**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**
* **Coaches Pass Application form**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Programme of Events | | | | | |
| Session 1 – Friday 20th December 2019– Warm up Mixed 1645-1725 Start 1730 | | | | | |
| **101**  **103**  **105** | Male 400m Freestyle  Male 200m Breaststroke  Male 50m Backstroke | All ages  All ages  All ages | **102**  **104**  **106** | Female 400m Freestyle  Female 200m Breaststroke  Female 50m Backstroke | All ages  All ages  All ages |
| **Session 2** - **Sat 21st December 2019- Warm up 0745 Start 0900** | | | | | |
| **201**  **203**  **205**  **207** | Female 200m Backstroke  Female 100m Breaststroke  Female 200m Butterfly  \*\*Break\*\*  Mixed 1500m Freestyle | All ages  All ages  All ages  All ages | **202**  **204**  **206** | Male 200m Freestyle  Male 50m Breaststroke  Male 100m Butterfly | All ages  All ages  All ages |
| **Session 3** – **Sat 21st December 2019-** **Warm up TBC** | | | | | |
| **301**  **303**  **305** | Female 400m IM  Female 50m Butterfly  Female 100m Freestyle | All ages  All ages  All ages | **302**  **304**  **306** | Male 200m IM  Male 50m Freestyle  Male 100m Backstroke | All ages  All ages  All ages |
| Session 4 – Sun 22nd December 2019- Warm up 0745 Start 0900 | | | | | |
| **401**  **403**  **405**  **407** | Male 200m Backstroke  Male 100m Breaststroke  Male 200m Butterfly  \*\*Break\*\*  Mixed 800m Freestyle | All ages  All ages  All ages  All ages | **402**  **404**  **406** | Female 200m Freestyle  Female 50m Breaststroke  Female 100m Butterfly | All ages  All ages  All ages |
| **Session 5** - **Sun 22nd December 2019 Warm up TBC** | | | | | |
| **501**  **503**  **505** | Male 400m IM  Male 50m Butterfly  Male 100m Freestyle | All ages  All ages  All ages | **502**  **504**  **506** | Female 200m IM  Female 50m Freestyle  Female 100m Backstroke | All ages  All ages  All ages |

Meet Information and Competition Rules

1. The competition is open to amateurs only as defined by the ASA and will be swum under ASA Laws and ASA 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 open events for the 800 Freestyle and 1500 Freestyle. Ages will be **at 31st December 2019**
3. This is not a first come first served meet. Slowest competitors maybe rejected if the meet is oversubscribed.
4. All clubs must submit their entries using the electronic entry files that will be available on the Northampton Swimming Club website.
5. All events will be heat declared winners.
6. The pool is 50 metres long and 8 lanes wide. We reserve the right to have “Over the top” starts.
7. Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads.
8. An award will be made to the fastest 3 swimmers in each age group
9. All entry times should be converted to a 50m pool.
10. The slowest competitors **may** be rejected if the meet is over subscribed.
11. 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 1500 on Friday 20th December 2019 via email to [johnmcdonald579@btinternet.com](mailto:johnmcdonald579@btinternet.com) after this time withdrawals must be made on a withdrawal form that will be in the coaches packs and technical office.
12. Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time **may** be excluded.
13. Coaches packs are available for £10 for Friday, £20 for one day Saturday, £20 for one day Sunday or £30 for a weekend. They include programme, start sheets, food and refreshments. If a club has 10 or more swimmers entered, it is recommended that there is one pass per 10 swimmers.
14. Refunds will only be made where a swimmers is rejected from the meet due to it being over subscribed. No refunds will be made for entries accepted under any circumstances once the meet has been closed to new entrants.
15. There will be a charge to enter the building past the reception area. Programmes will be extra.
16. Result sheets will be posted after each event. Live results will be available on the Northampton Swimming Club website www.northamptonswimming.com
17. The summary report from Sportsystems must be returned by the closing date of **Friday 22nd November 2019**. Entry fees are £7 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 (£7.50)
18. Exported entry files to be emailed to [johnmcdonald579@btinternet.com](mailto:johnmcdonald579@btinternet.com) and [coach.sharp@northamptonswimming.com](mailto:coach.sharp@northamptonswimming.com)
19. A swim shop will be in attendance.
20. Entry Confirmation will be on the Northampton Swimming Club website www.northamptonswimming.com

22)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 22.11.19*

|  |  |  |  |
| --- | --- | --- | --- |
| Club |  | | |
| Address |  | | |
| **Telephone** |  | | |
| **e-mail** |  | | |
| Address |  | | |
| **Telephone** |  | | |
| **e-mail** |  | | |
| **Names of Coaches using passes** |  | | |
|  | | |
|  | | |
| **Number of Female Electronic Entries** | | **@7** | **£** |
| **Number of Male Electronic Entries** | | **@7** | **£** |
| **Number of Paper Entries** | | **@7.50** | **£** |
| **Number of 1 day Coaches pass Friday** | | **@10.00** | **£** |
| **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 NN13DN**

**ELECTRONIC ENTRY FILES TO BE EMAILED TO JOHN MCDONALD johnmcdonald579@btinternet.com FOR CLUB ENTRIES VIA SPORTSYTEMS**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Lower Limit times** |  |  |  | **Boys** |  |  |  |
| **EVENT** | **10/11** | **12** | **13** | **14** | **15** | **16** | **17+** |
| 50m Freestyle | 37.00 | 34.90 | 33.00 | 31.30 | 29.70 | 28.70 | 28.40 |
| 100m Freestyle | 1.18.80 | 1.13.70 | 1.09.80 | 1.06.90 | 1.04.40 | 1.02.60 | 1.01.50 |
| 200m Freestyle | 2.51.30 | 2.40.80 | 2.32.60 | 2.25.60 | 2.20.70 | 2.16.30 | 2.13.70 |
| 400m Freestyle | 5.56.00 | 5.38.10 | 5.21.80 | 5.07.00 | 4.57.60 | 4.49.10 | 4.44.60 |
| 800m Freestyle | Open QT 9.20.00 | | | | | | |
| 1500m Freestyle | Open QT 17.30.00 | | | | | | |
| 50m Breaststroke | 48.20 | 44.60 | 41.80 | 39.70 | 37.80 | 36.80 | 35.80 |
| 100m Breaststroke | 1.41.50 | 1.34.70 | 1.28.80 | 1.24.60 | 1.21.40 | 1.18.90 | 1.17.00 |
| 200m Breaststroke | 3.39.10 | 3.25.20 | 3.12.50 | 3.02.50 | 2.55.40 | 2.51.60 | 2.47.00 |
| 50m Butterfly | 40.80 | 38.10 | 35.90 | 34.00 | 32.20 | 31.40 | 30.60 |
| 100m Butterfly | 1.27.70 | 1.21.50 | 1.16.80 | 1.12.80 | 1.09.80 | 1.07.80 | 1.06.50 |
| 200m Butterfly | 3.12.50 | 2.59.90 | 2.49.90 | 2.40.90 | 2.34.40 | 2.30.40 | 2.27.60 |
| 50m Backstroke | 43.20 | 40.50 | 38.20 | 36.10 | 34.50 | 33.50 | 32.70 |
| 100m Backstroke | 1.29.80 | 1.24.10 | 1.19.20 | 1.15.00 | 1.12.20 | 1.10.30 | 1.09.30 |
| 200m Backstroke | 3.12.00 | 3.00.70 | 2.50.30 | 2.42.30 | 2.36.00 | 2.31.40 | 2.28.60 |
| 200m Individual Medley | 3.14.30 | 3.02.80 | 2.52.70 | 2.44.80 | 2.38.40 | 2.33.90 | 2.31.00 |
| 400m Individual Medley | 6.50.80 | 6.26.70 | 6.06.40 | 5.49.30 | 5.36.20 | 5.27.60 | 5.22.60 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Lower Limit times** |  |  |  | **Girls** |  |  |  |
| **EVENT** | **10/11** | **12** | **13** | **14** | **15** | **16** | **17+** |
| 50m Freestyle | 37.30 | 35.40 | 34.00 | 32.90 | 32.20 | 31.90 | 31.80 |
| 100m Freestyle | 1.19.30 | 1.15.20 | 1.12.70 | 1.10.70 | 1.09.60 | 1.08.80 | 1.08.10 |
| 200m Freestyle | 2.51.30 | 2.42.50 | 2.36.20 | 2.32.10 | 2.29.10 | 2.27.50 | 2.25.80 |
| 400m Freestyle | 5.56.40 | 5.38.80 | 5.26.30 | 5.18.00 | 5.12.80 | 5.09.20 | 5.06.30 |
| 800m Freestyle | Open QT 10.00 | | | | | | |
| 1500m Freestyle | Open QT 18.45.00 | | | | | | |
| 50m Breaststroke | 47.80 | 45.00 | 43.10 | 41.50 | 40.60 | 40.10 | 38.80 |
| 100m Breaststroke | 1.41.60 | 1.35.20 | 1.30.80 | 1.28.50 | 1.27.50 | 1.26.10 | 1.25.20 |
| 200m Breaststroke | 3.36.0 | 3.24.60 | 3.15.50 | 3.09.50 | 3.06.70 | 3.05.80 | 3.04.00 |
| 50m Butterfly | 40.70 | 38.60 | 36.70 | 35.70 | 34.80 | 34.20 | 34.20 |
| 100m Butterfly | 1.27.90 | 1.22.60 | 1.19.10 | 1.17.20 | 1.15.50 | 1.14.80 | 1.14.00 |
| 200m Butterfly | 3.12.60 | 3.01.70 | 2.53.50 | 2.48.00 | 2.45.70 | 2.43.30 | 2.41.30 |
| 50m Backstroke | 43.10 | 40.90 | 39.40 | 38.00 | 37.00 | 36.60 | 36.30 |
| 100m Backstroke | 1.29.90 | 1.24.50 | 1.21.70 | 1.19.60 | 1.17.90 | 1.17.10 | 1.16.30 |
| 200m Backstroke | 3.11.00 | 3.00.60 | 2.54.30 | 2.49.80 | 2.45.80 | 2.43.90 | 2.42.80 |
| 200m Individual Medley | 3.14.30 | 3.03.30 | 2.56.80 | 2.52.30 | 2.48.90 | 2.46.90 | 2.45.50 |
| 400m Individual Medley | 6.47.30 | 6.24.90 | 6.10.60 | 6.02.00 | 5.55.20 | 5.50.80 | 5.48.70 |

**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 and not £7.50 as shown and the forms do not have to be returned)**

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

**DOB:**

**ASA Number:**

|  |  |  |
| --- | --- | --- |
| **Event** | **Please tick (entry time is taken from British rankings)** | **Paper entry £7.50 per event** |
| 50m Freestyle |  |  |
| 100m Freestyle |  |  |
| 200m Freestyle |  |  |
| 400m Freestyle |  |  |
| 800m Freestyle |  |  |
| 1500m 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 NSC**

**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 | Friday 20th December 2019 |  |
| Session 2 | Saturday 21st December 2019 |  |
| Session 3 | Saturday 21st December 2019 |  |
| Session 4 | Sunday 22nd December 2019 |  |
| Session 5 | Sunday 22nd December 2019 |  |

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

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