



Cranleigh Amateur Swimming Club

SUMMER OPEN MEET ASA Licence Level 3 applied for SUNDAY 8th June 2014 Promoter's Conditions

Entries accepted on "FIRST COME, FIRST SERVED" basis

Closing Date: Sunday 27th April 2014

VENUE

Cranleigh Leisure Centre, Village Way, Cranleigh, Surrey, GU6 8AE – Telephone/Fax 01483 274400
25m Pool with 6 lanes, anti-wave lane ropes and electronic timing.

ASA

The meet will be run to conform with current ASA Laws & ASA Technical Rules and all swimmers MUST be registered with the ASA.

SESSIONS

	Warm-Up	Competition Starts
Session 1 (Events 1-6)	8.00am – 8.45am TBC	9.00am – 12.00am TBC
Session 2 (Events 7-12)	12.10pm – 12.55pm TBC	1.00pm – 3.15pm TBC
Session 3 (Events 13-18)	3.15pm – 4.00pm TBC	4.00pm – 6.00pm TBC

EVENTS

Session 1 Events 1 - 6	1	Girls 9 – 16+ years	200m Breast
	2	Boys 9 – 16+ years	200m Breast
	3	Girls 9 – 16+ years	50m Back
	4	Boys 9 – 16+ years	50m Back
	5	Girls 9 – 16+ years	200m IM
	6	Boys 9 – 16+ years	200m IM
Session 2 Events 7 - 12	7	Girls 9 – 16+ years	50m Freestyle
	8	Boys 9 – 16+ years	50m Freestyle
	9	Girls 9 – 16+ years	200m Fly
	10	Boys 9 – 16+ years	200m Fly
	11	Girls 9 – 16+ years	50m Breast
	12	Boys 9 – 16+ years	50m Breast
Session 3 Events 13 - 18	13	Girls 9 – 16+ years	200m Freestyle
	14	Boys 9 – 16+ years	200m Freestyle
	15	Girls 9 – 16+ years	50m Fly
	16	Boys 9 – 16+ years	50m Fly
	17	Girls 9 – 16+ years	200m Back
	18	Boys 9 – 16+ years	200m Back

AGE GROUPS

Ages are as at 8th June 2014

Age Groups will be 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16+yrs.

AWARDS

Awards will be made on an event declared winner basis for the 1st to 6th positions in each age group and each Level group. Top boy and girl awards will be given on the basis of aggregated points awarded to club-entered swimmers by age group as follows: -

- 1st – 3 points
- 2nd – 2 points
- 3rd – 1 point

QUALIFYING TIMES

As this is a Level 3 meet, both upper and lower qualifying times are required. Swimmers must have achieved the time between the upper and lower qualifying times to enter this meet.

BOYS UPPER / LOWER QUALIFYING TIMES

Event		9	10	11	12	13	14	15	16+
50m Freestyle	QT	51.5	48.3	45.3	42.7	40.0	37.9	35.4	34.2
	UQT	33.0	31.2	30.3	28.8	27.9	26.9	26.3	25.6
200m Freestyle	QT	3:54.4	3:35.3	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0	2:27.1
	UQT	2:39.6	2:30.9	2:22.8	2:16.9	2:08.9	2:04.2	1:59.9	1:58.9
50m Breaststroke	QT	1:05.1	1:01.8	58.5	53.8	49.8	46.5	44.4	42.0
	UQT	43.9	41.1	38.9	36.9	36.0	35.1	34.7	34.3
200m Breaststroke	QT	4:43.7	4:24.2	4:05.6	3:44.1	3:30.7	3:18.2	3:07.8	3:03.9
	UQT	3:30.7	3:25.5	3:10.9	2:55.8	2:44.9	2:40.4	2:38.6	2:35.2
50m Butterfly	QT	57.4	53.3	49.5	46.8	43.6	40.6	38.2	36.9
	UQT	37.6	35.4	33.5	32.9	31.5	30.0	29.5	29.0
200m Butterfly	QT	4:24.4	3:54.2	3:38.9	3:20.4	3:07.0	2:55.1	2:45.8	2:42.9
	UQT	3:19.2	3:03.4	2:40.9	2:31.76	2:28.32	2:20.9	2:14.9	2:12.9
50m Backstroke	QT	58.8	54.8	51.2	48.4	44.9	42.2	39.7	38.0
	UQT	39.4	37.1	35.0	33.5	32.5	31.1	30.8	30.1
200m Backstroke	QT	4:00.4	3:43.4	3:27.9	3:16.0	3:03.3	2:52.8	2:44.4	2:41.1
	UQT	3:19.2	3:03.2	2:36.0	2:34.1	2:26.0	2:22.0	2:15.9	2:13.0
200m IM	QT	4:11.0	3:49.3	3:32.9	3:20.6	3:08.3	2:55.9	2:47.5	2:43.9
	UQT	3:20.4	3:03.9	2:35.9	2:33.9	2:25.9	2:21.9	2:14.9	2:12.9

GIRLS UPPER /LOWER QUALIFYING TIMES

Event		9	10	11	12	13	14	15	16+
50m Freestyle	QT	51.5	48.5	45.5	42.9	40.7	39.2	37.2	34.5
	UQT	32.9	31.4	30.5	29.9	29.0	27.5	27.5	27.0
200m Freestyle	QT	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2	2:39.8
	UQT	2:40.5	2:34.2	2:25.5	2:18.9	2:15.0	2:11.5	2:09.0	2:08.7
50m Breaststroke	QT	1:06.4	1:01.8	57.3	53.6	50.6	48.5	47.2	46.4
	UQT	44.3	42.4	40.7	39.8	39.4	38.5	37.7	37.2
200m Breaststroke	QT	4:44.9	4:28.9	4:08.6	3:52.4	3:38.0	3:29.0	3:24.5	3:20.6
	UQT	3:30.6	3:26.6	3:12.3	3:03.0	2:53.0	2:51.3	2:48.9	2:45.7
50m Butterfly	QT	57.3	52.9	49.5	46.5	44.0	42.3	41.1	39.4
	UQT	38.1	36.2	35.1	34.2	33.3	32.4	31.9	31.50
200m Butterfly	QT	4:23.2	4:02.8	3:42.9	3:27.6	3:16.5	3:08.0	3:03.5	3:00.0
	UQT	3:21.0	3:13.0	2:56.6	2:44.4	2:35.5	2:33.2	2:31.7	2:29.5
50m Backstroke	QT	58.5	54.7	51.1	48.1	45.6	43.8	42.8	41.0
	UQT	39.8	38.4	36.5	34.8	33.9	33.7	33.5	33.0
200m Backstroke	QT	4:10.3	3:55.0	3:33.5	3:20.6	3:12.5	3:05.0	3:01.0	2:59.4
	UQT	3:03.5	2:57.9	2:43.6	2:38.3	2:36.1	2:34.4	2:31.7	2:29.5
200m IM	QT	4:15.9	3:59.9	3:36.4	3:25.5	3:15.9	3:09.0	3:03.5	3:00.1
	UQT	3:03.4	2:49.5	2:40.7	2:37.4	2:34.4	2:33.4	2:31.8	2:30.0

ENTRIES

Entries will be accepted on a "FIRST COME < FIRST SERVED" basis and entered using Hy-tek Meet Manager Software. Entries will be accepted with payment. Payment should be made by a single cheque or by BACS payment (please see details below) at the same time that the entry file is submitted. Non Hy-tek individual entries will be accepted but will incur a £3.00 surcharge.

Entry forms and Hy-tek files are available on Cranleigh ASC website: www.cranleighsc.org.

or from Frances Brown, 8 Summerlands, Cranleigh, Surrey GU6 7BL
email: cranleighasc@gmail.com
Telephone: 07841 751285

We will be using Hy-Tek Meet Manager software therefore there will be no cards issued. We will be operating a "Sign Out" system. Coaches/team managers should lodge their club's attendance list before the start of each session's warm up to confirm the attendance or withdrawal of their swimmers. Please note that some events may become fully subscribed sooner than others and the Promoters reserve the right not to accept entries at their discretion. Acceptance into all events applied for cannot be guaranteed.

Official results will be posted on our web site during the week following the meet.

COST

Entry fee for all events £5.00 per event
Coach Pass £15.00 per day per coach to include lunch and refreshments

Payment for entries and coaches passes should be on a single cheque made payable to 'Cranleigh Amateur Swimming Club'. BACS payment can also be made to Cranleigh Amateur Swimming Club Sort Code: 20-35-35 Account Code: 50275506

Adult Spectators £2.00 per session to include programme
£5.00 all day to include programme

No refunds will be given.

OFFICIALS

It is a requirement that clubs with more than 10 participating swimmers provide an official for the day. This assistance should be notified in advance on the entry e-mail.

TIME TRIALS AND OLDER SWIMMERS

Entries will also be accepted from any swimmers, 17 years and over for all events, on an Exhibition swim/Time trial basis in advance of the day subject to space if room within the meet programme permits. These swims must be requested in advance of the day. Acceptance of these types of swims will be at the discretion of the meet manager. No team points or awards will however be given for these swims. Entry fees for this type of swim will be £6 per event.

SEEDING

Seeding will be undertaken slowest to fastest with the fastest heat swum in arrowhead formation.

GENERAL INFORMATION AND COMPETITION RULES

1. No persons, other than coaches, chaperones, swimmers and officials will be allowed on to the poolside without a pass. No outdoor shoes will be worn on poolside.
2. Over the top starts will be used except for Backstroke events. The one start rule will apply. Results are on a HDW basis.
3. The Promoter reserves the right to refuse admission to any competitor/spectator.
4. Competitors are advised not to leave any articles unattended in the changing rooms. The Organisers and the Pool Management can accept no responsibility for loss or damage to personal property. Lockers are available in the changing village at a cost of £1.00 which is refundable.
5. Snacks and drinks will be available in the Leisure Centre's cafe throughout the Meet.
6. A Swim Shop may also be present throughout the Meet.
7. Albion Images are the Official Photographers and their child protection policies can be viewed at www.albionimages.co.uk
8. Ample free parking for cars and coaches is provided adjacent to the Leisure Centre.
9. Any conditions not covered in the above Rules and Information will be at the discretion of the Meet Manager.

10. Entries and results are managed on a computer. The requirements of the Data Protection act are deemed accepted by each entrant on the basis of their application, to hold personal information on a computer which may be made public during the meet.
11. The organisers reserve the right to add non-scoring swimmers at their sole discretion and to amend the running order of events as necessary.

STARTS

Coaches and clubs must be responsible for ensuring that all of their swimmers are competent to perform a shallow racing dive to the standards of the ASA competitive starts award. In the event of a false start, competitors should continue with a safe shallow racing dive and not fall into the water. Swimmers are permitted to start in the water but must advise the referee prior to the start of their heat.

WARM UP

Coaches (and their swimmers) must take no action that would endanger themselves or others. Any instructions given by Pool Lifeguards or others in authority must be obeyed immediately.

SAFETY

Everyone attending the meet must familiarise themselves with the location of the Emergency Exits, which must be kept clear at all times. Everyone is asked to observe all normal precautions in the poolroom and when moving around the Leisure Centre, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to one of the Leisure Centre management or the meet Manager. The pool depths are 3.0 metres at the starting end and 0.9 metres at the shallow end of the pool. Swimmers must not leave the poolside unless wearing shoes and having dried themselves.

BEHAVIOUR

Cranleigh Amateur Swimming Club and the Leisure Centre Management reserve the right to remove any swimmer, coach or spectator from the pool area whose behaviour is either against the Leisure Centre rules or the efficient running of the meet. Stewards will be patrolling the Leisure Centre and anyone found causing damage or seriously misbehaving, will be banned from the remainder of the meet and asked to leave the Leisure Centre, forthwith.

SECURITY

Competitors and spectators are advised not to leave their belongings unattended and to ensure valuables are placed in a locked locker. Neither Cranleigh Amateur Swimming Club nor Cranleigh Leisure Centre Management can accept any responsibility for property lost or stolen.

PHOTOGRAPHY

In line with the ASA Child Protection Policy, the Meet Manager of this event demands that any person wishing to take video footage or any type of photographic image should register their details in the book provided at the desk in the entrance foyer, before carrying out such photography.

LITTER

All attendees of the meet are asked to place all litter in the rubbish sacks provided and not to leave it on the floor, particularly in the spectator gallery, where it may become a safety hazard.

Any situation not covered by the above matters, will be at the discretion of the Meet Manager, who also reserves the right to make any changes that may be considered necessary for the smooth running and discipline of the meet.

Cranleigh Amateur Swimming Club

SUMMER OPEN MEET – ENTRY FORM

Sunday 8th JUNE 2014

THIS INFORMATION WILL BE PROCESSED ON COMPUTER. THE MEET WILL BE RUN UNDER ASA
LAWS & ASA TECHNICAL RULES.
PLEASE COMPLETE THE FOLLOWING DETAILS IN BLOCK CAPITALS

COMPETITOR – MALE/FEMALE

Surname				
Forenames				
Address				
ASA No		Full DoB		
EVENTS				
Event Number	Distance	Stroke	Entry Time	For Official Use Accepted / Entered
FEES ENCLOSEDEvents @ £5.00 per Event Please make cheques payable to Cranleigh Amateur Swimming Club BACS payment Sort Code: 20-35-35 Account Number 50275506				£

Please return this form by **Sunday 27th April 2014** to:-

Frances Brown 8 Summerlands, Cranleigh, Surrey GU6 7BL
 email: cranleighasc@gmail.com
 Telephone: 07841 751285