Dartford District Swimming Club and Erith & District Swimming Club warmly invite your swimmers to compete in our jointly promoted Licensed Level 3 Open Meet at Crook Log Leisure Centre, Brampton Road, Bexleyheath, Kent DA7 4HH on Saturday 3rd and Sunday 4th November 2018.

Our weekend programme has been put together with the aim of giving swimmers the opportunity to gain County and Regional Qualifying Times in events from 50m to 1500m.

Individual events (up to 400m) are priced at £5.00 each with the 800m and 1500m events priced at £10.00 each. Swimmers are welcome to enter any number of events that are open to them.

In all events from 50m to 400m, awards will be made to the first 6 placed swimmers in each stroke / distance in the following age groups: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs and to the first 3 placed swimmers in the 14yrs, 15yrs & 16yrs and over. In the 800m and 1500m events, awards will be made to the first 6 placed swimmers in the 13yrs and under age group and the first 3 placed swimmers in the 14yrs and over age group.

All results will be made available on the EDSC website: [www.edsc.org.uk](http://www.edsc.org.uk) and the DDSC website: <http://ddsc.org/wp/> as soon as possible after the event. Real time results will also be available via Hy-Tek’s Meet Mobile App.

Refreshments for swimmers and spectators will be available from the Cafeteria and there is ample free car parking available at the Leisure Centre.

The session times are as follows:

**Saturday 3rd November**

**Session 1** **Session 2**

 Sign in before 8.30am Sign in before 1.00pm (to be confirmed)

 Warm up 8.30am Warm up 1.00pm (to be confirmed)

 Start 9.35am Start 2.05pm (to be confirmed)

**Sunday 4th November**

**Session 3** **Session 4**

 Sign in before 8.30am Sign in before 1.00pm (to be confirmed)

 Warm up 8.30am Warm up 1.00pm (to be confirmed)

 Start 9.35am Start 2.05pm (to be confirmed)

I do hope that your Club will support our event and for any further information please do not hesitate to contact:

John Burdett 07788 668514 john@edsc.org.uk

Rob Wise 07833 900110 chairperson@ddsc.org

Kind Regards,

John Burdett.

**Programme of Events**

Age as at 4th November 2018.

|  |  |
| --- | --- |
| **Event No** | **Session 1 – 3rd November – Warm up 8.30am – Start 9.35am** |
| **101** | Girls | 400m | Freestyle |
| **102** | Boys | 200m | Individual Medley |
| **103** | Girls | 50m | Breaststroke |
| **104** | Boys | 100m | Breaststroke |
| **105** | Girls | 100m | Butterfly |
| **106** | Boys | 50m | Backstroke |
| **107** | Girls | 200m | Backstroke |
| **108** | Boys | 100m | Freestyle |

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| **Event No** | **Session 2 – 3rd November – Warm up 1.00pm – Start 2.05pm tbc** |
| **201** | Girls | 800m | Freestyle |
| **202** | Boys | 400m | Individual Medley |
| **203** | Girls | 200m | Butterfly |
| **204** | Boys | 50m | Butterfly |
| **205** | Girls | 100m | Individual Medley |
| **206** | Boys | 100m | Backstroke |
| **207** | Girls | 200m | Breaststroke |
| **208** | Boys | 200m | Freestyle |
| **209** | Girls | 50m | Freestyle |

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| **Event No** | **Session 3 – 4th November – Warm up 8.30am – Start 9.35am** |
| **301** | Boys  | 400m | Freestyle |
| **302** | Girls | 200m | Individual Medley |
| **303** | Boys | 50m | Breaststroke |
| **304** | Girls | 100m | Breaststroke |
| **305** | Boys | 100m | Butterfly |
| **306** | Girls | 50m | Backstroke |
| **307** | Boys | 200m | Backstroke |
| **308** | Girls | 100m | Freestyle |

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| **Event No** | **Session 4 – 4th November – Warm up 1.00pm – Start 2.05pm tbc** |
| **401** | Boys  | 1500m | Freestyle |
| **402** | Girls | 400m | Individual Medley |
| **403** | Boys | 200m | Butterfly |
| **404** | Girls | 50m | Butterfly |
| **405** | Boys | 100m | Individual Medley |
| **406** | Girls | 100m  | Backstroke |
| **407** | Boys | 200m | Breaststroke |
| **408** | Girls | 200m | Freestyle |
| **409** | Boys | 50m | Freestyle |

**Upper and Lower Qualifying Times**

Entries must be equal to or faster than the LQT and no faster than the UQT published for each event.

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| **BOYS** |
|  | **9yrs** | **10yrs** | **11yrs** | **12yrs** | **13yrs** | **14yrs** | **15yrs** | **16y +** |
| **50m** | **BA** | LQT |   |   |   |   |   |   |   |   |
|  |  | UQT | 42.00 | 39.00 | 37.50 | 34.50 | 33.00 | 31.50 | 31.00 | 31.00 |
| **50m** | **BS** | LQT |   |   |   |   |   |   |   |   |
|  |  | UQT | 50.00 | 46.00 | 42.50 | 41.00 | 38.00 | 35.50 | 34.50 | 34.00 |
| **50m** | **FLY** | LQT |   |   |   |   |   |   |   |   |
|  |  | UQT | 44.00 | 40.00 | 38.00 | 35.00 | 32.00 | 30.00 | 29.00 | 28.50 |
| **50m** | **FS** | LQT |   |   |   |   |   |   |   |   |
|  |  | UQT | 37.00 | 33.50 | 31.00 | 30.00 | 28.00 | 27.00 | 26.00 | 25.50 |
| **100m** | **BA** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 1.32.50 | 1.30.50 | 1.25.00 | 1.15.00 | 1.11.10 | 1.07.20 | 1.04.50 | 1.03.00 |
| **100m** | **BS** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 1.48.00 | 1.46.00 | 1.40.00 | 1.27.00 | 1.21.30 | 1.16.80 | 1.13.50 | 1.11.60 |
| **100m** | **FLY** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 1.45.00 | 1.43.00 | 1.30.00 | 1.15.70 | 1.11.20 | 1.07.00 | 1.04.10 | 1.02.80 |
| **100m** | **FS** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 1.22.50 | 1.20.50 | 1.15.00 | 1.04.90 | 1.01.60 | 58.80 | 57.40 | 56.00 |
| **100m** | **IM** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 1.38.00 | 1.31.00 | 1.28.00 | 1.18.00 | 1.13.00 | 1.11.00 | 1.10.00 | 1.10.00 |
| **200m** | **BA** | LQT | 3.49.80 | 3.32.70 | 3.19.30 | 3.08.60 | 2.57.10 | 2.47.40 | 2.40.30 | 2.35.80 |
|  |  | UQT | 3.26.00 | 3.00.50 | 2.49.30 | 2.40.00 | 2.31.10 | 2.24.30 | 2.18.40 | 2.15.50 |
| **200m** | **BS** | LQT | 4.23.80 | 4.05.00 | 3.48.40 | 3.35.20 | 3.21.30 | 3.09.90 | 3.01.80 | 2.56.70 |
|  |  | UQT | 3.54.00 | 3.33.00 | 3.19.50 | 3.06.70 | 2.55.40 | 2.46.50 | 2.38.70 | 2.35.30 |
| **200m** | **FLY** | LQT | 4.14.30 | 3.43.30 | 3.24.20 | 3.12.60 | 3.00.70 | 2.50.70 | 2.41.50 | 2.37.70 |
|  |  | UQT | 3.46.00 | 3.28.00 | 3.00.00 | 2.47.00 | 2.37.50 | 2.29.70 | 2.21.90 | 2.19.80 |
| **200m** | **FS** | LQT | 3.28.80 | 3.12.00 | 3.00.80 | 2.50.70 | 2.41.00 | 2.32.60 | 2.26.80 | 2.22.30 |
|  |  | UQT | 3.05.00 | 2.40.50 | 2.29.50 | 2.22.10 | 2.14.00 | 2.07.00 | 2.03.00 | 2.00.00 |
| **200m** | **IM** | LQT | 3.55.70 | 3.38.20 | 3.23.60 | 3.12.80 | 3.01.80 | 2.51.30 | 2.44.40 | 2.39.70 |
|  |  | UQT | 3.31.00 | 3.06.60 | 2.53.50 | 2.43.10 | 2.34.60 | 2.27.00 | 2.21.50 | 2.18.20 |
| **400m** | **FS** | LQT | 6.49.00 | 6.15.00 | 5.46.00 | 5.34.00 | 5.15.00 | 5.10.00 | 5.05.00 | 4.58.00 |
|  |  | UQT | 5.38.00 | 5.05.00 | 4.58.00 | 4.48.20 | 4.31.00 | 4.26.30 | 4.20.80 | 4.18.20 |
| **400m** | **IM** | LQT | 8.05.10 | 7.20.00 | 6.53.90 | 6.08.60 | 5.58.00 | 5.48.00 | 5.43.90 | 5.35.00 |
|  |  | UQT | 6.50.00 | 6.08.20 | 5.46.40 | 5.31.70 | 5.15.30 | 5.02.10 | 4.56.20 | 4.54.00 |
| **1500m** | **FS** | LQT | n/a | n/a | 22.22.00 | 22.22.00 | 20.30.00 | 20.06.00 | 19.02.00 | 18.38.00 |
|  |  | UQT | n/a | n/a | 20.48.00 | 20.48.00 | 19.02.00 | 18.40.00 | 17.42.00 | 17.12.00 |

**Upper and Lower Qualifying Times**

Entries must be equal to or faster than the LQT and no faster than the UQT published for each event.

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| **GIRLS** |
|  | **9yrs** | **10yrs** | **11yrs** | **12yrs** | **13yrs** | **14yrs** | **15yrs** | **16y +** |
| **50m** | **BA** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 43.00 | 39.50 | 38.00 | 36.00 | 34.00 | 32.50 | 32.00 | 32.00 |
| **50m** | **BS** | LQT |   |   |   |   |   |   |   |   |
|  |  | UQT | 50.00 | 45.00 | 43.00 | 41.00 | 39.00 | 37.00 | 36.30 | 36.10 |
| **50m** | **FLY** | LQT |   |   |   |   |   |   |   |   |
|  |  | UQT | 44.00 | 39.00 | 38.00 | 34.00 | 33.00 | 31.60 | 30.90 | 30.50 |
| **50m** | **FS** | LQT |   |   |   |   |   |   |   |   |
|  |  | UQT | 37.00 | 33.50 | 31.00 | 30.00 | 29.50 | 28.70 | 28.20 | 28.00 |
| **100m** | **BA** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 1.32.00 | 1.30.00 | 1.19.00 | 1.14.80 | 1.12.30 | 1.08.80 | 1.08.60 | 1.08.50 |
| **100m** | **BS** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 1.48.00 | 1.46.00 | 1.31.70 | 1.26.70 | 1.22.70 | 1.19.40 | 1.18.90 | 1.18.70 |
| **100m** | **FLY** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 1.42.00 | 1.40.00 | 1.21.60 | 1.16.30 | 1.12.70 | 1.09.90 | 1.09.60 | 1.09.20 |
| **100m** | **FS** | LQT |  |   |   |   |   |   |   |   |
|  |  | UQT | 1.23.00 | 1.21.00 | 1.10.10 | 1.06.20 | 1.03.40 | 1.02.50 | 1.02.00 | 1.01.80 |
| **100m** | **IM** | LQT |   |   |   |   |   |   |   |   |
|  |  | UQT | 1.38.00 | 1.31.00 | 1.25.00 | 1.18.00 | 1.15.00 | 1.13.00 | 1.12.00 | 1.12.00 |
| **200m** | **BA** | LQT | 3.52.20 | 3.34.70 | 3.18.50 | 3.07.70 | 3.00.30 | 2.55.20 | 2.50.80 | 2.48.40 |
|  |  | UQT | 3.26.00 | 3.01.60 | 2.48.60 | 2.40.10 | 2.35.20 | 2.29.00 | 2.26.90 | 2.25.60 |
| **200m** | **BS** | LQT | 4.26.00 | 4.05.50 | 3.48.10 | 3.34.80 | 3.24.20 | 3.17.50 | 3.13.90 | 3.11.80 |
|  |  | UQT | 3.54.00 | 3.31.60 | 3.15.90 | 3.06.20 | 2.56.00 | 2.51.30 | 2.49.10 | 2.48.10 |
| **200m** | **FLY** | LQT | 4.17.00 | 3.46.00 | 3.26.20 | 3.12.40 | 3.03.30 | 2.57.00 | 2.52.90 | 2.58.80 |
|  |  | UQT | 3.26.00 | 3.19.00 | 3.01.00 | 2.49.00 | 2.41.00 | 2.34.00 | 2.31.00 | 2.30.00 |
| **200m** | **FS** | LQT | 3.30.50 | 3.12.80 | 3.01.40 | 2.50.90 | 2.44.00 | 2.39.50 | 2.36.20 | 2.34.00 |
|  |  | UQT | 3.02.00 | 2.43.50 | 2.31.10 | 2.24.10 | 2.17.90 | 2.13.10 | 2.12.90 | 2.14.60 |
| **200m** | **IM** | LQT | 3.57.60 | 3.38.70 | 3.23.90 | 3.12.30 | 3.04.80 | 2.59.10 | 2.55.50 | 2.53.20 |
|  |  | UQT | 3.14.00 | 3.05.90 | 2.52.80 | 2.43.60 | 2.36.50 | 2.31.80 | 2.29.70 | 2.29.20 |
| **400m** | **FS** | LQT | 6.51.20 | 6.08.00 | 5.48.00 | 5.39.00 | 5.21.00 | 5.18.00 | 5.08.00 | 5.05.00 |
|  |  | UQT | 5.36.30 | 5.20.30 | 5.04.10 | 4.56.80 | 4.45.70 | 4.41.50 | 4.39.60 | 4.38.00 |
| **400m** | **IM** | LQT | 7.59.00 | 7.18.00 | 6.48.00 | 6.11.00 | 6.06.00 | 6.03.00 | 6.01.00 | 5.58.00 |
|  |  | UQT | 6.48.00 | 6.10.50 | 5.49.10 | 5.37.00 | 5.25.10 | 5.23.40 | 5.20.90 | 5.18.60 |
| **800m** | **FS** | LQT | n/a | n/a | 11.42.00 | 11.42.00 | 10.46.00 | 10.38.00 | 10.34.00 | 10.26.00 |
|  |  | UQT | n/a | n/a | 10.52.00 | 10.52.00 | 10.00.00 | 9.52.00 | 9.46.00 | 9.40.00 |

**Promoter’s Conditions**

**Level 3 Licensed Open Meet**

1: This competition is promoted by Erith and District Swimming Club which is affiliated to the London Region ASA and Dartford District Swimming Club which is affiliated to South East Region ASA. It is to be held under ASA Laws and Technical Rules of Swimming and Promoter’s Conditions. The event is licensed by the ASA for entry to County and Regional events. The event will be held in an eight lane 25 metre pool with electronic timing pads and display.

2: Ages are as at midnight on 4th November 2018. It is the swimmers responsibility to ensure his/her eligibility for each event. All swimmers must be registered with the ASA.

3: All events will be swum on a HDW basis and all heats will be spearheaded. All starts will be at the deep end of the pool and over the top starts will be at the discretion of the Referee.

4: Closing date for entries is 6pm on the 9th October 2018. Entries may be accepted after the closing date and up to the start of the warm up for each session, subject to space availability. Any entries accepted after the closing date will be classed as a Time Trials, meaning that the swimmer will swim for time only and will not be eligible for an award. Their time will be submitted to the ASA Rankings.

5: The Girls 800m event will be restricted to 3 heats / 24 swimmers maximum. The Boys 1500m event will be limited to 2 heats / 16 swimmers total. Entries for these events will be accepted on a first come first served basis.

6: One combined entry per Club with one cheque. Clubs sending 5 swimmers or more will need to submit entries electronically using Hy-Tek’s TM Lite. Further details on how to do this are available as part of the electronic entry pack. Swimmers entering individually must submit their entries online via the EDSC website – [www.edsc.org.uk](http://www.edsc.org.uk) .

7: Entries will not be registered unless accompanied by the correct fee. Cheques must be made payable to DDSC.

8: Coaches and Team Managers’ Passes are £25 to include admittance to poolside at all sessions, programme, lunch and refreshments. Coaches and Team Managers will not be allowed on poolside without a Pass. The Promoter has the right to ask any unauthorised persons to leave the poolside. Coaches and Team Managers’ Passes must be ordered using the Club Entry Form.

9: All swimmers are required to sign in at the signing in desk in the reception area by the stated signing in time. Other swimmers, parents or coaches must not sign in on behalf of swimmers.

10: Competitors must report to the Clerks of the Course in the marshalling area at least 2 events before their own. Competitors not reporting in time for an event may be excluded. Competitors for the first 2 events of each session must report to the marshalling area directly after the warm up.

11: In all events from 50m to 400m, awards will be made to the first 6 placed swimmers in each stroke in the following age groups: 9 yr, 10yr, 11yr, 12yr, 13yr and to the first 3 placed swimmers in the 14yr, 15yr & 16 and over. In the 800m and 1500m events, awards will be made to the first 6 placed swimmers in the 13yrs and under age group and the first 3 placed swimmers in the 14yrs and over age group.

12: Competitors are only allowed on poolside for the session in which they are competing. They must also cover up and wear shoes when leaving the poolside area. It is not permitted to bring glass containers on to poolside. All rubbish must be taken off of poolside when leaving.

13: Entries must be equal to or faster than the Lower Qualifying Time (LQT) and no faster than the Upper Qualifying Time (UQT) published for each event. Time trials for swimmers whose times are faster than the UQT will be permitted and any entries received that are faster than the UQT will automatically be entered as time trials meaning that the swimmer will swim for time only and will not be eligible for an award. Their time will be submitted to the ASA Rankings. The Promoter reserves the right to restrict the number of entries to meet allocated pool time. Entries will be accepted on a first come first served basis and in the event that the Meet become’s oversubscribed then entries that are under the UQT for each event will take precedence over those that are faster and considered as Time Trials. Any entries not accepted will be refunded in full.

14: The Promoter reserves the right to alter the schedule if circumstances demand and any item not covered within these conditions will be at the discretion of the Promoter.

15: Spectators are not allowed on poolside at any time.

16: Spectator Entry Fee will be £5.00 all day or £3.50 per session. This includes a programme.

17: Swim Meet entries and results will be managed on a computer. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitted & recorded times, may be made public during the Meet.

18: In line with the Leisure Centre policy, the Promoter of this event insists that any person wishing to engage in any video, zoom or close range photography and using a mobile phone with photographic capability should register their details in the book provided at the information desk at the balcony entrance, before carrying out such photography.