**Thurrock Swimming Club Regional Qualifier Meet 2019**

(Held under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER190014

**Saturday 6th & Sunday 7th April 2019**

**CONDITIONS**

**Facilities**

The competition will be held at Blackshots Leisure Centre, Blackshots Lane, Grays, Essex RM16 2JU. Six lane 25m pool, swim down pool, electronic timing with scoreboard.

**Affiliation**

Thurrock Swimming Club is affiliated to ASA East Region. The meet will comply with ASA Laws and Regulations and ASA Technical Rules of Racing. **The meet is licensed at level 3** and held under license number 3ER190014 and will comply with the ASA Open Meet Licensing Criteria.

**Age Groups**

Ages as at 7th April **2019**. Age groups 9, 10 & 11, 12 & 13, 14+

**Entries**

Entries will be based on first come first served. Thurrock Swimming Club reserves the right to close the meet or individual events within the meet once full. The official closing date for entries is **Midnight 8th March 2019**

REJECTIONS - Entries may be restricted in order to keep the session times within appropriate time scales. Rejections will be based on entry date and time as this is a first come first served license. 400m events will be restricted to 6 heats per event.

All entries must include Date of Birth and ASA Registration Number details. Club entries should be submitted using the Sportsystems electronic entry system (download available via [www.thurrockswimmingclub.o](http://www.thurrockswimmingclub.o)rg). The submission of entries either electronically or by entry form indicates acceptance of the Meet Rules. All entries should be made using the online web portal entry system both for clubs and individuals.

Cheques should be posted to the Meet Organiser & Promoter Sean Jarvis: Email: tsc-gs@outlook.com Address: Sean Jarvis, Thurrock Gala Secretary, 11 Brandon Close, Chafford Hundred, Essex, RM16 6QX Phone: 07540 392355 Cheques made payable to **Thurrock Swimming Club**.

**Time trials**

May be accepted time permitting but will not be entered into the results @ £6 per trial.

**Entry Fees**

Entry fees are £5.50 per event. Coaches passes are available at £10.00 per coach per day (£20.00 for the weekend) include programmes, start sheets, and food and drink throughout the day.

**Events**

Events will be seeded, by time. All events will be swum on a **heat declared winner basis**. It is the responsibility of the swimmer to report to the stewarding area in sufficient time for each event. Thurrock Swimming Clubs will not be held responsible for any swimmer missing the start of their particular heat. Swimmers must sign in for each event.

**Awards & Results**

Awards will be made to the first six 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 websites during and after the event. Results will also be passed onto the ASA for inclusion in the rankings.

**Warm Up**

Warm up times will be confirmed once total number of entries have been confirmed. 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.

**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 Thurrock Swimming Clubs’ Meet Management Staff must be followed at all times. Thurrock Swimming Club reserves the right to close this facility if it is abused.

**Starts**

It is the responsibility of the competitor, coaches and clubs to ensure that only those swimmers are have reached the standard of the ASA Preliminary Competitive Start Award are to start with a shallow racing dive from the starting blocks . Swimmers are permitted to start in the water for 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 0.9m the distance between the top of the diving block and the water level is 630mm.

Competitors and spectators must not leave their belongings unattended. Neither TSC nor the pool management will be held responsible for the loss of any property. Only officials and coaches/team mangers who have purchased official passes will be allowed on poolside.

**Photography**

In line with the recommendation NSPCC Child Protection in Sport Unit, Thurrock Swimming Club recommends that any person wishing to engage in any video, zoom, or close range photography (including camera phones) recordings are restricted to the individual’s child where ever this is possible. No live streaming of events or children swimming is permitted and there is to be absolutely no photography or video recording poolside or in the changing rooms. Any concerns should be raised with a member of Thurrock Swimming Club who will ensure all concerns are investigated. No flash photography is permitted in the building.

**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.

**Refreshments**

A Cafe selling hot and cold food will be in operation throughout this event.

**General Data Protection Regulation**

Entries will be entered via a website which will record personal information required to enter the gala under the ASA licensing conditions to ensure accurate recording of an individual’s timings for submission into results which are publicly published and recorded on Swim England rankings database. By entering the gala and providing the information you consent to the use of the data for its intended purpose.

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**SCHEDULE**

**Saturday 6th April 2019**

|  |  |
| --- | --- |
| **Session One****Warm Up tbc Start tbc Finish tbc****Signing in closes tbc**101 Boys 400m Freestyle 102 Girls 200m Backstroke103 Boys 50m Freestyle 104 Girls 100m Butterfly 105 Boys 50m Backstroke 106 Girls 200m Breaststroke 107 Boys 200m Breaststroke  | **Session Two****Warm up tbc Start tbc Finish tbc** **Signing in Closes tbc**201 Girls 200m Individual Medley202 Boys 200m Individual Medley203 Girls 50m Butterfly 204 Boys 100m Backstroke205 Girls 200m Freestyle 206 Boys 50m Breaststroke207 Girls 200m Butterfly  |

**Sunday 7th April 2019**

|  |  |
| --- | --- |
| **Session Three****Warm Up tbc Start tbc Finish tbc****Signing in closes tbc**301 Girls 400m Freestyle302 Boys 200m Backstroke303 Girls 50m Freestyle 304 Boys 100m Butterfly305 Girls 50m Backstroke306 Boys 100m Breaststroke307 Girls 100m Freestyle308 Boys 100m Freestyle | **Session Four** **Warm up tbc Start tbc Finish tbc** **Signing in closes tbc** 401 Girls 400m Individual Medley 402 Boys 400m Individual Medley 403 Girls 100m Breaststroke 404 Boys 50m Butterfly 405 Girls 100m Backstroke 406 Boys 200m Freestyle 407 Girls 50m Breaststroke 408 Boys 200m Butterfly |

**AGE GROUPS**

9, 10/11, 12/13, 14+ Age as at midnight on the last day of the competition 7th April 2019

9 Year old swimmers are not eligible for 400m events

400m events will be restricted to 6 heats per event

**Entries will be on a FIRST COME FIRST BASIS**

***CLOSING DATE FOR ENTRIES IS 8th March 2019 or EARLIER IF GALA IS FULL***

# Heat Declared Winner

**Awards to the first six placed swimmers in each age group**

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**UPPER TIME LIMITS**

|  |
| --- |
|  **BOYS GIRLS** |
| **9 Years** | **10 & 11 Years** | **12 & 13 years** | **14+ years** |  | **Events** |  | **9 Years** | **10 & 11 Year** | **12 & 13 Years** | **14+ Years** |
| **39.0** | **34.8** | **30.75** | **27.0** |  | **50m Back** |  | **39.0** | **34.8**  | **32.5** | **30.8** |
| **46.0** | **40.0**  | **34.5** | **30.0** |  | **50m Breast** |  | **46.0** | **38.7**  | **36.1** | **34.3** |
| **39.0** | **33.5**  | **29.0** | **25.0**  |  | **50m Fly** |  | **39.0** | **33.3**  | **30.7** | **28.7** |
| **34.0** | **29.9**  | **26.6** | **23.0** |  | **50m Free** |  | **36.0** | **30.5**  | **28.5** | **26.5** |
|  |  |  |  |  |  |  |  |  |  |  |
| **1.22.0** | **1:14.3** | **1:05.5** | **57.8** |  | **100m Back** |  | **1.16.0**  | **1:13.5**  | **1:08.6** | **1:05.0** |
| **1.23.0** | **1.23.0** | **1:14.0**  | **1:05.6**  |  | **100m Breast** |  |  **1.26.5** | **1:24.5** | **1:19.0**  | **1:13.2** |
| **1.23.0** | **1:17.5** | **1:04.7** | **59.0** |  | **100m Fly** |  |  **1.16.0** |  **1:15.5** | **1:08.5** | **1:03.8** |
| **1.05.5** | **1.05.4** | **57.65** | **51.0** |  | **100m Free** |  |  **1.08.0** |  **1:06.1** | **1:01.3** | **57.2** |
|  |  |  |  |  |  |  |  |  |  |  |
| **3.05.0** | **2:39.6**  | **2:21.8** | **2:08.0** |  | **200m Back** |  | **3.15.0** | **2:37.3**  | **2:25.9** | **2:22.3** |
| **3.30.0** | **3:04.0**  | **2:43.1**  | **2:26.0** |  | **200m Breast** |  | **3.36.0** | **3:02.1** | **2:50.3** | **2:41.6** |
| **3.25.0** | **2.53.2**  | **2:29.0** | **2.11.0**  |  | **200m Fly** |  | **3.29.1** | **2.48.0**  | **2:34.4** | **2:25.7** |
| **2.47.1** | **2:21.8** | **2:06.3** | **1:53.0** |  | **200m Free** |  | **2.50.2** | **2:23.2**  | **2:13.0** | **2:04.7** |
|  | **4:58.0**  | **4:26.7** | **4:03.5** |  | **400m Free** |  |  | **5:00.6**  | **4:40.2** | **4:29.0** |
|  |  |  |  |  |  |  |  |  |  |  |
| **3.18.0** | **2:41.8**  | **2:22.9** | **2:10.0** |  | **200m I/M** |  | **3.15.0** | **2.42.2**  | **2:30.4** | **2.23.0**  |
|  | **5:49.4**  | **5:07.3** | **4:40.0** |  | **400m I/M** |  |  | **5:45.5**  | **5:22.1** | **5:00.6** |