**To Club Entries Officers!**

Thank you for your interest in our Summer Festival Long Course Open Meet

It’s a great pleasure to send you the Meet Information Pack. You should find enclosed:

* **Programme of Events**
* **Meet information**
* **Coaches Pass Application form**
* **Officials form**

**This is event is a first come, first served meet and so an ideal opportunity to compete at an end of season long course event!**

**Programme of events:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | |  | |  |  | |  |  |  |  |
|  | |  | |  | |  |  | |  | | |
|  | |  | |  | |  |  | |  | | |
|  | |  | |  | |  |  | |  | | |
|  |  | |  | |  | | |  | |  |  | |  |  |  |  |
|  | | | | | | | |  | |  |  | | | | |  |
| **Session 01 – 09/07/22 Start @ TBC** | | | | | | | | | |  | **Session 03 – 10/07/22 Start @ TBC** | | | | | |
| 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 – 09/07/22 Start @ TBC** | | | | | | | | | |  | **Session 04 – 10/07/22 Start @ TBC** | | | | | |  |  |  | 405 | Boys | Open | 50 Back | Heats |
| 201 | Girls | | Open | | 400 Free | | | Heats | |  | 401 | | Boys  Girls | Open | 400 Free | Heats |
| 202 | Boys | | Open | | 200 IM | | | Heats | |  | 402 | | Girls | Open | 200 IM | Heats |
| 203 | Girls | | Open | | 50 Fly | | | Heats | |  | 403 | | Boys  Girls | Open | 50 Fly | Heats |
| 204 | Boys | | Open | | 50 Free | | | Heats | |  | 404 | | Girls | Open | 50 Free | Heats |
| 205 | Girls | | Open | | 200 Breast | | | Heats | |  | 405 | | Boys  Girls | Open | 200 Breast | Heats |
| 206 | Boys | | Open | | 100 Back | | | Heats | |  | 406 | | Girls | Open | 100 Back | Heats |
| 207 | Girls | | Open | | 100 Free | | | Heats | |  | 407 | | Boys | Open | 100 Free | Heats |

Meet Information and Competition Rules

1. The competition is open to amateurs only as defined by the ASA and will be swum under Swim England regulations and Technical Rules. The promoter is Northampton Swimming Club.
2. The competition will be open to age groups 10, 11, 12, 13, 14, 15, 16+. Ages will be **age at 31st December 2022.**
3. This is a first come, first served meet. The promoter reserves the right to limit entries if the meet is oversubscribed.
4. Swimmers who are ranked to qualify for either Home nation nationals or GB nationals are not allowed to enter this event.
5. All clubs must submit their entries using the electronic entry files that will be available on the Northampton Swimming Club website.
6. The pool is 50 metres long and 8 lanes wide.
7. Electronic timing will be in use.
8. All entry times should be converted to a 50m pool. (This will be automatically done when importing times from national rankings using the entry manager programme). Entries without entry times will be refused.
9. Coaches ***must*** submit withdrawal forms for any swimmers not competing to the meet promoter at the time advertised before the start of each session. Withdrawals can be made up until 1800 via email on Friday 8th July 2022. Send to John McDonald ([johnmcdonald579@btinternet.com](mailto:johnmcdonald579@btinternet.com)) after this time withdrawals must be made on the official withdrawal forms which can be found in the coaches packs and technical office.
10. Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time **may** be excluded.
11. An award will be made to the fastest 6 swimmers in the 10,11 and 12 years age groups and the fastest 3 swimmers in the 13,14,15 and 16 Over Age groups.
12. Coaches packs are available for £20 for one day or £30 for both. They include start sheets, food and refreshments.
13. Refunds will only be made where a swimmer is rejected from the meet due to it being oversubscribed. No refunds will be made for entries accepted under any circumstances once the meet has been closed to new entrants.
14. There will be a charge to enter the building past the reception area.
15. Result sheets will be posted after each event. Live results will be available on the Northampton Swimming Club website [www.northamptonswimming.com](http://www.northamptonswimming.com)
16. Club entries must use Sportsystems and send the entry report printout from Sportsystems to the address shown on the club summary sheet below and must be returned by the closing date of **Friday 10th June 2022**. Entry fees are £8 per event for electronic submission. Paper entries will be accepted for an additional cost of 50p per event (£8.50). BACS details can be found on the swimmer summary form Exported entry files must be emailed to John McDonald ([johnmcdonald579@btinternet.com](mailto:johnmcdonald579@btinternet.com)) and coach.noonan@northamptonswimming.com.
17. Entries from individuals must be made using the paper entries incurring an additional cost of 50p per event and must be submitted using the entry form within the pack and returned to the address shown with correct fee. Where there is more than 1 entry from a club only 1 file should be sent and the consolidated entry form filled in.
18. A swim shop will be in attendance.
19. Entry Confirmation will be on the Northampton Swimming Club website [www.northamptonswimming.com](http://www.northamptonswimming.com) this will be in the form of a draft programme and accepted entry list of swims by club.
20. 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, Mounts Baths, Upper Mounts, Northampton NN13DN**

*Cheques made payable to ‘Northampton Swimming Club’ to be returned by Fri 10.06.22*

|  |  |  |  |
| --- | --- | --- | --- |
| Club |  | | |
| Address |  | | |
| **Telephone** |  | | |
| **e-mail** |  | | |
| Address |  | | |
| **Telephone** |  | | |
| **e-mail** |  | | |
| **Names of Coaches using passes** |  | | |
|  | | |
|  | | |
| **Number of Female Electronic Entries** | | **@8** | **£** |
| **Number of Male Electronic Entries** | | **@8** | **£** |
| **Number of Paper Entries** | | **@8.50** | **£** |
| **Number of 1 day Coaches pass Saturday** | | **@20.00** | **£** |
| **Number of 1 day Coaches pass Sunday** | | **@20.00** | **£** |
| **Number of 2 day (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.**

BACS details

Northampton Swimming Club

Sort code: 09-07-24

Account number: 61751984

**Male Lower Limit times**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Event | 10 | 11 | 12 | 13 | 14 | 15 | 16+ |
| 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 |
| 400m 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+ |
| 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 | 5:17.6 | 5:32.8 | 5:20.3 | 5:18.4 |
| 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 |
| 400m IM | 7.15.2 | 7.00.2 | 6:31.5 | 6:26.6 | 6:21.1 | 6:15.1 | 6:10.8 |

**Male Upper limit times**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **EVENT** | **10** | **11** | **12** | **13** | **14** | **15** | **16+** |
| 50m Freestyle | 30.5 | 28.77 | 27.24 | 25.78 | 25.06 | 24.84 | 23.55 |
| 100m Freestyle | 1.07.3 | 1.03.6 | 59.79 | 56.11 | 54.54 | 53.8 | 51.11 |
| 200m Freestyle | 2.25.2 | 2.17.1 | 2.07.8 | 2.01.7 | 1.58.8 | 1.57.5 | 1.52.6 |
| 400m Freestyle | 5.02.5 | 4.48.9 | 4.33.1 | 4.22.1 | 4.11.3 | 4.13.4 | 3.59.4 |
| 50m Breaststroke | 40.11 | 36.95 | 34.75 | 32.34 | 31.82 | 31.34 | 29.28 |
| 100m Breaststroke | 1.28.2 | 1.21.8 | 1.16.0 | 1.10.5 | 1.09.3 | 1.08.3 | 1.02.8 |
| 200m Breaststroke | 3.07.2 | 2.53.2 | 2.45.9 | 2.34.5 | 2.30.7 | 2.28.5 | 2.20.0 |
| 50m Butterfly | 34.02 | 31.61 | 29.88 | 28.23 | 27.31 | 27.08 | 25.24 |
| 100m Butterfly | 1.16.6 | 1.11.6 | 1.06.7 | 1.02.9 | 1.00.3 | 59.59 | 56.26 |
| 200m Butterfly | 2.52.6 | 2.39.8 | 2.27.0 | 2.19.1 | 2.13.9 | 2.12.8 | 2.05.5 |
| 50m Backstroke | 34.98 | 33.12 | 31.18 | 29.27 | 28.56 | 28.06 | 26.88 |
| 100m Backstroke | 1.15.7 | 1.11.5 | 1.07.2 | 1.03.3 | 1.00.7 | 1.00.5 | 57.1 |
| 200m Backstroke | 2.41.2 | 2.31.8 | 2.21.6 | 2.14.6 | 2.11.9 | 2.11.1 | 2.05.9 |
| 200m Individual Medley | 2.46.4 | 2.36.1 | 2.26.2 | 2.18.3 | 2.14.0 | 2.12.7 | 2.06.7 |
| 400m Individual Medley | 5.53.2 | 5.26.1 | 5.13.1 | 4.51.8 | 4.47.6 | 4.44.1 | 4.32.6 |

**Female Upper limit times**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **EVENT** | **10** | **11** | **12** | **13** | **14** | **15** | **16+** |
| 50m Freestyle | 30.25 | 29.41 | 28.31 | 27.71 | 27.41 | 27.2 | 26.8 |
| 100m Freestyle | 1.07.2 | 1.03.4 | 1.01.1 | 59.51 | 59.13 | 58.56 | 57.82 |
| 200m Freestyle | 2.26.0 | 2.18.2 | 2.11.7 | 2.10.2 | 2.07.8 | 2.07.1 | 2.03.8 |
| 400m Freestyle | 5.09.3 | 4.52.4 | 4.39.3 | 4.36.2 | 4.30.9 | 4.24.4 | 4.22.1 |
| 50m Breaststroke | 39.94 | 37.15 | 36.01 | 35.22 | 34.67 | 34.14 | 33.25 |
| 100m Breaststroke | 1.26.9 | 1.20.6 | 1.17.4 | 1.15.6 | 1.14.1 | 1.13.9 | 1.12.4 |
| 200m Breaststroke | 3.05.2 | 2.52.7 | 2.45.3 | 2.42.9 | 2.38.6 | 2.38.5 | 2.35.1 |
| 50m Butterfly | 33.7 | 32.02 | 30.44 | 30.0 | 29.54 | 29.39 | 28.55 |
| 100m Butterfly | 1.16.7 | 1.11.2 | 1.08.3 | 1.06.2 | 1.05.5 | 1.05.3 | 1.02.8 |
| 200m Butterfly | 2.56.5 | 2.36.6 | 2.30.9 | 2.27.1 | 2.24.2 | 2.23.3 | 2.20.3 |
| 50m Backstroke | 34.89 | 33.32 | 31.75 | 31.07 | 30.84 | 30.08 | 29.71 |
| 100m Backstroke | 1.15.2 | 1.11.3 | 1.07.6 | 1.06.6 | 1.05.9 | 1.04.3 | 1.03.1 |
| 200m Backstroke | 2.40.2 | 2.32.1 | 2.25.6 | 2.22.2 | 2.21.3 | 2.18.8 | 2.16.4 |
| 200m Individual Medley | 2.43.8 | 2.36.7 | 2.28.5 | 2.26.0 | 2.24.3 | 2.23.4 | 2.19.5 |
| 400m Individual Medley | 5.57.8 | 5.30.5 | 5.15.8 | 5.06.7 | 5.06.8 | 5.06.0 | 5.01.5 |

**Swimmers Entry Form**

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

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

**DOB:**

**ASA Number:**

|  |  |  |
| --- | --- | --- |
| **Event** | **Please tick (entry time is taken from British rankings)** | **Paper entry £8.50 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**

**Mounts Baths**

**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: Terry Bream [t.bream@btinternet.com](mailto:t.bream@btinternet.com)

|  |  |  |
| --- | --- | --- |
|  |  | **Please Tick box for all sessions you are available** |
| Session 1 | Saturday 9th July 2022 |  |
| Session 2 | Saturday 9th July 2022 |  |
| Session 3 | Sunday 10th July 2022 |  |
| Session 4 | Sunday 10th July 2022 |  |

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

***PLEASE COMPLETE AND RETURN TO TERRY BREAM ASAP***