**To Club Entries Officers!**

Thank you for your interest in our Open Meet. It’s a great pleasure to send you the Meet Information Pack. You should find enclosed:

* **Programme of Events (below)**
* **Meet Information Pack**
* **Coaches Pass Application Form**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| **Session 01 – 24/09/2022 Start @14.15** | | | | | | | | | |  | **Session 03 – 25/09/2022 Start @ 09.15** | | | | | |
| 101 | Boys | | Open | | 400 IM | | | Heats | |  | 301 | Girls | | Open | 400 IM | Heats |
| 102 | Girls | | Open | | 200 Back | | | Heats | |  | 302 | Boys | | Open | 200 Back | Heats |
| 103 | Boys | | Open | | 100 Fly | | | Heats | |  | 303 | Girls | | Open | 100 Fly | Heats |
| 104 | Girls | | Open | | 100 Breast | | | Heats | |  | 304 | Boys | | Open | 100 Breast | Heats |
| 105 | Boys | | Open | | 50 Breast | | | Heats | |  | 305 | Girls | | Open | 50 Breast | Heats |
| 106 | Girls | | Open | | 50 Back | | | Heats | |  | 306 | Boys | | Open | 50 Back | Heats |
| 107 | Boys | | Open | | 200 Free | | | Heats | |  | 307 | Girls | | Open | 200 Free | Heats |
| 108 | Girls | | Open | | 200 Fly | | | Heats | |  | 308 | Boys | | Open | 200 Fly | Heats |
|  | |
|  | | | | | | | |  | |  |  | | | | |  |  | 404 | Girls | Open | 50 Brea | Heats |
| **Session 02 - 24/09/22 Start @ TBC** | | | | | | | | | |  | **Session 04 – 25/09/22 Start @ TBC** | | | | | |  |  |  | 405 | Boys | Open | 50 Back | Heats |
| 201 | Girls | | Open | | 400 Free | | | Heats | |  | 401 | Boys | | Open | 400 Free | Heats |
| 202 | Boys | | Open | | 200 Breast | | | Heats | |  | 402 | Girls  Girls | | Open | 200 Breast | Heats |
| 203 | Girls | | Open | | 200 IM | | | Heats | |  | 403 | Boys | | Open | 200 IM | Heats |
| 204 | Girls | | Open | | 50 Fly | | | Heats | |  | 404 | Boys  Girls | | Open | 50 Fly | Heats |
| 205 | Boys | | Open | | 50 Free | | | Heats | |  | 405 | Girls | | Open | 50 Free | Heats |
| 206 | Girls | | Open | | 100 Free | | | Heats | |  | 406 | Boys | | Open | 100 Free | Heats |
| 207 | Boys | | Open | | 100 Back | | | Heats | |  | 407 | Girls | | Open | 100 Back | Heats |

Meet Information and Competition Rules

1. The competition is open to amateurs only as defined by the Swim England Regulations and Technical Rules. The promoter is Northampton Swimming Club Ltd.
2. The competition will be open to age groups 10/11, 12, 13, 14, 15, 16, 17 and over. Ages will be **at 31st December 2022**
3. This will be a first come, first serve meet. The promoter reserves the right to limit entries. In the event the meet is oversubscribed the slowest competitors may be rejected.
4. All clubs must submit entries using the electronic entry files that will be available on the Northampton Swimming Club website.
5. The pool is 25 metres long and 8 lanes wide. We reserve the right to have “Over the top” starts.
6. Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads.
7. All entry times should be converted to a 25m pool.
8. Coaches ***must*** submit withdrawal forms for any swimmers not competing, to the meet promoter, 45 minutes before the start of each session. Withdrawals can be made up until 2000 on the Friday 23th September 2022 via email [johnmcdonald579@btinternet.com](mailto:johnmcdonald579@btinternet.com) after this time withdrawals must be made on a withdrawal form that will be in the coach’s packs and technical office.
9. Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time **may** be excluded.

1. An award will be made for each event.
2. Coaches’ packs are available for £20 for one day Saturday, £20 for one day Sunday or £30 for the weekend. They include start sheets, food, and refreshments. If a club has 10 or more swimmers entered, it is recommended that there is 1 pass to 10 swimmers.
3. There won’t be a secondary strobe light available.
4. Refunds will only be made where a swimmer is rejected from the meet due to it being oversubscribed.
5. No refunds will be made for entries accepted under any circumstances once the meet has been closed to new entrants.
6. There will be a charge to enter the building past the reception area. Foul and abusive language will not be tolerated by NSC volunteers and staff at the pool.
7. Result sheets will be posted after each event. Live results will be available on the Northampton Swimming Club website www.northamptonswimming.com
8. The summary report from Sportsystems must be returned by the closing date of **Friday 26th August 2022**. Entry fees are £7.50 per event for electronic submission. Please make cheques payable to “Northampton Swimming Club Ltd”. Paper entries are accepted at a cost of an extra 50p per event (£8)
9. Exported entry files must be emailed to [johnmcdonald579@btinternet.com](mailto:johnmcdonald579@btinternet.com).
10. A swim shop will be in attendance.
11. Entry Confirmation will be on the Northampton Swimming Club website [www.northamptonswimming.com](http://www.northamptonswimming.com)
12. Any point not covered in these rules is at the discretion of the organisers

# Club Summary and Coaches Passes Application Form

**Return the completed coaches pass forms and Sportsystems printout, together with the entry fees to: Northampton Swimming Club (NSC), Mounts Baths, Upper Mounts, Northampton NN1 3DN**

*Payment to Northampton Swimming Club by Fri 26/08/22*

|  |  |  |  |
| --- | --- | --- | --- |
| Club |  | | |
| Address |  | | |
| **Telephone** |  | | |
| **e-mail** |  | | |
| Address |  | | |
| **Telephone** |  | | |
| **e-mail** |  | | |
| **Names of Coaches using passes** |  | | |
|  | | |
|  | | |
| **Number of Female Electronic Entries** | | **@7.50** | **£** |
| **Number of Male Electronic Entries** | | **@7.50** | **£** |
| **Number of Paper Entries** | | **@8.00** | **£** |
| **Number of 1 day Coaches pass Saturday** | | **@20.00** | **£** |
| **Number of 1 day Coaches pass Sunday** | | **@20.00** | **£** |
| **Number of weekend passes** | | **@30.00** | **£** |
| **Total Amount of Club Cheque Enclosed** | |  | **£** |

**THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYTEMS PRINTOUTS.**

**THIS FORM MUST BE COMPLETED AND RETURNED WITH ALL PAPER ENTRIES.**

**ALL FORMS, PRINTOUTS AND PAYMENTS MUST BE SENT TO**

**NSC Mounts Baths, Upper Mounts, NORTHAMPTON NN1 3DN**

**ELECTRONIC ENTRY FILES TO BE EMAILED TO JOHN MCDONALD** [johnmcdonald579@btinternet.com](mailto:johnmcdonald579@btinternet.com) **FOR CLUB ENTRIES VIA SPORTSYTEMS**

**INDIVIDUAL ENTRIES *CANNOT* BE MADE USING SPORTSYSTEMS**

**Male Lower Limit times**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Event | 10/11 | 12 | 13 | 14 | 15 | 16 | 17+ |
| 50m Freestyle | 48.4 | 0:46.4 | 0:38.6 | 0:36.9 | 0:35.1 | 0:33.1 | 0:32.4 |
| 100m Freestyle | 1.41.4 | 1:37.4 | 1:22.7 | 1:18.4 | 1:15.1 | 1:11.5 | 1:09.9 |
| 200m Freestyle | 3.38.1 | 3:30.1 | 2:59.9 | 2:50.5 | 2:43.4 | 2:37.1 | 2:33.5 |
| 400m Freestyle | 6.25.4 | 6:10.4 | 5:29.0 | 5:17.1 | 5:15.6 | 5:02.0 | 4:54.9 |
| 50m Breaststroke | 1.02.3 | 1:00.3 | 0:49.3 | 0:46.0 | 0:43.6 | 0:42.2 | 0:41.1 |
| 100m Breaststroke | 2.11.2 | 2:07.2 | 1:46.4 | 1:39.6 | 1:35.1 | 1:32.4 | 1:29.9 |
| 200m Breaststroke | 4.40.2 | 4:32.2 | 3:49.7 | 3:36.0 | 3:25.5 | 3:20.4 | 3:15.9 |
| 50m Butterfly | 54.2 | 0:52.2 | 0:42.8 | 0:40.6 | 0:38.0 | 0:36.4 | 0:35.7 |
| 100m Butterfly | 1.59.6 | 1:55.6 | 1:33.1 | 1:27.5 | 1:23.1 | 1:20.6 | 1:19.0 |
| 200m Butterfly | 4.22.3 | 4:14.3 | 3:25.1 | 3:13.2 | 3:04.1 | 2:57.0 | 2:54.1 |
| 50m Backstroke | 55.3 | 0:53.9 | 0:44.6 | 0:42.1 | 0:40.0 | 0:38.1 | 0:36.9 |
| 100m Backstroke | 1.55.4 | 1:51.4 | 1:33.8 | 1:28.3 | 1:24.0 | 1:21.6 | 1:19.6 |
| 200m Backstroke | 4.40.3 | 3:56.3 | 3:20.1 | 3:09.0 | 3:00.4 | 2:55.7 | 2:51.9 |
| 200m IM | 4.06.1 | 3:58.1 | 3:24.5 | 3:14.1 | 3:04.5 | 3:00.1 | 2:56.4 |
| 400 IM | 7.15.2 | 7.00.2 | 6:31.1 | 6:20.0 | 6:00.8 | 5:50.8 | 5:42.9 |

**Female Lower Limit times**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Event | 10/11 | 12 | 13 | 14 | 15 | 16 | 17+ |
| 50m Freestyle | 49.1 | 0:47.1 | 0:39.7 | 0:38.5 | 0:36.7 | 0:36.1 | 0:35.7 |
| 100m Freestyle | 1.42.0 | 1:38.0 | 1:24.4 | 1:21.9 | 1:19.3 | 1:17.5 | 1:16.5 |
| 200m Freestyle | 3.39.1 | 3:31.1 | 3:01.5 | 2:55.6 | 2:53.6 | 2:47.9 | 2:46.3 |
| 400m Freestyle | 6.30.4 | 5:45.4 | 5:36.4 | 5:32.8 | 5:20.3 | 5:18.4 | 5:17.6 |
| 50m Breaststroke | 1.05.1 | 1:01.1 | 0:50.2 | 0:48.4 | 0:46.6 | 0:45.7 | 0:45.4 |
| 100m Breaststroke | 2.09.2 | 2:05.2 | 1:47.5 | 1:43.0 | 1:40.5 | 1:39.4 | 1:38.8 |
| 200m Breaststroke | 4.36.5 | 4:28.5 | 3:50.7 | 3:40.9 | 3:37.1 | 3:34.4 | 3:32.9 |
| 50m Butterfly | 54.3 | 0:52.3 | 0:43.7 | 0:41.8 | 0:40.3 | 0:39.5 | 0:39.2 |
| 100m Butterfly | 1.54.9 | 1:50.9 | 1:34.0 | 1:30.8 | 1:28.8 | 1:27.8 | 1:26.9 |
| 200m Butterfly | 4.20.0 | 4:12.0 | 3:26.0 | 3:18.0 | 3:14.0 | 3:10.4 | 3:08.7 |
| 50m Backstroke | 55.7 | 0:53.7 | 0:45.3 | 0:43.3 | 0:41.7 | 0:41.3 | 0:40.8 |
| 100m Backstroke | 1.54.0 | 1:50.0 | 1:34.2 | 1:30.9 | 1:29.6 | 1:27.9 | 1:27.3 |
| 200m Backstroke | 4.00.2 | 3:52.2 | 3:20.4 | 3:14.3 | 3:11.6 | 3:11.3 | 3:05.9 |
| 200m IM | 4.06.4 | 3:58.4 | 3:25.1 | 3:19.0 | 3:15.9 | 3:13.0 | 3:11.3 |
| 400 IM | 7.15.2 | 7.00.2 | 6:31.5 | 6:26.6 | 6:21.1 | 6:15.1 | 6:10.8 |

**Swimmers Entry Form**

**(Form must be submitted for paper entries by individuals to the address shown below)**

**(If Clubs use the form for internal entries and then for submission by electronic entries the fees will be £7.50 and not £8.00 as shown and the forms do not have to be returned). Clubs submitting entries via this form include fees payable at £8.00, Clubs submitting electronic entries are charged a reduced rate of £7.50 per event**

**Name: / Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DOB:**

**ASA Number:**

|  |  |  |
| --- | --- | --- |
| **Event** | **Please tick (entry time is taken from British rankings)** | **Paper entry £8.00 per event** |
| 50m Freestyle |  |  |
| 100m Freestyle |  |  |
| 200m Freestyle |  |  |
| 400m Freestyle |  |  |
| 50m Backstroke |  |  |
| 100m Backstroke |  |  |
| 200m Backstroke |  |  |
| 50m Breaststroke |  |  |
| 100m Breaststroke |  |  |
| 200m Breaststroke |  |  |
| 50m Butterfly |  |  |
| 100m Butterfly |  |  |
| 200m Butterfly |  |  |
| 200m IM |  |  |
| 400m IM |  |  |
|  |  | **Total cost:** |

**For Paper Submission please post**

BACS details

Northampton Swimming Club

Sort code: 09-07-24

Account number: 61751984

**Northampton Swimming Club**

**Upper Mounts**

**Northampton**

**NN1 3DN**

**Cheques made payable to Northampton Swimming Club**

**OFFICIALS REQUIRED**

Are you able to help by officiating at one or more sessions?

Meals provided if you cover two sessions in a day.

**Can Clubs please pass this on to all qualified officials likely to be attending the meet.**

Contact: Andy Hurry (TBC)

|  |  |  |
| --- | --- | --- |
|  |  | **Please Tick box for all sessions you are available** |
| Session 1 | Saturday 24th September 2022 |  |
| Session 2 | Saturday 24th September 2022 |  |
| Session 3 | Sunday 25th September 2022 |  |
| Session 4 | Sunday 25th September 2022 |  |

|  |  |
| --- | --- |
| Name |  |
| Address |  |
| Qualification |  |
| Email Address |  |

***PLEASE COMPLETE AND RETURN TO ANDY HURRY BY 26.08.2022***