



No Frills Time Trial Open Meet

16th and 17th December 2017

(License 3ER172205 Meet Held under ASA Law and Technical Rules)



**Events: 50m Freestyle, Backstroke, Breaststroke, Butterfly
100m Freestyle, Backstroke, Breaststroke, Butterfly, 100m
I.M.**

**200m Freestyle, Backstroke, Breaststroke, Butterfly, 200m
I.M.**

No Frills = No Awards or Medals just Times.

Entries on a first come first served basis.

Stowmarket Swim Club

(Affiliated to Suffolk Swim England and East Region Swim England)

No Frills Time Trial Open Meet on 16th and 17th December 2017

Mid-Suffolk Leisure centre, Stowmarket Suffolk

MEET RULES AND INFORMATION

1. The Competition is licensed to level 3 under ASA Laws and ASA Technical Rules.
2. All entrants must be Category 2 members of a Swim England affiliated club.
3. 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.
4. We ask that all swimmers and spectators wishing to take photographs and videos to ensure that they are aware of the ASA guidelines and respect them. A copy of the guidelines is available to view at <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs>, in particular we draw your attention to the need to seek the permission of a parent or guardian of any child contained in an image BEFORE posting it on social media. Please note that, other than the official photographer, devices such as cameras, phones and tablets are not allowed to be used inside the barriers on poolside for safety reasons. Note that any photography in the changing rooms is absolutely forbidden by both the club and the swimming pool management.
5. The pool length is 25 metres, 6 lanes with anti-turbulence lane ropes. The depth of the shallow end is 0.9 metre.
6. It is the responsibility of all clubs and coaches to ensure that swimmers are competent to the standard of the ASA Competitive Start Award. Only swimmers who have achieved the ASA Competitive Start Award or equivalent are permitted to use the starting blocks. Swimmers who are starting in the water must report to the Referee.
7. Events are open to swimmers aged 9 and over. Age as at 17th December 2017.
- 8. Acceptances will be on a 'first come – first served' basis, based on day of receipt.**
9. If the event is oversubscribed the club contact will be notified as soon as possible.
10. Coach passes (for Saturday and /or Sunday) should be ordered on the relevant forms, enclosed with the Club entry pack. Poolside passes will not be issued on the day. A maximum of four team manager/coach passes per club will be allocated to permit access to poolside. All applicants should be registered on the Swim England Child Protection Register. Stewards will request pass-holders to assist in the supervision of warm-ups.
11. Submitted times should be those achieved in a 25m pool (or converted from 50m times using conversion tables). Upper Qualifying Time limits apply.
12. 'Over the top' starts maybe used at the referee's discretion.
13. Swimmers must report to the Competitors' Stewards when instructed to do so by the announcer. Any competitor not reporting in time may be excluded.
14. All events will be Times Finals, there will be no awards or medals.

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Suffolk Amateur Swimming Association

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15. The promoter reserves the right to limit the number of heats if necessary. The numbers of heats for the 200m events will be limited in the first instance to 4 heats. The heats for each event will cover all age groups and competitors. Events will be timed finals with all heats being spear headed. The Promoter reserves the right to modify the seeding arrangements should conditions demand.

16. Results will be available on the club's website. Please contact Sandra by email should your club require results in electronic format.

17. No swimmer 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 or under the supervision of the team coach.

18. Entries may be made on the enclosed form or by submitting a Hytek file.

19. Entry fees will be £3.50 per event swim. Cheques should be made payable to Stowmarket swim club. On arrival each club will be issued with a check-in sheet to complete and return to the Meet Secretary before the warm up starts. Swimmers that have not registered by this time will be rejected from that session, at the discretion of the promoter.

20. CLOSING DATE FOR ENTRIES IS MONDAY 23rd October '17 Club entries will be loaded in date receipt order on the closing date. No late entries will be accepted. A list of entrants will be supplied to each club which should be checked for any errors in entrants.

21. 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.

22. The Promoter for these Championships is Sandra Chapman. The number to contact Sandra on is 07931 388085 or you can email at sscmeetsecretary@gmail.com.

General information

Stowmarket Swimming Club 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 during the meet will be handed to Mid-Suffolk leisure centre Management for collection by the owner.

In line with the recommendations in the ASA Child Protection Policy, any person wishing to use camera, mobile phone, video, zoom or close-range photography at the competition must register their details at the desk provided beforehand. A sticker will be issued and this should be affixed to the device itself.

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 with wet swimwear.

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. There is a free car park available at the leisure centre. However, the spectator area is limited and as a result spectators will need to be cooperative with the organisers and may be restricted to comply with the health and safety requirements of the venue.

Coaches or Team Managers are responsible for the swimmers' conduct at all times. By submitting an entry, competitors and coaches are agreeing to be bound by these rules. The promoters reserve the right to refuse admission to any person.

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Mid-Suffolk Leisure Centre, Stowmarket, Suffolk. IP14 1LH

PROGRAMME OF EVENTS

Saturday 16th December 2017

Session 1 – Warm-up 13:30pm for 14:30pm start	
1. Female 200m Freestyle	2. Male 200m Freestyle
3. Female 50m Butterfly	4. Male 50m Butterfly
5. Female 200m I.M.	6. Male 200m I.M.
7. Female 100m Breaststroke	8. Male 100m Breaststroke ✓
9. Female 50m Backstroke	10. Male 50m Backstroke

Sunday 17th December 2017

Session 2 - Warm-up 08:00am for 09:00am start	
11. Female 100m Freestyle	12. Male 100m Freestyle
13. Female 200m Backstroke	14. Male 200m Backstroke
15. Female 100m I.M.	16. Male 100m I.M.
17. Female 50m Breaststroke	18. Male 50m Breaststroke
19. Female 100m Butterfly	20. Male 100m Butterfly

Session 3 - Warm-up time to be confirmed	
21. Female 200m Breaststroke	22. Male 200m Breaststroke ✓
23. Female 50m Freestyle	24. Male 50 Freestyle
25. Female 200m Fly	26. Male 200m Fly
27. Female 100m Backstroke	28. Male 100m Backstroke

(Please note all events are open to 9 year olds plus)

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Individual entry form – age at 17th December 2017

Surname:..... Forename:.....MALE / FEMALE

Address:.....

Postcode:.....Contact Number:.....

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

Swim England Number:.....Date of Birth:/...../..... Age at 17/12/2017:.....

Saturday 16th December – Session 1

Event	Female	Entry Time	Event	Male	Entry Time
1	200m Freestyle		2	200m Freestyle	
3	50m Butterfly		4	50m Butterfly	
5	200m I.M.		6	200m I.M.	
7	100m Breaststroke		8	100m Breaststroke	
9	50m Backstroke		10	50m Backstroke	

Sunday 17th December – Session 2

Event	Female	Entry Time	Event	Male	Entry Time
11	100m Freestyle		12	100m Freestyle	
13	200m Backstroke		14	200m Backstroke	
15	100m I.M.		16	100m I.M.	
17	50m Breaststroke		18	50m Breaststroke	
19	100 Butterfly		20	100 Butterfly	

Sunday 17th December – Session 3

Event	Female	Entry Time	Event	Male	Entry Time
21	200m Breaststroke		22	200m Breaststroke	
23	50m Freestyle		24	50m Freestyle	
25	200m Butterfly		20	200m Butterfly	
27	100m Backstroke		22	100m Backstroke	

PLUS £2 ADAY ADMIN =

Entry Fee is £3.50 per event	Total Entry Fee =	
Cheques payable to <u>FELIXSTOWE SWIMMING CLUB</u>	TOTAL =	

I confirm that the above information is correct:.....(signature of club official)

Forms to be returned to: Sandra Chapman 49 Hazel Rise, Claydon, Suffolk IP6 0DB

CLOSING DATE FOR ENTRIES IS **MONDAY 23RD OCTOBER 2017**, LATE ENTRIES WILL NOT BE ACCEPTED WITHOUT PRIOR AUTHORISATION.

PLEASE TICK PAYMENT METHOD CASH _____

CHQ _____

BACS _____

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No Frills Open Meet 16th & 17th December 2017 – Upper Limit Times

Event	9 yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs	9 yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs
Male								Female						
50m Free	31.00	29.00	28.00	27.50	26.50	25.50	24.50	31.00	29.50	28.50	28.00	27.00	26.00	25.00
100m Free	1.15.00	1.07.00	1.04.00	1.02.00	58.50	56.00	54.50	1.15.00	1.08.00	1.05.50	1.02.50	1.01.00	1.00.00	59.00
200 Free	2.35.00	2.23.00	2.18.50	2.14.00	2.07.00	2.00.00	1.54.00	2.35.00	2.25.00	2.20.00	2.14.00	2.10.50	2.08.50	2.08.00
50m Back	35.00	31.50	30.00	29.50	29.00	28.50	28.00	35.00	33.50	32.50	31.50	31.00	30.50	29.50
100m Back	1.20.00	1.16.50	1.12.50	1.09.50	1.05.50	1.02.00	1.00.50	1.20.00	1.15.50	1.13.50	1.11.50	1.07.50	1.06.00	1.05.50
200m Back	2.42.00	2.34.50	2.30.50	2.28.50	2.21.00	2.13.50	2.10.00	2.42.00	2.36.50	2.32.00	2.29.50	2.25.00	2.21.00	2.20.00
50m Breast	41.00	35.00	33.00	32.00	31.00	30.00	29.00	41.00	39.50	38.50	37.50	36.50	35.50	34.50
100m Breast	1.35.00	1.28.00	1.23.00	1.20.00	1.15.50	1.12.00	1.09.00	1.35.00	1.29.50	1.24.00	1.20.50	1.17.50	1.16.50	1.15.50
200m Breast	3.30.00	3.15.00	3.02.00	2.52.00	2.42.00	2.33.00	2.29.00	3.30.00	3.17.00	3.05.00	2.54.00	2.45.00	2.44.00	2.43.00
50m Fly	35.00	29.00	28.00	27.00	26.50	26.00	25.50	35.00	34.00	33.00	32.00	31.00	30.00	29.00
100m Fly	1.22.00	1.15.00	1.12.00	1.09.50	1.05.50	1.02.50	58.00	1.22.00	1.16.50	1.13.50	1.11.00	1.08.00	1.07.00	1.04.50
200m Fly	3.00.00	2.48.00	2.40.00	2.34.00	2.25.00	2.18.00	2.08.00	3.00.00	2.49.00	2.44.00	2.36.50	2.28.00	2.26.50	2.22.00
100m IM	1.20.00	1.12.00	1.09.00	1.07.00	1.05.00	1.03.00	1.01.00	1.20.00	1.14.50	1.10.00	1.08.50	1.06.50	1.05.50	1.03.50
200m IM	3.00.00	2.46.00	2.39.00	2.32.50	2.24.00	2.19.00	2.12.00	3.00.00	2.50.00	2.43.00	2.35.00	2.27.50	2.26.00	2.24.00

Notes:

Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry form.
 Times submitted should be no faster than the limits shown in the table.
 The Promoter has the right to accept swimmers with times outside these if there are good reasons.
 Please refer to the rules in conjunction with these limit times.
 No Time entries will not be accepted for this meet.
 Age as at 17th December 2017.

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