



**11<sup>th</sup> & 12<sup>th</sup> March 2017 @ Hengrove Park Leisure Centre**  
**License No 1SW170483**

**PROGRAMME OF EVENTS**

**SATURDAY 11<sup>th</sup> March 2017**

<b>Session 1</b>	<b>Warm up 8.00</b>	<b>Start 8.45</b>	<b>Finish 9.45</b>
1) Female	9/over	400m Freestyle	HDW
2) Male	12/over	400m I.M.	HDW

  

<b>Session 2</b>	<b>Warm up 10.00</b>	<b>Start 11.00</b>	<b>Finish 14.00</b>
3) Female	9/over	200m Butterfly	HDW
4) Male	9/over	200m Backstroke	HDW
5) Female	9/over	100m Breaststroke	HDW
6) Male	9/over	100m Butterfly	HDW
7) Female	9/over	50m Backstroke	HDW
8) Male	9/over	50m Breaststroke	HDW
9) Female	12/over	800m Freestyle	HDW

  

<b>Session 3</b>	<b>Warm up 14.15</b>	<b>Start 15.15</b>	<b>Finish 18.15</b>
10) Male	9/over	200m Freestyle	HDW
11) Female	9/over	200m I.M.	HDW
12) Male	9/over	200m Breaststroke	HDW
13) Female	9/over	100m Freestyle	HDW
14) Male	9/over	100m Backstroke	HDW
15) Female	9/over	50m Butterfly	HDW
16) Male	9/over	50m Freestyle	HDW



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**PROGRAMME OF EVENTS**

**SUNDAY 12<sup>th</sup> March 2017**

<b>Session 1</b>		<b>Warm up 8.00</b>	<b>Start 8.45</b>	<b>Finish 9.45</b>
17)	Male	9/over	400m Freestyle	HDW
18)	Female	12/over	400m I.M.	HDW

  

<b>Session 2</b>		<b>Warm up 10.00</b>	<b>Start 11.00</b>	<b>Finish 14.00</b>
19)	Male	9/over	200m Butterfly	HDW
20)	Female	9/over	200m Backstroke	HDW
21)	Male	9/over	100m Breaststroke	HDW
22)	Female	9/over	100m Butterfly	HDW
23)	Male	9/over	50m Backstroke	HDW
24)	Female	9/over	50m Breaststroke	HDW
25)	Male	13/over	1500m Freestyle	HDW

  

<b>Session 3</b>		<b>Warm up 14.15</b>	<b>Start 15.15</b>	<b>Finish 18.15</b>
26)	Female	9/over	200m Freestyle	HDW
27)	Male	9/over	200m I.M.	HDW
28)	Female	9/over	200m Breaststroke	HDW
29)	Male	9/over	100m Freestyle	HDW
30)	Female	9/over	100m Backstroke	HDW
31)	Male	9/over	50m Butterfly	HDW
32)	Female	9/over	50m Freestyle	HDW



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**QUALIFYING TIMES – FASTER THAN (LONG COURSE ONLY)**

<b>Female</b>								
<b>Age/Event</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16+</b>
50m Free	40.54	38.02	34.44	32.28	31.12	30.36	30.23	29.00
100m Free	1:35.11	1:25.36	1:14.14	1:08.27	1:05.46	1:03.52	1:03.02	1:01.80
200m Free	3:30.34	3:07.34	2:42.29	2:28.12	2:22.06	2:19.50	2:17.90	2:15.50
400m Free	7:15.00	6:35.00	5:53.18	5:13.84	5:00.23	4:52.06	4:50.28	4:40.40
800m Free	NONE	NONE	NONE	11:13.63	10:29.15	10:11.42	10:04.00	9:48.00
50m Breast	55.28	51.95	45.87	41.91	39.74	38.80	38.73	36.32
100m Breast	2:04.56	1:54.33	1:38.11	1:29.95	1:25.54	1:23.01	1:22.94	1:20.00
200m Breast	4:30.00	4:12.45	3:33.32	3:12.74	3:04.19	3:03.13	3:01.07	2:50.00
50m Fly	48.73	45.21	38.85	35.40	33.75	32.83	32.54	31.90
100m Fly	1:55.16	1:47.00	1:31.60	1:19.29	1:14.17	1:11.86	1:10.80	1:09.00
200m Fly	4:15.00	3:52.00	3:27.00	3:07.86	2:50.43	2:47.35	2:44.83	2:40.00
50m Back	47.43	45.05	40.41	37.54	35.74	34.88	34.44	33.50
100m Back	1:46.60	1:37.56	1:24.70	1:18.13	1:14.79	1:12.56	1:11.70	1:10.10
200m Back	3:50.00	3:32.60	3:02.32	2:47.63	2:40.05	2:36.08	2:34.61	2:30.00
200m IM	3:49.16	3:33.22	3:04.48	2:48.14	2:40.78	2:36.73	2:35.31	2:33.00
400m IM	NONE	NONE	NONE	6:06.33	5:46.09	5:36.91	5:36.05	5:32.00
<b>Male</b>								
<b>Age/Event</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16+</b>
50m Free	42.60	38.12	34.50	32.12	30.33	28.97	28.07	26.90
100m Free	1:35.00	1:27.37	1:14.76	1:08.14	1:04.07	1:00.91	58.90	56.80
200m Free	3:30.00	3:14.95	2:42.42	2:28.21	2:19.77	2:13.48	2:10.27	2:00.40
400m Free	7:40.00	6:25.00	5:56.22	5:16.38	4:56.83	4:44.19	4:38.64	4:28.00
1500m Free	NONE	NONE	NONE	NONE	20:17.48	19:45.65	19:27.89	17:55.00
50m Breast	58.50	54.00	47.30	42.42	39.63	37.39	36.25	33.19
100m Breast	2:05.00	2:00.17	1:40.30	1:31.20	1:24.91	1:20.10	1:18.03	1:14.15
200m Breast	4:20.00	3:52.00	3:37.96	3:16.83	3:04.51	2:55.30	2:52.03	2:38.70
50m Fly	50.80	47.55	39.14	35.50	33.34	31.56	30.43	28.20
100m Fly	1:57.17	1:49.30	1:32.01	1:20.17	1:13.80	1:09.24	1:06.21	1:04.40
200m Fly	4:20.00	3:59.00	3:41.00	3:29.36	2:54.01	2:42.17	2:38.70	2:18.00
50m Back	54.17	45.86	40.43	37.38	35.39	33.62	32.72	31.50
100m Back	1:52.00	1:40.77	1:25.17	1:18.38	1:14.12	1:10.38	1:08.18	1:05.88
200m Back	3:50.00	3:34.24	3:04.08	2:48.25	2:39.08	2:31.80	2:28.53	2:20.00
200m IM	3:58.28	3:48.80	3:05.75	2:48.57	2:39.29	2:31.21	2:27.58	2:18.50
400m IM	NONE	NONE	NONE	6:14.83	5:46.02	5:29.46	5:23.72	5:00.00

Age on day: as at 12th March 2017

UBSC National Qualifier Open Meet Pack Mar-17



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## NATIONAL QUALIFIER OPEN MEET

### PROMOTERS' CONDITIONS

1. The Meet will be held under ASA Laws and Regulations and Technical Rules of Racing, and has been licensed Level 1 (Licence No 1SW170483 ) by the ASA for entry into National Competitions and Championships.
2. All entries must be made on the understanding that the promoters' conditions are accepted.
3. Qualifying times will be applied to all events. Entries should be made by Hy-Tek file and reach the Meet Secretary on or before midnight on **Friday 10<sup>th</sup> February 2017** – no late entries will be accepted.
4. All competitors must be members of an affiliated club, registered with the ASA, and may compete in the name of one club only. It is important that swimmers enter under the exact name by which they are known to by the ASA, so that our computer software identifies the correct swimmers.
5. Teams are asked to **provide one licensed official for every 10 swimmers entered**. No club will be penalised or have entries rejected if they cannot meet this requirement.
6. In the case of oversubscription, the promoters reserve the right to limit entries in order that the meet can be run within the allotted time frame and that all licensing requirements are met. Cut off times may also be introduced in order to 'cap' the number of over subscribed entries – in this instance an even spread of all age groups will be ensured. A list of rejected swimmers and refund cheque will be sent.
7. Incorrect or incomplete entries will be rejected and entry fees will not be refunded. There will be no refunds for withdrawals after the closing date, except in the case of:
  - A swimmer being selected to represent their country on that day
  - The production of a doctor's note confirming the athlete is unfit to compete.
8. The meet is designated as 9 years and over and will be age as at 11<sup>th</sup> March 2017. There are separate qualifying times for age groups as follows: **9, 10, 11, 12, 13, 14, 15, 16 years and over**. Medals will be given to the top 3 in each age group on a heat declared winner basis.
9. Entry times shall be those for 50m pool times, converted if necessary. All times submitted must be truthful and correct as define by the ASA Code of Conduct. Entry times may be checked against ASA rankings.
10. Over the top starts may be used at the promoter's discretion.
11. Entry fees are £6.50 per event, and include the levy per accepted entry made by the ASA for licensed events. Coach passes (maximum 3 per club) are £15.00 each and include programme. Coach accreditation will not be

available on the day and entry to poolside will not be allowed without a valid pass. Entry fees should be paid on **one** consolidated cheque, made payable to **United Bristol Swimming Club**.

12. Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.
13. There will be no entry cards or sign in for this Meet. Entries will be seeded into heats based on entry times, the slowest heats will be swum first.
14. Swimmers must report to the competitor stewards' eight heats prior to their own.
15. Only coaches' in possession of a coaches' pass are allowed on poolside. Wet swimmers are not allowed in the spectator areas. There will be a swim down pool available throughout the meet.
16. The promoters do not accept any liability for any loss or damage to personal belongings.
17. The promoters in consultation with the referee reserves the right to alter these conditions if necessary, any alterations being announced during the Meet. Any matter not covered by these conditions shall be at the referee's discretion if not covered by ASA Laws or Technical Rules.

A copy of the Hy-Tek entry file can be obtained by emailing [jonfalco@hotmail.com](mailto:jonfalco@hotmail.com) or from [unitedbristolsc.com](http://unitedbristolsc.com)  
Completed entry files should also be sent to this address. Cheques should be sent along with entry summary sheet to:

***Jon Falco, 34 Buckingham Gardens, Downend, Bristol, BS16 5TW.***



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**Individual Entry Form**

Name:

Club:

DoB:

ASA Number:

Male/Female:

Event	Entry Time	Cost per Event	Cost
50m Freestyle		£6.50	
100m Freestyle		£6.50	
200m Freestyle		£6.50	
400m Freestyle		£6.50	
800m Freestyle		£6.50	
1500m Freestyle		£6.50	
50m Backstroke		£6.50	
100m Backstroke		£6.50	
200m Backstroke		£6.50	
50m Breaststroke		£6.50	
100m Breaststroke		£6.50	
200m Breaststroke		£6.50	
50m Butterfly		£6.50	
100m Butterfly		£6.50	
200m Butterfly		£6.50	
200m I.M.		£6.50	
400m I.M.		£6.50	
<b>Total Cost</b>			£

Signed:

Club Official:

*Note: Please send all entries via the Hy Tek software – paper entries should be for club use only*



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### Summary Sheet

Number of Boys Entries.....@ £6.50 per entry = £.....

Number of Girls Entries.....@ £6.50 per entry = £.....

Number of Coach Passes.....@ £15.00 per pass = £.....

**Total Amount Payable = £.....**

*Cheques payable to "United Bristol Swimming Club"*

Name of Official	Qualification	ASA Number	Sessions Available