



# Black Lion Swimming Club

Affiliated to M.A.S.A., K.C.A.S.A., A.S.A.S.E.R, R.L.S.S.

Black Lion Level 3 Development Meet 2019 License No:

## PROGRAMME OF EVENTS

Saturday 2<sup>nd</sup> March 2019

### Session 1

1. 100m Individual Medley
2. 100m Freestyle
3. 50m Butterfly
4. 50m Breaststroke
5. 100m Breaststroke
6. 100m Backstroke
7. 50m Backstroke
8. 50m Freestyle
9. 100m Butterfly

Warm Up: 08:30

Boys  
Girls  
Boys  
Girls  
Boys  
Girls  
Boys  
Girls  
Boys

Start: 09:30

### Session 2

10. 100m Individual Medley
11. 100m Freestyle
12. 50m Butterfly
13. 50m Breaststroke
14. 100m Breaststroke
15. 100m Backstroke
16. 50m Backstroke
17. 50m Freestyle
18. 100m Butterfly

Warm Up: tbc

Girls  
Boys  
Girls  
Boys  
Girls  
Boys  
Girls  
Boys  
Girls

Start: tbc



# Black Lion Swimming Club

**Affiliated to M.A.S.A., K.C.A.S.A., A.S.A.S.E.R, R.L.S.S.**

## **Black Lion Level 3 Development Meet 2019**

Saturday 2<sup>nd</sup> March 2019

### **Licence No:**

*Run under ASA laws, ASA technical rules of swimming and promoter's conditions*

### **MEET RULES AND INFORMATION**

The competition will be held under ASA laws and technical rules of swimming. This event is licensed at Level 3 for entry into Level 1 & 2 meets and Regional Championships. Officials will be obtained from the National & Regional lists of qualified personnel.

### **FACILITIES**

The meet will take place at the Medway Park, Mill Road, Gillingham, Kent on Saturday 2<sup>nd</sup> March 2019. The pool is a 6 lane, 25 metre facility fully equipped with electronic timing, display board and anti-wave ropes. Parking is available in the large pay and display car park adjacent to the Leisure Centre. Refunds for up to 4 hours parking are given in the sports centre upon presentation of the parking voucher obtained with the ticket.

### **ENTRIES**

Swimmers must be, or have applied to be registered with the ASA. Swimmers may only enter events in their own age group. Ages are at midnight on 2<sup>nd</sup> March 2019.

### **AGE GROUPS**

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

### **EVENTS**

The events are 50m and 100m in all 4 strokes plus the 100m Individual Medley.

### **SUBMISSION OF ENTRIES**

The entry fee is £5.50 for all events. Entries must be no faster than the Upper Qualifying Time (UQT) published for each event and have not competed at that event in the 2019 County Championships

If the event is oversubscribed, the slowest entrants to some events will be rejected to keep the meet within acceptable time limits. Entries must be submitted either electronically using SportsSystems Meet Manager or be on the official entry form (photocopies accepted). Entries must include the entrant's ASA registration number, date of birth, and entry times, together with all entry fees. Entry times submitted should be those achieved in a 25m pool.

The closing date for entries is midnight on Saturday 16<sup>th</sup> February 2019. No entries will be accepted after the closing date, unless due to the promoter's error or omission. Proof of postage may be required. Entries will not be registered unless accompanied by the correct entry fee. Cheques must be made payable to Black Lion Swimming Club. Completed entry forms should ideally be sent in one envelope per club. Details of

accepted entries will be emailed to club's representatives. Refunds will be issued for rejected entries only by one cheque or by BACs to each club and sent to the contact named on the entry summary sheet as soon as possible after the closing date.

### **COACHES PASSES**

Coach's passes are available at a cost of £12.00 per person per day. This fee includes a daily programme, a full set of results sheets and lunch. A maximum of 3 passes may be issued to each club. For child protection reasons, these must all be pre-ordered at the time of submitting entries. Coach's passes will be collected on the day of each gala.

### **SIGNING IN**

Upon arrival you will need to sign in at the front desk for every event that you intend to swim. Signing in sheets will be removed at the start of the warm-up for each session. Failure to sign in may result in exclusion of the competitor.

### **WARM UP**

Coaches must supervise their swimmers at all times during the warm up. A warm up schedule will be available 15 minutes before the start of each warm up session at the starting end of the pool.

### **RACE PROCEDURES**

It is the responsibility of the competitors and coaches from participating clubs to ensure that all swimmers are competent to the standard of the ASA Competitive Start Award. All events are heat declared winners. Heats will be swum with all age groups combined and swimmers seeded by entry times. The fastest heat in each event will be spear-headed. Starts will be at the deep end of the pool and over the top starts will be used for all events except backstroke. Swimmers must leave the pool using the steps at the side of the pool and must not climb over the electronic timing pads at the end of each lane.

We will endeavour to make secondary strobe provision deaf swimmers. A secondary strobe is classed as, "A strobe light, in addition to that included in the AOE starting system". It must be part of the AOE system and should be able to be moved to a lane where a deaf swimmer (S15) is starting.

### **RESULTS**

Competitor's times will be computer processed using the Sportsystems operating system. These results will then be displayed both on poolside and upstairs in the balcony area. Following the meet, all results will be published on our website [www.blacklionswimming.club](http://www.blacklionswimming.club) as soon as possible. Anyone wishing to have these emailed directly must leave their details at the information desk. Meet results will also be sent to the ASA to be included on their official rankings list.

### **AWARDS**

Awards will be given to the top six placed swimmers in the 9, 10 and 11 years age group in each individual event and for the top three placed swimmers in 12, 13, 14, 15+ years age groups in each individual event. There will be no official presentations so all swimmers must collect their medals from the awards desk.

### **OFFICIALS**

It is appreciated if attending clubs could provide a licensed official to assist with the running of the event.

Each club entering six or more swimmers are requested to supply at least two officials who can act as Time Keeper and/or Judge.

### **SPECTATOR ADMISSIONS**

Admission prices are as follows: Adults £5.00. Concessions £3.00. Children are free. Programmes are £1 for the day.

**RAFFLE**

Raffle tickets will be available to purchase at £1.00 per strip.

**PHOTOGRAPHY**

Anyone wishing to take still or digital photography (including the use of mobile phones to do this) must do so in accordance with the ASA Child Safeguarding Policy and procedures (Wavepower). Flash photography is prohibited at all times.

**SAFETY**

For the purposes of child protection, no persons, unless officials, staff, coaches or team managers displaying a valid pass, shall be allowed on poolside. Competitors are advised not to leave their belongings unattended and to ensure that valuables are placed in a secure locker or deposited with someone for safe keeping. Neither Black Lion Swimming Club nor the pool management will be held responsible for property that is damaged, lost or stolen. Swimmers must not leave the poolside without wearing a top, shoes, and having dried themselves off. Swimmers are advised to remove all jewellery to prevent accidental injury to themselves.

**DATA PROTECTION**

All entry information and results will be managed on a computer system. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer.

**BEHAVIOUR**

Coaches and team managers are at all times responsible for the conduct of the swimmers in their care. The promoter reserves the right to refuse admission or to ask any persons to leave during the event.

*Any conditions not covered in the above information will be at the discretion of the promoter of Black Lion Swimming Club. By entering this event, competitors and coaches agree to abide by these conditions.*



# Black Lion Swimming Club

Black Lion Level 3 Development Meet 2019

License No:

Upper Qualifying Times

<b>Girls</b>	9 / 10	11	12	13	14	15/over
50m Freestyle	34.5	34.5	32.0	30.75	29.75	29.25
100m Freestyle	01.17.0	01.17.0	01.10.5	01.06.5	01.04.5	01.03.0
200m Freestyle	02.47.9	02.34.4	02.28.4	02.22.0	02.15.0	02.15.0
50m Breaststroke	45.75	45.75	42.5	40.5	38.75	38.25
100m Breaststroke	01.41.5	01.41.5	01.32.5	01.26.5	01.23.5	01.22.5
200m Breaststroke	03.44.2	03.20.6	03.12.1	03.07.7	02.56.0	02.56.0
50m Backstroke	40.0	40.0	37.25	35.25	34.0	33.5
100m Backstroke	01.27.5	01.27.5	01.20.5	01.15.5	01.12.0	01.11.0
200m Backstroke	03.10.0	02.53.7	02.46.3	02.40.5	02.30.0	02.30.0
50m Butterfly	39.25	36.0	34.25	33.0	32.25	32.25
100m Butterfly	01.38.0	01.38.0	01.23.5	01.17.0	01.13.0	01.12.0
200m Butterfly	03.42.0	03.21.0	03.07.0	02.58.0	02.43.0	02.43.0
100m Individual Medley	01.32.0	01.25.0	01.20.1	01.16.9	01.16.0	01.16.0
200m Individual Medley	03.13.0	02.56.3	02.50.5	02.42.1	02.33.0	02.33.0

<b>Boys</b>	9 / 10	11	12	13	14	15/over
50m Freestyle	34.25	34.25	32.25	30.25	28.75	27.25
100m Freestyle	01.17.5	01.17.5	01.11.0	01.06.5	01.03.0	00.59.0
200m Freestyle	02.51.1	02.40.3	02.28.8	02.18.3	02.08.0	02.08.0
50m Breaststroke	46.5	46.5	43.0	40.25	38.0	36.0
100m Breaststroke	01.44.0	01.44.0	01.35.0	01.26.5	01.22.0	01.18.0
200m Breaststroke	03.46.0	03.33.0	03.19.0	03.06.0	02.48.0	02.48.0
50m Backstroke	40.0	40.0	37.5	35.75	33.75	32.5
100m Backstroke	01.28.0	01.28.0	01.21.5	01.16.5	01.11.5	01.08.5
200m Backstroke	03.11.0	02.57.5	02.52.0	02.41.0	02.27.0	02.27.0
50m Butterfly	39.75	39.75	37.0	34.25	32.25	30.75
100m Butterfly	01.41.0	01.41.0	01.25.5	01.17.5	01.12.0	01.09.0
200m Butterfly	03.43.0	03.20.0	03.11.0	02.56.0	02.35.0	02.35.0
100m Individual Medley	01.31.5	01.25.0	01.22.0	01.14.5	01.13.0	01.13.0
200m Individual Medley	03.18.0	02.57.2	02.51.6	02.40.7	02.26.0	02.26.0