

# EALING SWIMMING CLUB

## SHORT COURSE LICENSED OPEN MEET

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.  
Licensed by the ASA at Level 3 under number 3LR150129

Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> April 2015

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

Saturday 18 <sup>th</sup> April	Sunday 19 <sup>th</sup> April
Session 1 Warm up 8:00am Start 9.00am	Session 4 Warm up 8:00am Start 9:00am
Boys 400m Freestyle	Girls 400m Freestyle
Girls 50m Butterfly	Boys 50m Butterfly
Boys 50m Breaststroke	Girls 50m Breaststroke
Girls 100m Freestyle *10 years and over	Boys 100m Freestyle *10 years and over
Boys 200m Backstroke	Girls 200m Backstroke
Session 2 Warm up TBC	Session 5 Warm up TBC
Girls 200m Breaststroke	Boys 200m Breaststroke
Boys 200m Freestyle	Girls 200m Freestyle
Girls 100m Backstroke *10 years and over	Boys 100m Backstroke *10 years and over
Boys 100m Butterfly *10 years and over	Girls 100m Butterfly *10 years and over
Girls 200m Individual Medley	Boys 200m Individual Medley
Session 3 Warm up TBC	Session 6 Warm up TBC
Girls 200m Butterfly	Boys 200m Butterfly
Boys 100m Breaststroke *10 years and over	Girls 50m Backstroke
Girls 50m Freestyle	Boys 50m Freestyle
Boys 50m Backstroke	Girls 100m Breaststroke *10 Years and over
Girls 100m Individual Medley	Boys 100m Individual Medley

\* Please note times are tentative and will be confirmed once all of the entries for the Meet have been processed.  
Full details will be sent with confirmation of entries.

Venue: The New Northolt Leisure Centre,  
Eastcote Lane North, Northolt, Middx UB5  
25m Pool, 8 Lanes, full electronic timing with anti-turbulence lane ropes

Age Groups: 9/10, 11, 12, 13, 14, 15 and Open. Ages at 19<sup>th</sup> April 2015

Events: 50m, \*100m and 200m all strokes  
plus 100m IM, 200m IM, 400m Freestyle  
All events will be heat declared winners.  
\*100m events - 9 year olds cannot enter events

Fees: £6.00 per event (£6.50 400s) (cheques payable to Ealing Swimming Club)

Awards: Awards to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all age groups. (HDW)

Entries: Electronic entries to be sent to Mrs Leah Pullen  
[meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk)



# EALING SWIMMING CLUB

## SHORT COURSE LICENSED OPEN MEET

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.  
Licensed by the ASA at Level 3 under number 3LR150129

Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> April 2015

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

### RULES AND CONDITIONS

1. This gala will take place at the New Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB and is licensed by the ASA at Level 3 under Licence number 3LR?. It will run short course (25m) in accordance with ASA Laws and FINA Technical Rules of Swimming and the rules and conditions of this competition.
2. Over the top starts may be used at the promoter's discretion.
3. The pool is 25m long, 8 lanes, anti wave lane ropes and electronic timing.
4. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
5. SPECTATORS Entry will be £5.00 for 1 session, £8.00 for 2 or more sessions for 1 day including programme and £15.00 for entry to both days including programme. A copy of the result sheets will be provided to clubs at the end of the gala if possible or will be available from our website as soon as possible after the gala. If a hard copy of the results is required please provide an sae with £2.00 postage. (Large letter)
6. Ages are as at 19<sup>th</sup> April 2015. Age bands are 9/10, 11, 12, 13, 14, 15 and Open.
7. Events: 50m 200m all strokes, plus 100m IM, 200m IM, 400m Freestyle. (9yrs)  
50m 100m 200m all strokes, plus 100m IM, 200m IM, 400m Freestyle. (10/o)
8. Entry fees are £6.00 for 50m, 100m, 200m all strokes & £6.50 for 400m Freestyle.
9. Time Trials will be offered where there would otherwise be empty lanes. Time trials will be initially offered to rejected swimmers on a first come first served basis, and competitors wishing to swim time trials should go to the Competitors' Helpdesk upon arrival at the event. There will be a charge of £7.00 per time trial swim.
10. A time standard table is attached. Swimmers entering this Meet are expected to enter their current best times and must **NOT** enter faster times than the upper limit.
11. All events are Heat Declared Winner. Awards will be given to the top three swimmers in each age group (9/10, 11, 12, 13, 14, 15 and Open). An award will be presented to the visiting club with the most points; Points will be awarded to those swimmers in each category placed 1 to 8 on the basis of 8 to 1 to be used towards the best visiting club award. Any medals not collected on the day will be forfeited. All awards must be picked up at the time of the competition.
12. The Pool will be available for warm-up before the start of each session; see the summary programme for warm up timings. A second pool is available at Northolt Leisure Centre (Saturday afternoon and all day Sunday), which will be available for continuous warm up and swim down during the meet.
13. The Promoter reserves the right to restrict entries to meet the allocated pool time, or on the grounds of health and safety. Entries will be accepted on a timed order fastest being first, but with possible consideration to balancing out the numbers in each age category. Even if this means that a swimmer may only be accepted for just one event. The promoter reserves the right to give preference to ESC entries. Should the meet be oversubscribed, consideration will be given to swimmers that guarantee an ASA licensed official to officiate in all sessions in which the swimmer competes. Any entry not accepted as a result of this paragraph will be refunded in full. **NO OTHER MONIES WILL BE REFUNDED.** In the event that entries are rejected, fees will be refunded by a single cheque made payable to club in question.
14. The closing date is **MIDDAY Friday 6<sup>th</sup> March 2015**. Entries with no time (NT) will not be accepted.

15. If a club is entering fewer than 6 swimmers, entries may be made on the forms provided (photocopies will be accepted); all information must be legible (block caps please). Incomplete, ineligible entries or incorrect entry fees will not be accepted. Hard copies of entries along with the summary form, coach pass form and cheque to be sent to: Ms Leah Pullen, 16 Amherst Road, Ealing, London W13 8ND. **Only one cheque per club will be accepted.** Alternatively please BACS to Ealing Swimming Club Ltd Account number 48500760; Sort code 30-84-58; Ref \*Club name\*APRL315

Entry fees and should reach the Promoter by **10pm Friday 6<sup>th</sup> March 2015.**

Clubs entering more than 6 swimmers **MUST** download the Hy-Tek Team Manager file from <http://www.swimesc.co.uk> and return the entry file to [meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk). Please note that if a Club enters more than 6 swimmers by means of entry forms rather than Hy-Tek Manager Event File, these entries will incur an administration fee of £15.00.

Team Manager Instructions may also be found on

[http://www.swimesc.co.uk/SubTabGeneric.jsp?team=reczzesc&\\_stabilid=58749](http://www.swimesc.co.uk/SubTabGeneric.jsp?team=reczzesc&_stabilid=58749).

16. Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoters.
17. All swimmers including those aged 9 must be registered as Category 2 with the ASA and have their cards available should they be required.
18. This meet will operate as a **CARDLESS** meet. Entries will be pre-seeded before the meet. Any withdrawals must be made 45 minutes before the start of each session.
19. The pool will be cleared 10 minutes before the start of the session.
20. This Meet has been licensed at Level 3 by the ASA. Times recorded at the meet will be accepted for entry into County and Regional Competitions and Championships, and will be sent to the ASA for inclusion in the National Rankings.
21. Coaches' passes will be issued at the cost of £10 per day or £15 for a two day pass. This will entitle the holder to admission to all sessions, a programme, session start lists, teas/coffee at the start of each day and poolside refreshments. Entry to poolside will not be permitted without a pass. Meals can be purchased on request at £12.50 p/person.
22. There will be a swim shop.
23. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Meet Management or the Promoters.
24. All participants must observe the safety precautions in operation at Northolt Leisure Centre. Neither the Meet Management, the Promoter nor Ealing Swimming Club will be responsible for any loss or damage occurring during this Meet.
25. The Meet Manager is Leah Pullen. The meet is promoted by Ealing Swimming Club. For any further information please telephone Leah Pullen on 07808 403603 or email [meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk).
26. **ALL COMPETING CLUBS ARE REQUIRED TO BRING A TIMEKEEPER AND JUDGE.**

**Closing Date Midday Friday 6<sup>th</sup> March 2015**

# EALING SWIMMING CLUB

## SHORT COURSE LICENSED OPEN MEET

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.  
Licensed by the ASA at Level 3 under number 3LR150129

Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> April 2015

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

### PASSES FOR ENTRY TO POOLSIDE

Coaches' passes will be issued at a cost of £10 per day or £15.00 for a two day pass. This will entitle the holder to admission to all sessions, a programme, session start lists and poolside refreshments. Lunch needs to be ordered, this will be an additional cost of £12.50 p/person. Results will be available on Ealing SC's web site: [www.swimesc.co.uk](http://www.swimesc.co.uk). If results are required to be sent, please provide an s.a.e. with first class (Large Letter) postage or a request can be made via email to [meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk).

Requests for passes must be made two week prior to the meet, together with a cheque for the relevant amount made payable to Ealing Swimming Club.

**PLEASE NOTE THAT PASSES MUST BE WORN AT ALL TIMES DURING THE MEET. ENTRY TO THE POOLSIDE WILL NOT BE PERMITTED WITHOUT THEM.**

### REQUEST FOR POOLSIDE PASSES

CLUB .....

Name of Coach or Team Manager .....

Coach Names:


Do you require lunch: £12.50 p/day: Yes  No

How many persons: ..... Saturday/Sunday/Both days (please delete)

I enclose a cheque for £\_\_\_\_\_ in favour of Ealing Swimming Club

Signed ..... Position in club .....

Please send to: Leah Pullen, 16 Amherst Road, Ealing, London W13 8ND

# EALING SWIMMING CLUB

## SHORT COURSE LICENSED OPEN MEET

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.  
Licensed by the ASA at Level 3 under number 3LR150129

Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> April 2015

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

### MEET SUMMARY ENTRY FORM

<b>Club</b>	
<b>Total Entries @ £6.00 p/ event</b>	£
<b>Total 400m Entries @ £6.50 p/event</b>	£
<b>Total fees enclosed:</b>	£
<b>Coaches passes (please also send in slip)</b>	£
<b>Lunch</b>	£
<b>Total amount enclosed (payable to Ealing Swimming Club)</b>	£

*I ....., being a parent / club official\* herewith certify that the enclosed swimmers' entries are eligible and that I have read and understood the conditions of entry.*

Position ..... Date .....

\*delete as appropriate

#### QUALIFIED OFFICIALS

As you will all be aware we are always short of officials at Galas. We are asking you as a Club to nominate at least 2 ASA Registered Officials for each session and submit their names & email address on the form below with the entries.

Time Keeper		SESSION 1 2 3 4 5 6
Judge		SESSION 1 2 3 4 5 6

**Name and address and e-mail address of coach/competition secretary to whom details of accepted entries should be sent (Please note this is a cardless meet):**

.....

.....

Completed individual entry forms, summary form plus coach pass slip should be sent to Lean Pullen, 16 Amherst Road, London, W13 8ND or emailed to [meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk). Cheques should be made payable to Ealing Swimming Club (EALL) or BACS to Ealing Swimming Club Ltd Account number 48500760 Sort code 30-84-58; Ref \*Club name\*APRL315



# EALING SWIMMING CLUB

## SHORT COURSE LICENSED OPEN MEET

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.  
Licensed by the ASA at Level 3 under number 3LR150129

Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> April 2015

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

### ENTRY FORM

**Please complete even if entering electronically. All hard copy entries must be sent in.**

Name		Male / Female
Address		
Telephone No* (We require a contact No)*		E-mail
Date of Birth	<b>Age as at 19<sup>th</sup> April 2015</b>	
Club		
ASA Number		

ALL TIMES TO BE 25m POOL TIMES (Short Course)

***PLEASE REFER TO QUALIFYING TIMES INFORMATION***

EVENT	ENTRY TIME	Event no	EVENT	ENTRY TIME	Event no
50m Freestyle			50m Breaststroke		
100m Freestyle (10/o)			100m Breaststroke (10/o)		
200m Freestyle			200m Breaststroke		
400m Freestyle			50m Butterfly		
50m Backstroke			100m Butterfly (10/o)		
100m Backstroke (10/o)			200m Butterfly		
200m Backstroke			200m IM		
100 I/M					

Total No. of Entries		@ £6.00 (£6.50 for 400s) per event = Total	£
----------------------	--	---	---

Cheques should be made payable to Ealing Swimming Club (EALL)  
or BACS to Ealing Swimming Club Ltd  
Account number 48500760 Sort code 30-84-58

**Please return entries by Closing Date Midday Friday 6<sup>th</sup> March 2015**

**Please accept my entries for the events indicated above. The time indicated against each event has been achieved. I declare that the details entered in this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the meet conditions.**

Signature .....



# EALING SWIMMING CLUB

## SHORT COURSE LICENSED OPEN MEET

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.

Licensed by the ASA at Level 3 under number 3LR150129

Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> April 2015

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

### Boys Upper and Lower Limit

EVENT		10/u	11	12	13	14	15	Open
50m Freestyle	Upper Limit	32.40	30.80	29.10	27.70	26.60	25.16	24.82
	Qualifying Time	48.93	44.96	41.93	38.73	35.67	33.41	32.00
100m Freestyle*	Upper Limit	1.10.60	1.06.60	1.01.99	58.61	56.67	54.47	52.56
	Qualifying Time	1.46.88	1.37.66	1.30.79	1.23.55	1.16.99	1.12.42	1.10.51
200m Freestyle	Upper Limit	2.32.30	2.20.00	2.11.32	2.05.57	2.01.22	1.56.63	1.54.00
	Qualifying Time	3.52.36	3.32.70	3.17.95	3.02.39	2.47.87	2.38.02	2.34.89
400m Freestyle	Upper Limit	5.20.50	4.52.11	4.36.04	4.22.26	4.14.06	4.05.66	4.00.77
	Qualifying Time	7.49.80	6.06.00	5.46.00	5.26.80	5.10.40	4.57.45	4.48.50
50m Breaststroke	Upper Limit	42.50	40.00	37.50	35.10	33.70	32.50	30.79
	Qualifying Time	1.03.40	57.91	53.71	49.08	45.19	42.19	40.85
100m Breaststroke*	Upper Limit	1.32.80	1.26.0	1.19.06	1.13.96	1.11.55	1.08.00	1.06.60
	Qualifying Time	2.18.03	2.04.96	1.55.64	1.45.63	1.37.13	1.30.79	1.27.59
200m Breaststroke	Upper Limit	3.18.10	3.04.70	2.49.80	2.40.06	2.34.50	2.27.27	2.24.24
	Qualifying Time	4.56.12	4.28.87	4.09.72	3.48.96	3.29.94	3.16.89	3.10.75
50m Butterfly	Upper Limit	36.40	34.10	32.30	30.50	29.20	28.10	26.40
	Qualifying Time	54.17	49.40	46.19	42.46	39.02	36.35	32.55
100m Butterfly*	Upper Limit	1.22.60	1.15.40	1.09.61	1.04.94	1.02.44	1.00.75	59.84
	Qualifying Time	2.02.08	1.49.13	1.41.06	1.32.45	1.24.75	1.19.15	1.14.22
200m Butterfly	Upper Limit	3.00.80	2.44.70	2.33.23	2.23.05	2.17.08	2.10.29	2.08.04
	Qualifying Time	4.28.31	3.59.33	3.42.76	3.24.45	3.07.80	2.45.18	2.35.66
50m Backstroke	Upper Limit	37.40	35.50	33.60	31.60	30.50	29.40	28.43
	Qualifying Time	55.76	51.15	47.88	43.86	40.62	37.87	35.60
100m Backstroke*	Upper Limit	1.21.40	1.15.30	1.09.66	1.05.63	1.03.19	1.00.29	59.29
	Qualifying Time	2.01.02	1.49.07	1.41.61	1.33.25	1.25.53	1.20.08	1.15.25
200m Backstroke	Upper Limit	2.50.80	2.40.10	2.27.66	2.19.43	2.14.93	2.09.06	2.07.21
	Qualifying Time	4.16.49	3.54.13	3.38.48	3.20.64	3.04.40	2.52.83	2.41.60
100m IM	Upper Limit	1.22.40	1.18.20	1.13.90	1.09.80	1.06.50	1.04.50	1.02.70
	Qualifying Time	2.03.08	1.53.21	1.45.62	1.37.15	1.28.97	1.23.49	1.15.22
200m IM	Upper Limit	2.54.90	2.43.40	2.30.50	2.22.31	2.17.68	2.11.70	2.09.82
	Qualifying Time	4.24.01	4.00.01	3.43.46	3.26.37	3.08.96	2.57.52	2.40.86

\* 9 year old swimmers cannot enter these events

Please return entries by **Closing Date Midday Friday 6<sup>th</sup> March 2015**

# EALING SWIMMING CLUB

## SHORT COURSE LICENSED OPEN MEET

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.

Licensed by the ASA at Level 3 under number 3LR150129

Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> April 2015

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

### Girls Upper and Lower Limit

EVENT		10/u	11	12	13	14	15	Open
50m Freestyle	Upper Limit	32.80	31.30	29.90	29.00	28.50	27.35	27.27
	Qualifying Time	48.37	44.75	41.66	39.14	37.43	36.26	34.15
100m Freestyle*	Upper Limit	1.12.10	1.08.20	1.03.42	1.01.40	1.00.55	59.38	58.21
	Qualifying Time	1.46.25	1.36.70	1.29.64	1.24.25	1.20.44	1.18.22	1.16.25
200m Freestyle	Upper Limit	2.33.10	2.24.50	2.14.97	2.10.78	2.08.97	2.06.29	2.05.77
	Qualifying Time	3.47.61	3.28.68	3.13.27	3.01.35	2.53.36	2.48.22	2.35.78
400m Freestyle	Upper Limit	5.24.90	4.53.98	4.41.06	4.33.85	4.27.61	4.23.10	4.21.85
	Qualifying Time	6.59.01	6.20.30	6.01.01	5.48.40	5.35.50	5.30.00	5.26.10
50m Breaststroke	Upper Limit	42.70	40.10	38.00	36.60	35.80	35.20	34.93
	Qualifying Time	1.02.42	57.12	52.83	49.43	47.02	45.53	41.62
100m Breaststroke*	Upper Limit	1.33.30	1.25.90	1.20.41	1.17.67	1.16.43	1.14.87	1.14.60
	Qualifying Time	2.15.80	2.02.68	1.53.44	1.45.65	1.40.03	1.37.42	1.32.88
200m Breaststroke	Upper Limit	3.18.30	3.04.40	2.50.91	2.45.65	2.43.42	2.40.66	2.38.91
	Qualifying Time	4.49.60	4.23.14	4.03.42	3.46.76	3.35.79	3.29.90	3.12.68
50m Butterfly	Upper Limit	36.30	34.50	32.70	31.70	31.00	30.40	29.54
	Qualifying Time	53.03	48.89	45.41	42.55	40.54	39.21	35.10
100m Butterfly*	Upper Limit	1.22.50	1.15.70	1.10.78	1.08.39	1.07.09	1.05.60	1.04.99
	Qualifying Time	1.59.22	1.47.55	1.38.97	1.32.84	1.28.04	1.25.74	1.22.78
200m Butterfly	Upper Limit	3.03.10	2.47.50	2.35.37	2.28.51	2.26.04	2.22.31	2.20.88
	Qualifying Time	4.24.49	3.56.66	3.37.18	3.22.89	3.12.56	3.06.58	3.00.65
50m Backstroke	Upper Limit	37.40	35.50	33.90	32.80	32.10	31.80	31.30
	Qualifying Time	55.00	50.58	47.12	44.19	42.11	41.00	39.12
100m Backstroke*	Upper Limit	1.21.40	1.15.40	1.10.67	1.08.41	1.07.22	1.05.78	1.04.42
	Qualifying Time	1.59.06	1.47.88	1.39.64	1.33.24	1.29.02	1.26.19	1.23.89
200m Backstroke	Upper Limit	2.52.20	2.39.10	2.29.72	2.24.88	2.22.82	2.19.57	2.19.13
	Qualifying Time	4.12.90	3.48.79	3.32.50	3.19.79	3.10.64	3.04.46	2.59.56
100m IM	Upper Limit	1.20.80	1.18.00	1.14.30	1.12.70	1.11.80	1.10.80	1.08.60
	Qualifying Time	1.59.76	1.51.71	1.43.96	1.37.11	1.33.06	1.30.39	1.25.41
200m IM	Upper Limit	2.54.80	2.44.20	2.32.58	2.28.23	2.25.94	2.22.94	2.22.32
	Qualifying Time	4.18.65	3.55.69	3.38.35	3.25.15	3.15.40	3.09.74	2.59.99

\* 9 year old swimmers cannot enter these events

Please return entries by **Closing Date Midday Friday 6<sup>th</sup> March 2015**