CLOSING DATE FOR ENTRIES IS WEDNESDAY 19TH OCTOBER 2016 OR WHEN THE EVENT IS FULL, WHICHEVER COMES FIRST

December Open Meet

Licence Number 3ER161482

2nd, 3rd and 4th December 2016

Promoter's Conditions

1. The event will be subject to ASA Laws and Regulations and ASA Technical Rules of Racing and will adhere to the ASA Meet Licensing Criteria.
2. The event will be held at Newmarket Leisure Centre on the 2nd, 3rd and 4th December 2016.
3. The Promoter on behalf of Newmarket and District Swimming Club is Chris Bellwood, 19 Icknield Close, Cheveley, Newmarket, Suffolk CB8 9SU. e-mail - newmarketopenmeet@gmail.com
4. All entrants must be category 2 ASA members, category 2 SASA members or category 2 WASA members
5. Age groups are 9yrs, 10yrs, 11yrs. 12yrs, 13yrs, 14yrs, 15yrs and 16+. Note: 9 year olds are not eligible to swim some events, please see the qualifying times for details.
6. Age is as at 4th December 2016.
7. Closing date/time for entries is WEDNESDAY 19th OCTOBER or when the competition if full, whichever occurs earliest
8. All entry times shall be from short course times.
9. Entries will be accepted on a first come first served basis.
10. The 800m freestyle will be limited to 6 heats and the 1500m freestyle will be limited to 3 heats
11. Entry fees will be **£4.00** per event and **£8** per event for the 800m and 1500m.
12. Coach passes will be **£20.00** per day (including food and drinks) or **£15.00** per day (without food / drinks). BACS payments can be made (please ask for bank details) or Cheques should be made payable to Newmarket & District Swimming Club. Coach passes will not be available on the day.
13. All entries must meet the qualifying times stated on the entry times. Entries will not be accepted where an entry time is not submitted or is submitted as N/T (No Time).
14. No entries on the day will be accepted unless agreed with the Promoter.
15. The heats for each event will cover all age groups and competitors. Events will be seeded and spearheaded slowest to fastest, based on entry time submitted.
16. Entries should preferably be made electronically by a Hytek file which can be emailed or downloaded from the website. Entrants must download a Hytek lite file in order to do this which can be obtained free of charge from the Hytek website. Where there are more than 6 competitors from a club entries must be submitted with a summary form (pdf, word or excel) and a single cheque or BACS payment to the Club. Details for electronic submission and payment by BACS can be obtained from the Promoter. Entries must be submitted by an official of the club with relevant position advised at time of entry submission.
17. 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. Details for electronic

submission and payment by BACS can be obtained from the Promoter. Entry forms must be countersigned / submitted by an official of the club with relevant signatures/position.

18. Where there are more than 6 competitors from a club then a coach or responsible person from the club must be on poolside with the competitors and have applied for a coach's pass.

19. Lists of accepted entries will be advised to entrants/clubs not less than 2 weeks prior to the event. Once this is issued entrants / clubs will have one week to advise any errors or omissions on the entries.

20. Where competitors wish to withdraw prior to the day of the meet then they or their club must advise the promoter by e-mail. Refunds will not be given for any changes to entries after the one week period for entrants / clubs to review entries.

21. Where competitors wish to withdraw on the day of the meet they must ensure either they or their coach advises the promoter. This is done by using a withdrawal slip, withdrawal slips will be provided to coaches and will be available from the announcers table on the day. Withdrawals must be completed prior to the closing time for withdrawals for each session, these time will be advised to entrants prior to the event.

22. All events are to be timed finals

23. Medals will be awarded to the top three competitors in each age grouping for each event. Individual awards will also be made for the top boy and top girl as well as the top visiting team. A competitor who is accepted outside the entry times or disqualified from an event will not receive a medal and points will not be allocated for the top boy/girl/club award.

24. Results will be sent in an electronic format to each club who have entered competitors. Results will also be posted on the Club's website. The times achieved at the meet will be submitted to the ASA for entry into their database. Hytek results files will be available on request.

25. The pool is a 25m 6 lane pool with anti-turbulence lane ropes and full electronic timing. The depth of the water at the shallow end is 1.0m and at the deep end 2.0m. The height of the starting blocks above the surface of the water is 630mm. Only competitors who have achieved the ASA Competitive Start Award or equivalent are permitted to use the starting blocks. Competitors who are starting in the water must report to the Referee.

26. No competitor may enter the water during warm up unless under the supervision of his or her team coach. There will be no diving during the warm up periods except in designated sprint lanes.

27. A warm down pool will be available to use for competitors after each heat/event. No diving, backstroke or butterfly will be permitted in the pool. Competitors must use the pool for warming down only and for a limited time after each heat/event. Any competitor not abiding by the conditions for use of the warm down pool or instructions from the pool side staff or the promoters officials may be excluded from the meet by the Promoter.

28. The Promoter reserves the right to refuse admission to any competitor or spectator on the day.

29. Newmarket & District Swimming Club and the Newmarket Leisure Centre are not responsible for the safe keeping of personal property and valuables left in the changing area, on pool side or elsewhere in the Centre. Lockers are available in the changing area (£1 refundable).

30. Bags and other belongings will not be permitted on pool side and Leisure Centre staff will ask for these to be removed.

31. Competitors leaving the pool or changing area must wear appropriate footwear, tee/sweat shirt and shorts/trousers before entering any public area. Competitors must not enter the spectator area direct from the pool but must return by the changing area.

32. In line with ASA Child Protection Policy all users of cameras, video cameras and camera phones are required to register on the day at the front desk. Photography will not be permitted on pool side by either competitors or coaches or volunteers.

33. No glass or glass containers of any type are permitted in the pool, spectator or changing areas.

34. Entries to this meet will be held on a computer and consent to the holding of personal information as required by the Data Protection Act 1998 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 on the promoter.

35. Anything 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

NEWMARKET DISTRICT SWIMMING CLUB - DECEMBER OPEN MEET
2nd, 3rd and 4th DECEMBER 2016
Level 3 Licence No. 3ER161482
BOYS ENTRY TIME UPPER LIMITS

Distance/Stroke	9	10	11	12	13	14	15	16+
50m Freestyle	32.40	30.10	29.90	28.80	27.70	26.60	26.00	25.10
100m Freestyle		1.09.90	1.06.20	1.04.20	59.00	57.70	56.40	54.10
200m Freestyle	2.30.20	2.20.50	2.09.60	2.16.50	2.11.50	2.07.00	2.01.00	1.59.60
400m Freestyle		5.22.36	5.02.90	4.47.50	4.35.50	4.27.50	4.20.40	4.10.50
1500m Freestyle		21.30.00	20.30.00	19.40.00	18.40.00	17.30.00	16.40.00	16.20.00
50m Backstroke	36.30	35.80	34.10	33.60	32.40	31.20	29.20	28.80
100m Backstroke		1.18.90	1.12.10	1.11.20	1.07.80	1.06.80	1.00.20	58.80
200m Backstroke	2.46.80	2.40.20	2.30.30	2.29.40	2.24.90	2.19.80	2.14.30	2.12.40
50m Breaststroke	42.50	39.40	35.50	34.00	32.50	31.90	31.20	30.80
100m Breaststroke		1.26.50	1.22.40	1.17.30	1.13.30	1.10.10	1.08.50	1.08.00
200m Breaststroke	3.30.90	3.20.80	3.03.50	2.54.10	2.47.50	2.38.30	2.31.60	2.28.40
50m Butterfly	34.00	32.00	30.90	29.80	28.70	27.60	27.00	26.60
100m Butterfly		1.19.00	1.13.60	1.10.50	1.06.00	1.04.60	1.01.50	59.30
200m Butterfly	3.20.50	3.02.90	2.47.30	2.34.10	2.26.70	2.16.50	2.11.90	2.08.90
100m Ind Medley	1.25.00	1.22.50	1.15.80	1.13.30	1.10.20	1.08.10	1.05.30	1.02.00
200m Ind Medley	3.00.00	2.56.40	2.38.10	2.35.60	2.28.60	2.23.30	2.19.90	2.16.10
400m Ind Medley		6.23.80	5.43.70	5.38.10	5.17.70	5.09.60	5.07.50	4.55.60

Notes:

- Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry forms.
- Times submitted for events should be no faster than the limits shown in the table above.
- Acceptance criteria is first come first served.
- Age is as at 4th December 2016.

NEWMARKET DISTRICT SWIMMING CLUB - DECEMBER OPEN MEET
2nd, 3rd and 4th DECEMBER 2016
Level 3 Licence No. 3ER161482
GIRLS ENTRY TIME UPPER LIMITS

Distance/Stroke	9	10	11	12	13	14	15	16+
50m Freestyle	33.70	31.70	30.20	29.40	28.50	28.10	27.50	27.00
100m Freestyle		1.11.30	1.06.70	1.03.90	1.02.00	1.01.10	1.00.80	59.30
200m Freestyle	2.46.5	2.35.80	2.22.30	2.18.40	2.16.20	2.12.30	2.10.70	2.09.50
400m Freestyle		5.25.70	5.10.40	5.00.22	4.45.30	4.39.60	4.34.10	4.29.70
800m Freestyle		11.00.00	10.30.00	10.10.00	9.40.00	9.30.00	9.20.00	9.10.00
50m Backstroke	39.50	37.40	35.30	34.40	33.80	32.90	31.80	30.10
100m Backstroke		1.20.90	1.17.80	1.14.90	1.11.10	1.09.80	1.07.80	1.06.20
200m Backstroke	3.06.60	2.59.90	2.40.78	2.37.74	2.32.90	2.26.40	2.22.60	2.22.60
50m Breaststroke	44.20	42.30	40.40	38.50	36.60	35.90	34.00	33.80
100m Breaststroke		1.29.10	1.25.90	1.22.60	1.18.50	1.16.90	1.16.10	1.15.40
200m Breaststroke	3.36.30	3.15.30	3.05.90	2.56.70	2.50.40	2.45.30	2.40.20	2.36.30
50m Butterfly	37.40	35.20	34.10	32.20	30.60	29.80	29.40	28.60
100m Butterfly		1.18.60	1.14.00	1.12.60	1.10.50	1.09.00	1.07.80	1.06.90
200m Butterfly	3.30.10	3.04.90	2.43.80	2.38.10	2.28.70	2.26.50	2.24.80	2.23.90
100m Ind Medley	1.24.00	1.20.00	1.16.00	1.12.00	1.10.50	1.09.00	1.08.00	1.06.20
200m Ind Medley	3.15.20	2.59.80	2.41.10	2.38.80	2.32.30	2.30.10	2.28.90	2.27.70
400m Ind Medley		6.25.30	5.51.20	5.40.90	5.24.00	5.19.10	5.17.50	5.15.50

Notes:

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