

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 3LR3642

Saturday 2nd & Sunday 3rd November 2013

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

Saturday 2 nd November	Sunday 3 rd November
Session 1 Warm up 8:45am Start 9.30am (TBC)	Session 3 Warm up 8:45am Start 9:30am (TBC)
Boys 400m Freestyle	Girls 400m Freestyle
Girls 50m Butterfly	Boys 50m Butterfly
Boys 200m Backstroke	Girls 200m Backstroke
Girls 100m Freestyle 10 years and over	Boys 100m Freestyle 10 years and over
Boys 100m Individual Medley	Girls 100m Individual Medley
Girls 200m Butterfly	Boys 200m Butterfly
Boys 50m Breaststroke	Girls 50m Breaststroke
Girls 100m Breaststroke 10 Years and over	Boys 100m Breaststroke 10 years and over
Session 2 Warm up tbc Start tbc	Session 4 Warm up tbc Start tbc
Girls 200m Individual Medley	Boys 200m Individual Medley
Boys 200m Freestyle	Girls 200m Freestyle
Girls 50m Backstroke	Boys 50m Backstroke
Boys 100m Butterfly 10 years and over	Girls 100m Butterfly 10 years and over
Girls 200m Breaststroke	Boys 200m Breaststroke
Boys 50m Freestyle	Girls 50m Freestyle
Girls 100m Backstroke 10 years and over	Boys 100m Backstroke 10 years and over

* 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 16/o. Ages at 3rd November 2013

Events: 50m, 100m and 200m all strokes
plus 100m IM, 200m IM, & 400m Freestyle
All events will be heat declared winners.

Fees: £5.75.00 per event (£6.50 400s) (cheques payable to Ealing Swimming Club)

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

Entries: Electronic entries to be sent to Mrs Leah Pullen
meetmanager@swimesc.co.uk



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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 License number 3LR3642. It will run short course (25m) in accordance with A.S.A. 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 £4.00 for 1 session, £7.00 for 1 day including programme and £12.00 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 £1.20 postage. (Large letter)
6. Ages are as at 3rd November 2013. Age bands are 9/10, 11, 12, 13, 14, 15 and 16/o.
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)
Please note competitors in the 10 & under age group must be at least 9 years old on 3rd November 2013.
8. Entry fees are £5.75 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. There is no lower limit. 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). Points will be awarded to those swimmers in each category placed 1 to 8 on the basis of 8 to 1. An award will be presented to the visiting club with the most points.
11. 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, which will be available for continuous warm up and swim down during the meet.
12. The Promoters reserve the right to restrict entries to meet the allocated pool time, or on the grounds of health and safety. The closing date is **MIDDAY Monday 7th October 2013**.
13. 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 those without the correct 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.**

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. 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=reczesc&stabid=58749>.

14. The promoter reserves the right to limit entries; any entry not accepted as a result of this paragraph will be refunded in full. **NO OTHER MONIES WILL BE REFUNDED.**
15. 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.
16. All swimmers including those aged 9 must be registered with the ASA as cat 2 and have their cards available should they be required.
17. 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.
18. The pool will be cleared 10 minutes before the start of the session.
19. 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.
20. Coaches' passes will be issued at the cost of £20 which will entitle them to admission to **both** days, lunch, tea, coffee and biscuits and a programme. Entry to poolside will not be permitted without a pass.
21. There will be a swim shop.
22. 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.
23. All participants must observe the safety precautions in operation at Northolt Leisure Centre. Neither the Meet Management, the Promoters nor Ealing Swimming Club will be responsible for any loss or damage occurring during this Meet.
24. 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.
25. **ALL COMPETING CLUBS ARE REQUIRED TO BRING A TIMEKEEPER AND JUDGE.**

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PASSES FOR ENTRY TO POOLSIDE

The coach or Team Manager's pass will entitle him/her to admission to both days, a programme, meals, tea, coffee and biscuits, the cost of which will be £20.00. Results will be available on Ealing SC's web site: www.swimesc.co.uk. If results are required to be sent, please provide an s.a.e. with £1.20 (Large Letter) postage or a request can be made via email to 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

I enclose a cheque for £20 in favor of Ealing Swimming Club

Signed Position in club

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



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MEET SUMMARY ENTRY FORM

Club	
Total Entries @ £5.75 p/event	£
Total 400m Entries @ £6.50 p/event	£
Total fees enclosed:	£
Coaches passes (please also send in slip)	£
Total amount enclosed (payable to Ealing Swimming Club)	£

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

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*NovL3

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):

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Completed individual entry forms, summary form plus coach pass slip **with cheque for total amount** (and an S.A.E., if you are not able to receive confirmation of entries by email), should be sent to:
Leah Pullen, 16 Amherst Road, Ealing, London W13 8ND



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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		Age as at 3rd November 2013
Club		
ASA Number		

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

PLEASE REFER TO QUALIFYING TIMES INFORMATION

EVENT	ENTRY TIME	EVENT	ENTRY TIME
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		@ £5.75 (£6.50 for 400s) per event = Total	£
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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*NovL3

Please return entries by Closing Date Midday Monday 7th October 2013

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



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Boys Upper Limit. Swimmers must not have swum faster than times shown. There is no lower limit

EVENT	10/u	11	12	13	14	15	Open
50m Freestyle	32.40	30.80	29.10	27.70	26.60	25.16	24.82
100m Freestyle*	1.10.60	1.06.60	1.01.99	58.61	56.67	54.47	52.56
200m Freestyle	2.32.30	2.20.00	2.11.32	2.05.57	2.01.22	1.56.63	1.54.00
400m Freestyle	5.20.50	4.52.11	4.36.04	4.22.26	4.14.06	4.05.66	4.00.77
50m Breaststroke	42.50	40.00	37.50	35.10	33.70	32.50	30.79
100m Breaststroke*	1.32.80	1.26.0	1.19.06	1.13.96	1.11.55	1.08.00	1.06.60
200m Breaststroke	3.18.10	3.04.70	2.49.80	2.40.06	2.34.50	2.27.27	2.24.24
50m Butterfly	36.40	34.10	32.30	30.50	29.20	28.10	26.40
100m Butterfly*	1.22.60	1.15.40	1.09.61	1.04.94	1.02.44	1.00.75	59.84
200m Butterfly	3.00.80	2.44.70	2.33.23	2.23.05	2.17.08	2.10.29	2.08.04
50m Backstroke	37.40	35.50	33.60	31.60	30.50	29.40	28.43
100m Backstroke*	1.21.40	1.15.30	1.09.66	1.05.63	1.03.19	1.00.29	59.29
200m Backstroke	2.50.80	2.40.10	2.27.66	2.19.43	2.14.93	2.09.06	2.07.21
100m IM	1.22.40	1.18.20	1.13.90	1.09.80	1.06.50	1.04.50	1.02.70
200m IM	2.54.90	2.43.40	2.30.50	2.22.31	2.17.68	2.11.70	2.09.82

* 9 year old swimmers cannot enter these events

Girls Upper Limit. Swimmers must not have swum faster than times shown. There is no lower limit

EVENT	10/u	11	12	13	14	15	Open
50m Freestyle	32.80	31.30	29.90	29.00	28.50	27.35	27.27
100m Freestyle*	1.12.10	1.08.20	1.03.42	1.01.40	1.00.55	59.38	58.21
200m Freestyle	2.33.10	2.24.50	2.14.97	2.10.78	2.08.97	2.06.29	2.05.77
400m Freestyle	5.24.90	4.53.98	4.41.06	4.33.85	4.27.61	4.23.10	4.21.85
50m Breaststroke	42.70	40.10	38.00	36.60	35.80	35.20	34.93
100m Breaststroke*	1.33.30	1.25.90	1.20.41	1.17.67	1.16.43	1.14.87	1.14.60
200m Breaststroke	3.18.30	3.04.40	2.50.91	2.45.65	2.43.42	2.40.66	2.38.91
50m Butterfly	36.30	34.50	32.70	31.70	31.00	30.40	29.54
100m Butterfly*	1.22.50	1.15.70	1.10.78	1.08.39	1.07.09	1.05.60	1.04.99
200m Butterfly	3.03.10	2.47.50	2.35.37	2.28.51	2.26.04	2.22.31	2.20.88
50m Backstroke	37.40	35.50	33.90	32.80	32.10	31.80	31.30
100m Backstroke*	1.21.40	1.15.40	1.10.67	1.08.41	1.07.22	1.05.78	1.04.42
200m Backstroke	2.52.20	2.39.10	2.29.72	2.24.88	2.22.82	2.19.57	2.19.13
100m IM	1.20.80	1.18.00	1.14.30	1.12.70	1.11.80	1.10.80	1.08.60
200m IM	2.54.80	2.44.20	2.32.58	2.28.23	2.25.94	2.22.94	2.22.32

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Please return entries by Closing Date Midday Monday 7th October 2013