



**Hillingdon SC Winter Short Course Open Meet**  
**17<sup>th</sup> & 18<sup>th</sup> December 2016**  
**Licence 3LR161927**

<b>Saturday 17th December</b>		
<b>Session 1</b>		
M	400m IM	10/Over
F	400m Freestyle	10/Over
M	100m Breaststroke	10/Over
F	100m Butterfly	10/Over
M	50m Backstroke	10/Over
F	200m Breaststroke	10/Over
<b>Session 2</b>		
M	100m Freestyle	10/Over
F	100m Backstroke	10/Over
M	50m Butterfly	10/Over
F	50m Breaststroke	10/Over
M	200m Backstroke	10/Over
F	200m Freestyle	10/Over
<b>Session 3</b>		
F	100m Butterfly Finals	13/U, 14/O
M	100m Breaststroke Finals	13/U, 14/O
F	100m Backstroke Finals	13/U, 14/O
M	100m Freestyle Finals	13/U, 14/O
F	200m Freestyle Final	Open
M	200m Butterfly	10/Over
F	50m Freestyle	10/Over
M	200m IM	10/Over

<b>Sunday 18th December</b>		
<b>Session 4</b>		
F	400m IM	10/Over
M	400m Freestyle	10/Over
F	100m Breaststroke	10/Over
M	100m Butterfly	10/Over
F	50m Backstroke	10/Over
M	200m Breaststroke	10/Over
<b>Session 5</b>		
F	100m Freestyle	10/Over
M	100m Backstroke	10/Over
F	50m Butterfly	10/Over
M	50m Breaststroke	10/Over
F	200m Backstroke	10/Over
M	200m Freestyle	10/Over
<b>Session 6</b>		
M	100m Butterfly Finals	13/U, 14/O
F	100m Breaststroke Finals	13/U, 14/O
M	100m Backstroke Finals	13/U, 14/O
F	100m Freestyle Finals	13/U, 14/O
M	200m Freestyle Final	Open
F	200m Butterfly	10/Over
M	50m Freestyle	10/Over
F	200m IM	10/Over

**Age groups 11 & under, 12/13, 14/15, 16 & over**

Qualifying times for Hillingdon SC Level 3 Winter Open Meet 17<sup>th</sup> & 18<sup>th</sup> December 2016:  
 Short Course Times or Long Course converted to SC please. For conversions please use [www.pullbuoy.co.uk](http://www.pullbuoy.co.uk)  
 Entry times must have been achieved at a licensed meet and appear on ASA rankings. There is no upper limit.



<b>Hillingdon Level 3 Winter Meet - Minimum Qualifying Times</b>				
<b>BOYS</b>				
<b>EVENT</b>	<b>10/11</b>	<b>12/13</b>	<b>14/15</b>	<b>16/Over</b>
50m Freestyle	37.2	33.1	29.9	27.4
100m Freestyle	01:20.6	01:11.1	01:04.6	01:00.2
200m Freestyle	02:54.8	02:35.0	02:20.8	02:12.9
400m Freestyle	06:06.0	05:26.8	04:57.5	04:42.5
50m Breaststroke	48.0	41.9	37.7	34.4
100m Breaststroke	01:43.4	01:30.1	01:21.0	01:15.0
200m Breaststroke	03:42.4	03:15.3	02:55.8	02:42.3
50m Butterfly	41.0	36.4	32.5	29.6
100m Butterfly	01:30.4	01:19.1	01:10.7	01:05.1
200m Butterfly	03:18.2	02:54.7	02:35.5	02:24.4
50m Backstroke	42.5	37.6	33.9	30.4
100m Backstroke	01:30.5	01:19.7	01:11.5	01:05.4
200m Backstroke	03:13.3	02:51.1	02:34.3	02:22.9
200m IM	03:17.6	02:55.8	02:38.2	02:27.6
400m IM	06:59.7	06:12.0	05:34.6	05:14.9
<b>GIRLS</b>				
<b>EVENT</b>	<b>10/11</b>	<b>12/13</b>	<b>14/15</b>	<b>16/Over</b>
50m Freestyle	37.7	34.3	32.5	30.5
100m Freestyle	01:21.3	01:13.5	01:09.9	01:07.1
200m Freestyle	02:55.4	02:38.0	02:30.2	02:26.1
400m Freestyle	06:04.9	05:29.8	05:13.8	05:07.2
50m Breaststroke	48.3	43.2	40.8	38.5
100m Breaststroke	01:43.5	01:32.3	01:27.1	01:23.2
200m Breaststroke	03:42.1	03:18.2	03:07.9	02:58.7
50m Butterfly	41.3	37.3	35.2	32.7
100m Butterfly	01:30.9	01:21.2	01:16.9	01:12.2
200m Butterfly	03:20.2	02:57.3	02:46.9	02:39.0
50m Backstroke	42.7	38.7	36.8	34.4
100m Backstroke	01:31.0	01:21.4	01:17.1	01:13.6
200m Backstroke	03:12.5	02:54.3	02:44.8	02:38.3
200m IM	03:17.9	02:58.8	02:49.5	02:44.2
400m IM	06:57.3	06:14.4	05:55.8	05:44.5



<b>Hillingdon Level 3 Winter Meet - Upper Limit Qualifying Times</b>				
<b>BOYS</b>				
<b>EVENT</b>	<b>10/11</b>	<b>12/13</b>	<b>14/15</b>	<b>16/Over</b>
50m Freestyle	29.00	26.50	25.00	23.30
100m Freestyle	1.02.00	57.30	54.30	50.80
200m Freestyle	2.10.00	2.02.20	1.58.20	1.52.00
400m Freestyle	4.35.00	4.22.30	4.12.30	3.59.80
50m Breaststroke	35.60	32.90	31.60	29.50
100m Breaststroke	1.16.00	1.10.90	1.08.90	1.04.00
200m Breaststroke	2.55.00	2.34.50	2.29.50	2.20.50
50m Butterfly	31.10	28.20	27.30	25.40
100m Butterfly	1.09.00	1.02.00	1.00.00	55.90
200m Butterfly	2.30.00	2.16.60	2.13.60	2.05.60
50m Backstroke	32.50	29.40	28.50	26.50
100m Backstroke	1.10.00	1.02.50	1.00.50	56.70
200m Backstroke	2.30.00	2.14.60	2.11.60	2.04.00
200m IM	2.32.00	2.19.00	2.14.00	2.06.20
400m IM	5.25.00	4.57.80	4.45.80	4.31.50
<b>GIRLS</b>				
<b>EVENT</b>	<b>10/11</b>	<b>12/13</b>	<b>14/15</b>	<b>16/Over</b>
50m Freestyle	30.00	27.20	27.20	26.40
100m Freestyle	1.03.5	58.70	58.70	56.90
200m Freestyle	2.15.0	2.07.00	2.07.00	2.02.60
400m Freestyle	4.45.0	4.28.90	4.28.90	4.20.00
50m Breaststroke	36.10	34.80	34.80	33.50
100m Breaststroke	1.17.5	1.14.70	1.14.70	1.12.10
200m Breaststroke	2.57.0	2.42.10	2.42.10	2.35.00
50m Butterfly	32.00	29.60	29.60	28.30
100m Butterfly	1.10.8	1.05.00	1.05.00	1.02.30
200m Butterfly	2.34.5	2.24.20	2.24.20	2.18.50
50m Backstroke	33.10	30.40	30.40	29.40
100m Backstroke	1.12.2	1.04.80	1.04.80	1.02.80
200m Backstroke	2.37.5	2.20.00	2.20.00	2.14.70
200m IM	2.37.5	2.24.20	2.24.20	2.18.40
400m IM	5.30.0	5.05.80	5.05.80	4.53.80



## Hillingdon SC Winter Short Course Open Meet 17<sup>th</sup> & 18<sup>th</sup> December 2016 Rules and Regulations (3LR161927)

1. The competition will be swum under ASA Laws and FINA Technical Rules of Swimming and is licensed at Level 3 for entry into National and Regional Championships.
2. All swimmers must be ASA registered category 2 and provide a membership number.
3. The Meet will be held at Hillingdon Sports & Leisure Complex, Gatting Way Uxbridge UB8 1ES. The centre has an eight lane 25m pool, swim down pool plus electronic timing with scoreboard.
4. All entries must meet the qualifying times, entries may be restricted to ensure smooth running of the meet. Time trials will be at the promoter's discretion, in order to fill the first heat and will not be awarded any medals. The times will appear on the ASA Rankings.
5. Entries may be restricted in order to keep the session times within appropriate timescales. Slowest times in each age group will be rejected in oversubscribed events. *Acceptance into all events applied for cannot therefore be guaranteed.* Details of accepted and rejected entries will be published on our website as soon as possible after the closing date.
6. Clubs with 15 or more swimmers entered in the Meet are requested to provide a minimum of one official for all sessions in which the club has swimmers.
7. Names and contact details for officials should be completed by the person responsible for submitting the entries and forwarded together with confirmation of entries and payment.
8. The entry fee is £7 per event. No refunds will be given except for rejected swims.
9. Coaches' passes are available at a cost of £30.00 for the Meet. Passes will include admittance to all sessions, food/refreshments and a programme.
10. Swim meet entries will be managed via computer and available via the internet. 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 and recorded times, will be publicly available during the meet.
11. A designated officer must make all club entries and that same person must make all communications with the meet organisers.
12. Age groups: 10/11, 12/13, 14/15 and 16/over. *Age as at midnight 18th December 2016.*
13. Finals will be swum in all 100m Events for 13 & Under, 14/Over. An Open "Grand Final" will be swum in the Male and Female 200m Freestyle events.
14. Awards will be given to the first 3 in each age group, male and female, in each event.
15. An award will be given to the top visiting club.
16. Swimmers **must sign in at least 1 hour before** the start of each session for each event in which they wish to take part. A swimmer who is late to sign in may be placed in an unoccupied lane at the discretion of the meet organiser, but this is not guaranteed.
17. The closing date for entries is Tuesday 22<sup>nd</sup> November 2016.
18. Entries should be made using Hy-Tek Team Manager software and paid for by bank transfer. Details will be on the entry summary form.
19. All competitors and spectators shall observe the rules of the Hillingdon Sports and Leisure Complex and comply with any instructions given by their staff.
20. Competitors are requested not to bring large bags poolside for safety reasons. Lockers are available for £1 (refundable). Hillingdon Sports and Leisure Complex and Hillingdon Swimming Club shall not be responsible for loss of property for any reason.
21. During **warm-up** swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated. Sprint lanes will be announced.
22. A **swim down** pool will be available for use throughout the duration of the event, except whilst warm-up is available in the main competition pool. Swimmers are expected to respect other swimmers in and around the surrounding area whilst using this facility. The instructions of the pool lifeguard and/or Hillingdon SC Meet Management Staff must be followed. Hillingdon SC Meet Management Staff and the Leisure Centre Management reserve the right to close this facility.
23. Anything not covered by these rules shall be at the discretion of the meet organiser.

**In line with ASA child protection policy, anyone wishing to engage in photography including use of cameras, video cameras or mobile phones, must register at the spectator entrance and must wear a pass. We request no flash photography at the start of each event as well as complete silence including mobile phones.**