



**Ramsbottom Swimming Club would like to welcome clubs and individuals to attend**

**Ramsbottom  
Autumn  
Meet 2023**

**Level 3 Open Meet 2023**

Licence Number TBC





# Ramsbottom Autumn Meet 2023

Saturday 25th and Sunday 26<sup>th</sup> November 2023  
 Castle Leisure Centre, Bolton St Bury  
 Level 3 Short Course

Please see additional Information with all Meet Conditions

Session 1 Saturday Warm Up TBC Start 9.00 TBC		Session 3 Sunday Warm Up TBC Start 9.00 TBC	
101	Open/Male 200 Fly	301	Female 200 Free
102	Female 200 Back	302	Open/Male 200 Breast
103	Open/Male 50 Free	303	Female 50 Breast
104	Female 50 Fly	304	Open/Male 50 Back
105	Open/Male 100 Breast	305	Female 100 Back
106	Female 100 Free	306	Open/Male 100 Fly
107-113	Open/Male 50 Free Finals	307-313	Female 50 Breaststroke Finals
114-120	Female 50 Fly Finals	314-320	Open/Male 50 Back Final
Session 2 Saturday Warm Up TBC Start 13.30 TBC		Session 4 Sunday Warm Up TBC Start 13.30 TBC	
201	Open/Male 200 Back	401	Female 200 Breast
202	Female 200 Fly	402	Open/Male 200 Free
203	Open/Male 50 Fly	403	Female 50 Back
204	Female 50 Free	404	Open/Male 50 Breast
205	Open/Male 200 IM	405	Female 200IM
206	Female 100 Breast	406	Open/Male 100 Back
207	Open/Male 100 Free	407	Female 100 Fly
208-214	Female 50 Free Finals	408-414	Open/Male 50 Breast Finals
215-221	Open/Male 50 Fly Finals	415-221	Female 50 Back Finals

- Events are age as the 27<sup>th</sup> November 2023
- £5 per Race, Individual Entries £5.50 (All payments Via Bank Transfer)
- Closing Date Sunday 12<sup>th</sup> November or when full.
- Ramsbottom Members will be sent a separate link and pay portal.
- External Clubs - via your Competition Secretary using the Sportsystems Entry File. Individual entries please complete individual entry form.
- OFFICIALS –Please email [Rammyasc@outlook.com](mailto:Rammyasc@outlook.com) if you are able to support. Meals, refreshments and expenses paid.

For all other enquiries, please email Paul or Ross at [Rammyasc@outlook.com](mailto:Rammyasc@outlook.com)

Bank Details Sort Code 01-07-26 Account Number 49531034

Spectators £4.00 per session £7.00 all day

**ENTRY TIMES** Swimmers must not have achieved these times or faster in that event in 12 months prior to the last day of the competition

Awards            Top 3 swimmers in age groups from 9-14 and 15 and over  
 Events            9 year to Open Age: 50m, 100m and 200m in all strokes, 50m will be finals.  
                       All 100 and 200m will be HDW

Open/Male		9	10	11	12	13	14	15/Over
50	Freestyle	00:31.0	00:30.0	00:29.0	00:28.0	00:26.0	00:24.0	00:24.0
100	Freestyle	01:06.0	01:04.0	01:02.0	01:00.0	00:58.0	00:52.0	00:52.0
200	Freestyle	02:30.0	02:25.0	02:20.0	02:15.0	02:10.0	01:57.0	01:57.0
50	Breaststroke	00:42.0	00:39.0	00:37.0	00:35.0	00:34.0	00:31.0	00:31.0
100	Breaststroke	01:21.0	01:20.0	01:17.0	01:14.0	01:11.0	01:05.0	01:05.0
200	Breaststroke	03:13.0	03:10.0	03:07.0	03:00.0	02:50.0	02:20.0	02:20.0
50	Butterfly	00:33.0	00:32.0	00:31.0	00:30.0	00:29.0	00:26.0	00:26.0
100	Butterfly	01:10.0	01:08.0	01:06.0	01:04.0	01:02.0	00:56.0	00:56.0
200	Butterfly	03:15.0	02:56.0	02:30.0	02:29.0	02:20.0	02:05.0	02:05.0
50	Backstroke	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0	00:25.0	00:25.0
100	Backstroke	01:08.0	01:06.0	01:04.0	01:02.0	01:00.0	00:54.0	00:54.0
200	Backstroke	03:14.0	02:55.0	02:29.0	02:28.0	02:19.0	02:04.0	02:04.0
200	IM	03:01.0	02:47.0	02:30.0	02:25.0	02:20.0	02:08.0	02:08.0

Female		9	10	11	12	13	14	15/Over
50	Freestyle	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0	00:25.0	00:25.0
100	Freestyle	01:07.0	01:05.0	01:03.0	01:01.0	00:59.0	00:53.0	00:53.0
200	Freestyle	02:31.0	02:26.0	02:21.0	02:16.0	02:11.0	01:58.0	01:58.0
50	Breaststroke	00:43.0	00:40.0	00:38.0	00:36.0	00:35.0	00:32.0	00:32.0
100	Breaststroke	01:22.0	01:21.0	01:18.0	01:15.0	01:12.0	01:06.0	01:06.0
200	Breaststroke	03:14.0	03:11.0	03:08.0	03:01.0	02:51.0	02:21.0	02:21.0
50	Butterfly	00:34.0	00:33.0	00:32.0	00:31.0	00:30.0	00:27.0	00:27.0
100	Butterfly	01:11.0	01:09.0	01:07.0	01:05.0	01:03.0	00:57.0	00:57.0
200	Butterfly	03:16.0	02:57.0	02:31.0	02:30.0	02:21.0	02:06.0	02:06.0
50	Backstroke	00:33.0	00:32.0	00:31.0	00:30.0	00:29.0	00:26.0	00:26.0
100	Backstroke	01:09.0	01:07.0	01:05.0	01:03.0	01:01.0	00:55.0	00:55.0
200	Backstroke	03:15.0	02:56.0	02:30.0	02:29.0	02:20.0	02:05.0	02:05.0
200	IM	03:02.0	02:48.0	02:31.0	02:26.0	02:21.0	02:09.0	02:09.0

**RAMSBOTTOM ASC NOVEMBER MEET 2023**

**SUMMARY OF ENTRIES**

**Please ensure you have read all the entry criteria.**

**Contact Details:**

Name of Club	
Contact Name	
Contact Tel No	
Contact Email	

**Entry Details:**

	No	Fee	Cost
Female Entries		@ 5	£
Open/Male Entries		@ 5	£
Coaches Passes		@ 5	£
<b>Total amount paid via bank transfer</b>			<b>£</b>

Please send Payments Via Bank Transfer

Sort Code                01-07-26

Account Number        49531034

- Send this form, payment evidence (photo or printed report of reference details)
- **Officials:**

Name	Level i.e. Judge, T/K, Starter, Level 2 coach, timekeeper (online course accepted)	Session available

**Queries to:**

**Mr P.Wilcock**

**07786370261**

**Rammyasc@outlook.com**