N&UEL SWIMMING CLUB

Welcome you to our
Winter Invitational Meet 2018
Licence 4LR181595

Sunday 11th November 2018

Spectator’s admission
£5 entry fee for full day plus £2 programme
Programme of Events

Sunday 11th November 2018

<table>
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<th>Session One</th>
<th>Session Two</th>
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<tr>
<td><strong>Warm-up:</strong> 08:00</td>
<td><strong>Warm-up:</strong> tbc</td>
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<tr>
<td><strong>Start:</strong> 09:10</td>
<td><strong>Start:</strong> tbc</td>
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1. Girls 200m Individual Medley
2. Boys 50m Freestyle
3. Girls 50m Freestyle
4. Boys 100m Backstroke
5. Girls 100m Backstroke
6. Boys 50m Butterfly
7. Girls 50m Butterfly
8. Boys 100m Breaststroke
9. Girls 100m Breaststroke
10. Boys 200m Freestyle
11. Girls 200m Freestyle
12. Boys 50m Breaststroke
13. Girls 50m Breaststroke
14. Boys 100m Butterfly
15. Girls 100m Butterfly
16. Boys 50m Backstroke
17. Girls 50m Backstroke
18. Boys 100m Freestyle
19. Girls 100m Freestyle
20. Boys 200m Individual Medley

**Warm-up**
Lanes 1, 3 & 5 clockwise, lanes 2, 4 & 6 anti-clockwise. Coaches are asked to ensure swimmers comply with this requirement.

Sign-in sheets will be placed on poolside between 07:45-08:15 for session 1 & tbc for session 2

Swimmers must report to the marshalling area before their race.

Thank you to all our competing teams.
Conditions

Affiliation: N&UEL Swimming Club is affiliated to ASA London Region. The meet will be held under ASA Laws and ASA Technical Rules and the below promoters conditions. The meet is licensed at Level 4 and held under license number 4LR

Pool: Pool is located at East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Pool is located behind the town hall/library. Pool is 25m long, 6 lanes, anti wave ropes and electronic timing, with limited spectator seating. Car parking is available close to the pool in Sainsbury’s car park or in surrounding roads.

Age Groups: Ages as at midnight 31st December 2018. Age groups 8, 9, 10, 11, 12, 13, 14 and 15+.

Events: Events will be seeded, by time. All heats will be swum on the spearhead principle. All events will be swum on a heat declared winner basis. The meet will be cardless. Signing in sheets will be placed outside the changing rooms before each session. Swimmers must sign in for each event in which they are entered. All races will start from and finish at the deep end. It is the responsibility of the swimmer to report to the stewarding area in sufficient time for each event. N&UEL Swimming Club will not be held responsible for any swimmer missing the start of their particular heat. Swimmers who register late may be accepted at the promoter’s discretion. Time trials may be accepted at the promoters’ discretion at a cost of £6 per event, but they will not be eligible for awards. Time trial entry times will be seeded into heats based on time.

Entries: Closing date for entries in midnight 14th October 2018. N&UEL Swimming Club reserves the right to close the meet or individual events within the meet earlier than the specified closing date. All entries must include Date of Birth and ASA Registration Number details and be submitted electronically using Hytek software and be emailed to nuelopenmeets@gmail.com and include the number of coach passes required. All swimmers including those aged 8 must be registered as Category 2 or 1 with the ASA. The competition will be open to a maximum of 8 clubs. Races consist of 50m all strokes, 100m all strokes, 200MIM & 200m Freestyle. There are no upper limit times or qualifying times although NT entries will not be accepted. Cost is £5.50 per event and includes any levy due to London Region ASA. No refunds will be given once acceptance lists have been published/emailed. 25m entry times should be submitted. For clubs entering more than 5 swimmers could we please request that an official is provided for each session. Coach passes are available at a cost of £10 per day for each coach and will include refreshments and lunch.

Payment: Bacs payments are preferred or one single club cheque, payable to Newham & UEL SC and sent to Head Coach, 3 Warren Terrace, Chadwell Heath, Romford, Essex, RM6 5SB by the official closing date. Bacs payments can be transferred to Barclays Bank PLC, sort code 20-67-88 a/c 50281808, with WINV & your club code as reference.

Awards & results: Awards will be made of top 3 placed swimmers in each age group and medals can be collected from the medal table after the results of that event are published. No medals will be posted. Full results will be available on the club’s website after the event. Results will also be passed onto the ASA for inclusion in the rankings.

Warm-up: Swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated by the lane direction cards. Swimmers must swim in their appropriate warm-up. Sprint lanes will be announced. To aid running of the meet, second session warm up may be reduced to 45 mins.
Swim Down: A Swim down pool will be available for use throughout the duration of the event and swimmers using this facility must be supervised. The instructions of the pool lifeguard and/or N&UEL Swimming Club Meet Management Staff must be followed at all times. N&UEL Swimming Club reserve the right to close this facility if it is abused. Coaches are asked to monitor the swim down facility when it is in use by their swimmers.

Starts: It is the responsibility of the competitor, coaches and club to ensure that all swimmers are competent to the standard of the ASA competitive start award to perform a shallow racing dive into the water. Swimmers are permitted to start in the water of all events, but must advise the referee of this prior to the start of their heat. In the event of a false start, the swimmer must make a safe entry. The competition will operate over the top starts throughout, with the exception of the backstroke events.

Safety & Security: Everyone is to familiarise themselves with the emergency exits which must be kept clear at all times. Anyone observing anything they consider to be a safety hazard must report this to the Meet Director or one of the organisers. The pool depth at the starting end is 1m. The distance between the top of the diving block and the water level is 2m. Competitors and spectators must not leave their belongings unattended. Neither N&UEL nor the pool management will be held responsible for the loss of any property. Only officials, competing swimmers and coaches/team managers/volunteers will be allowed on poolside due to limited space. Coaches/volunteers will be asked to wear wristbands. Bags will not be allowed on poolside and swimmers are asked to make use of the lockers provided in the changing rooms. No outdoor shoes are allowed on poolside and swimmers are not allowed in the balcony due to limited space.

Photography: In line with the requirements of the centre, any type of photography, including the use of mobile phones or any other mobile device is not allowed in changing rooms. It is requested that all mobile phones are switched off or turned to silent during the competition and that there is no flash photography at the start of each event/heat.

Behaviour: The promoters and the pool management reserve the right to remove any swimmer or spectator from the pool area whose behaviour is either against pool rules or is affecting the running of the meet. Anyone found causing damage or misbehaving will be banned from the meet and any monies paid will not be refunded.

Data Protection: Entries will be entered onto a computer and will form part of the printed programme. By submitting entries, consent is given under the data protection act 1984 to holding of personal information for the purposes of the meet and data will only be shared between ourselves, Swim England and the visiting clubs.

Any situation arising not covered by these conditions will be determined by the promoter Deborah Harouma.