

# EALING SWIMMING CLUB

## XMAS County Qualifier 2019

Under Swim England Laws and Swim England Technical Rules  
Licensed by Swim England London Region at Level 3 under 3LR192057

Saturday 30<sup>th</sup> November & Sunday 1<sup>st</sup> December 2019

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

Saturday 30 <sup>th</sup> November		Sunday 1 <sup>st</sup> December	
Session 1 Warm up 8:00am Start 9:15am		Session 3 Warm up 8:00am Start 9.00am	
101	Girls 400m Freestyle	201	Boys 400m Freestyle
102	Boys 50m Butterfly	202	Girls 50m Butterfly
103	Girls 50m Breaststroke	203	Boys 50m Breaststroke
104	Boys 100m Freestyle	204	Girls 100m Freestyle
105	Girls 200m Backstroke	205	Boys 200m Backstroke
106	Boys 200m Breaststroke	206	Girls 200m Breaststroke
107	Girls 200m Individual Medley	207	Boys 200m Individual Medley
Session 2 Warm up TBC Start TBC		Session 4 Warm up TBC Start TBC	
108	Girls 100m Butterfly	208	Boys 100m Butterfly
109	Boys 100m Backstroke	209	Girls 100m Backstroke
110	Girls 200m Freestyle	210	Boys 200m Freestyle
111	Boys 200m Butterfly	211	Girls 200m Butterfly
112	Girls 50m Backstroke	212	Boys 100m Breaststroke
113	Boys 50m Freestyle	213	Girls 50m Freestyle
114	Girls 100m Breaststroke	214	Boys 50m Backstroke
115	Boys 100m Individual Medley	215	Girls 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: Age as of 1<sup>st</sup> December 2019

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

Fees: £8.00 per event

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 emailed to Ms Leah Pullen  
[meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk)



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### RULES AND CONDITIONS

1. This gala will take place at Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB and is licensed by the Swim England at Level 3 under Licence number 3LR192057. It will run short course (25m) in accordance with Swim England Laws and Swim England 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 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.
6. Age bands are 9/10, 11, 12, 13, 14, 15 and Open. Ages as at 1<sup>st</sup> December 2019
7. Events: 50m 100m 200m all strokes, plus 100m IM, 200m IM, 400m Freestyle.
8. Entry fees are £8.00.
9. Time Trials (TT) will be offered where there would otherwise be empty lanes. Competitors wishing to swim time trials should go to the Time Trial Helpdesk upon arrival at the start of each session prior to warm up. There will be a charge of £10.00 per time trial swim. There will be no awards for TTs but times achieved will go to Rankings.
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 ULT.
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 16+). 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. There will be no secondary strobe.
14. Should the meet be oversubscribed, every effort will be made to minimise the number of rejections, whilst ensuring the meet remains balanced across all events/age-groups and fits within the available daily swim time. This is likely to be done by admitting the fastest swimmers first until the heats are full. The Promoter reserves the right to adapt or change this method if necessary. Refunds will be made for rejected entries only. The promoter's decision in this matter is final. There will be no refunds for withdrawals after the closing date other than withdrawals for medical reasons that are accompanied by the appropriate certification.
15. The closing date is **10PM Wednesday 6<sup>th</sup> November 2019**. Entries with no time (NT) will not be accepted and times cannot be amended after the closing date.
16. Please email Individual entries to Ms Leah Pullen at [meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk). For Team entries please send the Hy-Tek Entry file together with copies of entries along with the summary form and coach pass form to Ms Leah Pullen at [meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk). Entries will not be accepted without the Summary Form.  
Please BACS payment to: Ealing Swimming Club Ltd; Account number 48500760; Sort code 30-84-58; Ref \*Club name\*ESC\_XMAS19.
17. Entry fees should reach the Promoter no later than **10PM Wednesday 6<sup>th</sup> November 2019**.  
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 p/entry. Team Manager Instructions may also be found on <http://www.swimesc.co.uk/SubTabGeneric.jsp?team=reczesc&stabid=58749>.

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18. We will process personal data submitted by the swimmer or their club in accordance with the current Privacy Notice published by British Swimming. With respect to this meet we will process personal data for the legitimate purpose of running the gala. The items of personal data processed are name, ASA number, date of birth, gender and para-swimming classification if applicable. During the gala we will process name, gender and competition age in reports for the legitimate purpose of running the gala efficiently. At the end of the gala we will process name, gender, ASA number and date of birth in the electronic submission made to British Rankings. We will also make this information available on request to the club of the swimmer as the data controller.
19. By submitting and accepting entries to the meet, consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the meet. A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data, they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.
20. All swimmers including those aged 9 must be registered as Category 2 with the ASA and have their cards available should they be required.
21. 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 at the withdrawal desk.
22. The pool will be cleared 10 minutes before the start of the session.
23. This Meet has been licensed at Level 3 by Swim England. Times recorded at the meet will be accepted for entry into County and Regional Competitions and Championships, and will be sent to the Swim England for inclusion in the National Rankings.
24. 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 p/day.
25. There will be a swim and photographic shop.
26. 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.
27. 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. Clubs are reminded of their duty of care to their swimmers during a meet and that they should have with them full contact details of parents/guardians for all swimmers attending the meet. They should also hold any details on medical conditions that may be deemed necessary.
28. The Meet Manager is Leah Pullen. The meet is promoted by Ealing Swimming Club. For any further information please email [meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk).
29. ESC reminds all those attending this meet that under the pool operator's requirements anyone wishing to use a camera, mobile phone camera, or video camera, will need to sign the photographic book available at the programme desk in the gallery and is reminded to adhere to the Swim England guidelines on the use of images and restrict to their own child and their own private use with no posting on social media or similar platforms. You are reminded that Flash photography is NOT permitted at the start of any heat.
30. **ALL COMPETING CLUBS ARE REQUESTED TO NOMINATE 2 OFFICIALS. (J1 in training or QUALIFIED J1 AND ABOVE QUALIFIED OFFICIAL).**

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### Boys ULT & LLT

EVENT		9/10	11	12	13	14	15	16+
50m Freestyle	ULT	29.26	28.42	26.88	25.40	24.52	23.74	21.15
	LLT	48.93	44.96	41.93	38.73	35.67	33.41	32.00
100m Freestyle	ULT	1.05.48	1.01.71	58.76	55.29	53.50	52.06	50.76
	LLT	1.46.88	1.37.66	1.30.79	1.23.55	1.16.99	1.12.42	1.10.51
200m Freestyle	ULT	2.20.17	2.11.43	2.08.40	2.00.60	1.55.07	1.52.10	1.48.90
	LLT	3.52.36	3.32.70	3.17.95	3.02.39	2.47.87	2.38.02	2.34.89
400m Freestyle	ULT	4.57.17	4.37.89	4.35.23	4.15.12	4.01.46	3.58.31	3.56.31
	LLT	6.54.80	6.06.00	5.46.00	5.26.80	5.10.40	4.57.45	4.48.50
50m Breaststroke	ULT	38.79	36.90	33.54	32.46	31.62	29.64	27.11
	LLT	1.03.40	57.91	53.71	49.08	45.19	42.19	40.85
100m Breaststroke	ULT	1.26.45	1.21.09	1.13.66	1.08.62	1.06.89	1.04.70	1.00.00
	LLT	2.18.03	2.04.96	1.55.64	1.45.63	1.37.13	1.30.79	1.27.59
200m Breaststroke	ULT	3.08.41	2.56.30	2.42.03	2.31.59	2.26.55	2.18.59	2.08.59
	LLT	4.56.12	4.28.87	4.09.72	3.48.96	3.29.94	3.16.89	3.10.75
50m Butterfly	ULT	31.64	31.14	28.80	27.69	25.96	24.86	22.51
	LLT	54.17	49.40	46.19	42.46	39.02	36.35	32.55
100m Butterfly	ULT	1.11.71	1.08.54	1.04.49	1.00.09	58.85	55.54	50.31
	LLT	2.02.08	1.49.13	1.41.06	1.32.45	1.24.75	1.19.15	1.14.22
200m Butterfly	ULT	2.42.47	2.23.81	2.26.50	2.13.32	2.04.81	2.02.97	1.58.80
	LLT	4.28.31	3.59.33	3.42.76	3.24.45	3.07.80	2.45.18	2.35.66
50m Backstroke	ULT	33.15	32.57	29.46	28.58	27.73	26.78	24.35
	LLT	55.76	51.15	47.88	43.86	40.62	37.87	35.60
100m Backstroke	ULT	1.12.01	1.09.96	1.05.66	1.01.78	58.58	56.94	52.21
	LLT	2.01.02	1.49.07	1.41.61	1.33.25	1.25.53	1.20.08	1.15.25
200m Backstroke	ULT	2.37.44	2.30.57	2.17.77	2.15.59	2.04.10	2.03.07	1.53.95
	LLT	4.16.49	3.54.13	3.38.48	3.20.64	3.04.40	2.52.83	2.41.60
100m IM	ULT	1.14.33	1.10.79	1.06.97	1.03.24	1.01.65	58.22	55.37
	LLT	2.03.08	1.53.21	1.45.62	1.37.15	1.28.97	1.23.49	1.15.22
200m IM	ULT	2.38.74	2.28.11	2.25.61	2.16.65	2.07.92	2.05.64	1.57.32
	LLT	4.24.01	4.00.01	3.43.46	3.26.37	3.08.96	2.57.52	2.40.86

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### Girls ULT & LLT

EVENT		9/10	11	12	13	14	15	16+
50m Freestyle	ULT	30.25	28.29	27.80	27.20	26.19	25.39	24.67
	LLT	48.37	44.75	41.66	39.14	37.43	36.26	34.15
100m Freestyle	ULT	1.10.16	1.05.20	1.00.07	58.35	57.41	56.20	54.18
	LLT	1.46.25	1.36.70	1.29.64	1.24.25	1.20.44	1.18.22	1.16.25
200m Freestyle	ULT	2.28.44	2.14.97	2.09.98	2.03.02	2.02.58	2.00.72	1.56.09
	LLT	3.47.61	3.28.68	3.13.27	3.01.35	2.53.36	2.48.22	2.35.78
400m Freestyle	ULT	5.14.57	4.43.90	4.33.36	4.19.47	4.13.70	4.12.22	4.04.40
	LLT	6.59.01	6.20.30	6.01.01	5.48.40	5.35.50	5.30.00	5.26.10
50m Breaststroke	ULT	39.13	35.09	34.79	33.33	33.06	31.96	30.03
	LLT	1.02.42	57.12	52.83	49.43	47.02	45.53	41.62
100m Breaststroke	ULT	1.26.35	1.20.41	1.17.96	1.12.48	1.10.56	1.09.23	1.07.40
	LLT	2.15.80	2.02.68	1.53.44	1.45.65	1.40.03	1.37.42	1.32.88
200m Breaststroke	ULT	3.04.96	2.48.13	2.42.78	2.38.66	2.34.07	2.30.79	2.23.69
	LLT	4.49.60	4.23.14	4.03.42	3.46.76	3.35.79	3.29.90	3.12.68
50m Butterfly	ULT	33.67	32.13	30.70	28.92	27.95	27.54	26.82
	LLT	53.03	48.89	45.41	42.55	40.54	39.21	35.10
100m Butterfly	ULT	1.17.21	1.12.13	1.06.39	1.03.86	1.02.41	59.70	58.69
	LLT	1.59.22	1.47.55	1.38.97	1.32.84	1.28.04	1.25.74	1.22.78
200m Butterfly	ULT	2.52.55	2.41.79	2.32.71	2.18.54	2.16.88	2.12.51	2.10.46
	LLT	4.24.49	3.56.66	3.37.18	3.22.89	3.12.56	3.06.58	3.00.65
50m Backstroke	ULT	35.09	31.44	30.39	29.68	29.56	28.11	27.44
	LLT	55.00	50.58	47.12	44.19	42.11	41.00	39.12
100m Backstroke	ULT	1.16.83	1.10.98	1.06.41	1.03.00	1.02.27	1.00.56	58.83
	LLT	1.59.06	1.47.88	1.39.64	1.33.24	1.29.02	1.26.19	1.23.89
200m Backstroke	ULT	2.39.95	2.25.21	2.22.25	2.16.76	2.13.37	2.12.08	2.07.15
	LLT	4.12.90	3.48.79	3.32.50	3.19.79	3.10.64	3.04.46	2.59.56
100m IM	ULT	1.20.21	1.12.30	1.09.20	1.06.12	1.05.94	1.03.40	1.02.18
	LLT	1.59.76	1.51.71	1.43.96	1.37.11	1.33.06	1.30.39	1.25.41
200m IM	ULT	2.48.26	2.30.35	2.25.58	2.20.26	2.19.40	2.16.32	2.09.51
	LLT	4.18.65	3.55.69	3.38.35	3.25.15	3.15.40	3.09.74	2.59.99

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### 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) and will be forwards by via email to your meet manager.

Requests for passes must be made two weeks prior to the meet, together with payment 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, ASA no & DBS no:


How many person for Coach passes: ..... Saturday/Sunday/Both days (please delete)

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

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

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

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

Please email to: Leah Pullen: [meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk)

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### MEET SUMMARY ENTRY FORM

<b>Club</b>	
<b>Total Entries @ £8.00 p/ event</b>	£
<b>Total fees enclosed:</b>	£
<b>Coaches passes (please also send in slip)</b>	£
<b>Lunch (how many p/day)</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.

J1	Name, Contact Telephone and email	ASA No	SESSION 1 2 3 4
Judge			SESSION 1 2 3 4

**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 emailed to Lean Pullen, at [meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk).

BACS payment is to Ealing Swimming Club Ltd;

Account number 48500760 Sort code 30-84-58; Ref \*Club name\*XMAS19



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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 1 <sup>st</sup> December 2019
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			100m Breaststroke		
200m Freestyle			200m Breaststroke		
400m Freestyle			50m Butterfly		
50m Backstroke			100m Butterfly		
100m Backstroke			200m Butterfly		
200m Backstroke			200m IM		
100 I/M					

Total No. of Entries		@ £8.00 per event = Total	£
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BACs payment should be made to Ealing Swimming Club Ltd  
Account number 48500760; Sort code 30-84-58; Ref \*Club name\*XMAS19

Please return entries by **Closing Date 10PM Wednesday 6<sup>th</sup> November 2019**

**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 Swim England Laws and that I agree to abide by the meet conditions.**

Signature .....

