Stowmarket Swimming Club

Founded 1888

# No Frills Time Trial Open Meet

## 15th and 16th December 2018

**(License 3ER182522 Meet Held under ASA Law and Technical Rules)**

**Events: 50m Freestyle, Backstroke, Breaststroke, Butterfly**
**100m Freestyle, Backstroke, Breaststroke, Butterfly, 100m I.M.**
**200m Freestyle, Backstroke, Breaststroke, Butterfly, 200m I.M.**
**No Frills = No Awards or Medals just Times.**

**Entries on a first come first served basis.**

Affiliated to:
Swim England
East Region Amateur Swimming Association
Suffolk Amateur Swimming Association

Swim21

# Stowmarket Swim Club

**(Affiliated to Suffolk Swim England and East Region Swim England)**

## No Frills Time Trial Open Meet on 15th and 16th December 2018

## Mid-Suffolk Leisure centre, Stowmarket Suffolk

## MEET RULES AND INFORMATION

1. The Competition is licensed to level 3 under ASA Laws and ASA Technical Rules.
2. All entrants must be Category 2 members of a Swim England affiliated club.
3. Entries to the meet will be held on a computer and consent, as required by the Data Protection Act 1998 to the holding of personal information on computer, will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.
4. We ask that all swimmers and spectators wishing to take photographs and videos to ensure that they are aware of the ASA guidelines and respect them. A copy of the guidelines is available to view at http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs, in particular we draw your attention to the need to seek the permission of a parent or guardian of any child contained in an image BEFORE posting it on social media. Please note that, other than the official photographer, devices such as cameras, phones and tablets are not allowed to be used inside the barriers on poolside for safety reasons. Note that any photography in the changing rooms is absolutely forbidden by both the club and the swimming pool management.
5. The pool length is 25 metres, 6 lanes with anti-turbulence lane ropes. The depth of the shallow end is 0.9 metre.
6. It is the responsibility of all clubs and coaches to ensure that swimmers are competent to the standard of the ASA Competitive Start Award. Only swimmers who have achieved the ASA Competitive Start Award or equivalent are permitted to use the starting blocks. Swimmers who are starting in the water must report to the Referee.
7. Events are open to swimmers aged 9 and over. Age as at 16th December 2018.
8. **Acceptances will be on a 'first come – first served' basis, based on day of receipt.**
9. If the event is oversubscribed the club contact will be notified as soon as possible.
10. Coach passes (for Saturday and/or Sunday) should be ordered on the relevant forms, enclosed with the Club entry pack. Poolside passes will not be issued on the day. A maximum of four team manager/coach passes per club will be allocated to permit access to poolside. All applicants should be registered on the Swim England Child Protection Register. Stewards will request pass-holders to assist in the supervision of warm-ups.
11. Submitted times should be those achieved in a 25m pool (or converted from 50m times). Upper Qualifying Time limits apply.
12. 'Over the top' starts maybe used at the referee's discretion.
13. Swimmers must report to the Competitors' Stewards when instructed to do so by the announcer. Any competitor not reporting in time may be excluded.
14. All events will be Times Finals, there will be no awards or medals.

15. The promoter reserves the right to limit the number of heats if necessary. The numbers of heats for the 200m events will be limited in the first instance to 4 heats. The heats for each event will cover all age groups and competitors. Events will be timed finals with all heats being spear headed. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
16. Results will be available on the club's website. Please contact Sandra by email should your club require results in electronic format.
17. No swimmer may enter the water during warm up unless under the supervision of his or her team coach. There will be no diving during the warm up periods except in designated sprint lanes or under the supervision of the team coach.
18. Entries must be made by submitting a Hytek file.
19. Entry fees will be £3.50 per event swim. Cheques should be made payable to Stowmarket swim club. On arrival each club will be issued with a check-in sheet to complete and return to the Meet Secretary before the warm up starts. Swimmers that have not registered by this time will be rejected from that session, at the discretion of the promoter.
**20. CLOSING DATE FOR ENTRIES IS MONDAY 19th November 2018. Club entries will be loaded in date receipt order on the closing date. No late entries will be accepted. A list of entrants will be supplied to each club which should be checked for any errors in entrants.**
21. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.
22. The Promoter for these Championships is Sandra Chapman. The number to contact Sandra on is 07931 388085 or you can email at sscmeetsecretary@gmail.com.

**General information**

Stowmarket Swimming Club accepts no responsibility for loss or damage to personal property and requests that all persons remove their belongings if they leave the premises at any time. Any lost property not claimed from the announcer during the meet will be handed to Mid-Suffolk leisure centre Management for collection by the owner.

In line with the recommendations in the ASA Child Protection Policy, any person wishing to use camera, mobile phone, video, zoom or close-range photography at the competition must register their details at the desk provided beforehand. A sticker will be issued and this should be affixed to the device itself.

Competitors must be suitably dressed and with the appropriate footwear whilst on poolside. No exterior footwear is allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers are not allowed elsewhere in the building with wet swimwear.

Spectators, officials and competitors are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management. There is a free car park available at the leisure centre. However, the spectator area is limited and as a result spectators will need to be cooperative with the organisers and may be restricted to comply with the health and safety requirements of the venue.

Coaches or Team Managers are responsible for the swimmers' conduct at all times. By submitting an entry, competitors and coaches are agreeing to be bound by these rules. The promoters reserve the right to refuse admission to any person.

# Stowmarket Swim Club

**(Affiliated to Swim England and East Region Swim England)**

# No Frills Time Trial Open Meet On

# 15th and 16th December 2018

**(License 3ER182522 Meet Level 3 Held under ASA Law and Technical Rules)**

***Mid-Suffolk Leisure Centre, Stowmarket, Suffolk. IP14 1LH***

## PROGRAMME OF EVENTS

### Saturday 15th December 2018

| **Session 1 – Warm-up 13:30pm for 14:30pm start** | |
|---|---|
| 1. Female 200m Freestyle | 2. Male 200m Freestyle |
| 3. Female 50m Butterfly | 4. Male 50m Butterfly |
| 5. Female 200m I.M. | 6. Male 200m I.M. |
| 7. Female 100m Breaststroke | 8. Male 100m Breaststroke |
| 9. Female 50m Backstroke | 10. Male 50m Backstroke |

### Sunday 16th December 2018

| **Session 2 - Warm-up 08:15am for 09:15am start** | |
|---|---|
| 11. Female 100m Freestyle | 12. Male 100m Freestyle |
| 13. Female 200m Backstroke | 14. Male 200m Backstroke |
| 15. Female 100m I.M. | 16. Male 100m I.M. |
| 17. Female 50m Breaststroke | 18. Male 50m Breaststroke |
| 19. Female 100m Butterfly | |

| **Session 3 - Warm-up time to be confirmed** | |
|---|---|
| | 20. Male 100m Butterfly |
| 21. Female 200m Breaststroke | 22. Male 200m Breaststroke |
| 23. Female 50m Freestyle | 24. Male 50 Freestyle |
| 25. Female 200m Fly | 26. Male 200m Fly |
| 27. Female 100m Backstroke | 28. Male 100m Backstroke |

(Please note all events are open to 9 year olds plus)

Affiliated to:
Swim England
East Region Amateur Swimming Association
Suffolk Amateur Swimming Association

Swim21

# Stowmarket Swim Club

**(Affiliated to Swim England and East Region Swim England)**

## No Frills Time Trial Open Meet (No Awards/Medals)

## 15th and 16th December 2018

**(License 3ER182522 Level 3 Meet Held under ASA Law and Technical Rules)**

**Individual entry form – age at 16th December 2018**

Surname:..... Forename:…….....MALE / FEMALE

Address:.....

Postcode:……..Contact Number:.....

E-mail Address:…….....Club:….....

Swim England Number:……..……Date of Birth: ...../...../..... Age at 16/12/2018:.....

Saturday 15th December – Session 1

| Event | Female | Entry Time | Event | Male | Entry Time |
|---|---|---|---|---|---|
| 1 | 200m Freestyle | | 2 | 200m Freestyle | |
| 3 | 50m Butterfly | | 4 | 50m Butterfly | |
| 5 | 200m I.M. | | 6 | 200m I.M. | |
| 7 | 100m Breaststroke | | 8 | 100m Breaststroke | |
| 9 | 50m Backstroke | | 10 | 50m Backstroke | |

Sunday 16th December – Session 2

| Event | Female | Entry Time | Event | Male | Entry Time |
|---|---|---|---|---|---|
| 11 | 100m Freestyle | | 12 | 100m Freestyle | |
| 13 | 200m Backstroke | | 14 | 200m Backstroke | |
| 15 | 100m I.M. | | 16 | 100m I.M | |
| 17 | 50m Breaststroke | | 18 | 50m Breaststroke | |
| 19 | 100 Butterfly | | | | |

Sunday 16th December – Session 3

| Event | Female | Entry Time | Event | Male | Entry Time |
|---|---|---|---|---|---|
| | | | 20 | 100 Butterfly | |
| 21 | 200m Breaststroke | | 22 | 200m Breaststroke | |
| 23 | 50m Freestyle | | 24 | 50m Freestyle | |
| 25 | 200m Butterfly | | 20 | 200m Butterfly | |
| 27 | 100m Backstroke | | 22 | 100m Backstroke | |

| | | |
|---|---|---|
| Entry Fee is £3.50 per event | Total Entry Fee = | |
| Cheques payable to Stowmarket Swim Club | **TOTAL =** | |

I confirm that the above information is correct:.....(signature of club official)

Forms to be returned to: Sandra Chapman 49 Hazel Rise, Claydon, Suffolk IP6 0DB

CLOSING DATE FOR ENTRIES IS **MONDAY 19th NOVEMBER 2018**, LATE ENTRIES WILL NOT BE ACCEPTED WITHOUT PRIOR AUTHORISATION.

Affiliated to:
Swim England
East Region Amateur Swimming Association
Suffolk Amateur Swimming Association

Swim21

# Stowmarket Swim Club

**(Affiliated to Swim England and East Region Swim England)**

## No Frills Open Meet 15th & 16th December 2018 – Upper Limit Times

| Event | 9 yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15+yrs | | 9 yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15+yrs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Male | | | | | | | | Female | | | | | | |
| 50m Free | 31.00 | 29.00 | 28.00 | 27.50 | 26.50 | 25.50 | 24.50 | | 31.00 | 29.50 | 28.50 | 28.00 | 27.00 | 26.00 | 25.00 |
| 100m Free | 1.15.00 | 1.07.00 | 1.04.00 | 1.02.00 | 58.50 | 56.00 | 54.50 | | 1.15.00 | 1.08.00 | 1.05.50 | 1.02.50 | 1.01.00 | 1.00.00 | 59.00 |
| 200 Free | 2.35.00 | 2.23.00 | 2.18.50 | 2.14.00 | 2.07.00 | 2.00.00 | 1.54.00 | | 2.35.00 | 2.25.00 | 2.20.00 | 2.14.00 | 2.10.50 | 2.08.50 | 2.08.00 |
| 50m Back | 35.00 | 31.50 | 30.00 | 29.50 | 29.00 | 28.50 | 28.00 | | 35.00 | 33.50 | 32.50 | 31.50 | 31.00 | 30.50 | 29.50 |
| 100m Back | 1.20.00 | 1.16.50 | 1.12.50 | 1.09.50 | 1.05.50 | 1.02.00 | 1.00.50 | | 1.20.00 | 1.15.50 | 1.13.50 | 1.11.50 | 1.07.50 | 1.06.00 | 1.05.50 |
| 200m Back | 2.42.00 | 2.34.50 | 2.30.50 | 2.28.50 | 2.21.00 | 2.13.50 | 2.10.00 | | 2.42.00 | 2.36.50 | 2.32.00 | 2.29.50 | 2.25.00 | 2.21.00 | 2.20.00 |
| 50m Breast | 41.00 | 35.00 | 33.00 | 32.00 | 31.00 | 30.00 | 29.00 | | 41.00 | 39.50 | 38.50 | 37.50 | 36.50 | 35.50 | 34.50 |
| 100m Breast | 1.35.00 | 1.28.00 | 1.23.00 | 1.20.00 | 1.15.50 | 1.12.00 | 1.09.00 | | 1.35.00 | 1.29.50 | 1.24.00 | 1.20.50 | 1.17.50 | 1.16.50 | 1.15.50 |
| 200m Breast | 3.30.00 | 3.15.00 | 3.02.00 | 2.52.00 | 2.42.00 | 2.33.00 | 2.29.00 | | 3.30.00 | 3.17.00 | 3.05.00 | 2.54.00 | 2.45.00 | 2.44.00 | 2.43.00 |
| 50m Fly | 35.00 | 29.00 | 28.00 | 27.00 | 26.50 | 26.00 | 25.50 | | 35.00 | 34.00 | 33.00 | 32.00 | 31.00 | 30.00 | 29.00 |
| 100m Fly | 1.22.00 | 1.15.00 | 1.12.00 | 1.09.50 | 1.05.50 | 1.02.50 | 58.00 | | 1.22.00 | 1.16.50 | 1.13.50 | 1.11.00 | 1.08.00 | 1.07.00 | 1.04.50 |
| 200m Fly | 3.00.00 | 2.48.00 | 2.40.00 | 2.34.00 | 2.25.00 | 2.18.00 | 2.08.00 | | 3.00.00 | 2.49.00 | 2.44.00 | 2.36.50 | 2.28.00 | 2.26.50 | 2.22.00 |
| 100m IM | 1.20.00 | 1.12.00 | 1.09.00 | 1.07.00 | 1.05.00 | 1.03.00 | 1.01.00 | | 1.20.00 | 1.14.50 | 1.10.00 | 1.08.50 | 1.06.50 | 1.05.50 | 1.03.50 |
| 200m IM | 3.00.00 | 2.46.00 | 2.39.00 | 2.32.50 | 2.24.00 | 2.19.00 | 2.12.00 | | 3.00.00 | 2.50.00 | 2.43.00 | 2.35.00 | 2.27.50 | 2.26.00 | 2.24.00 |

Notes:
Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry form.
Times submitted should be no faster than the limits shown in the table.
The Promoter has the right to accept swimmers with times outside these if there are good reasons.
Please refer to the rules in conjunction with these limit times.
Age as at 16th December 2018.

Affiliated to:
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East Region Amateur Swimming Association
Suffolk Amateur Swimming Association

Swim21

# Stowmarket Swim Club

**(Affiliated to Swim England and East Region Swim England)**

## No Frills Time Trial Open Meet On
## 15th and 16th December 2018

**(License 3ER182522 Level 3 Meet Held under ASA Law and Technical Rules)**

### Mid-Suffolk Leisure Centre, Stowmarket, Suffolk. IP14 1LH

## Officials Details

CLUB:.....

**Saturday 15th December 2018**

| Name of Official (Session 1 (Warm-up 13:30 for 14:30 start) | Referee | Starter | Judge L2 | Judge L1 | T/Keeper |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

**Sunday 16th December 2018**

| Name of Official Session 2 (Warm-up 08:15 for 09:15 start) | Referee | Starter | Judge L2 | Judge L1 | T/Keeper |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| Name of Official Session 3 (Warm-up time TBC) | Referee | Starter | Judge L2 | Judge L1 | T/Keeper |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

CLUB CONTACT NAME:.....

Telephone number:.....

E-Mail Address:.....
Return to: Fiona at feebee10@icloud.com

Affiliated to:
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East Region Amateur Swimming Association
Suffolk Amateur Swimming Association

Swim21

# Stowmarket Swim Club

**(Affiliated to Swim England and East Region Swim England)**

## No Frills Time Trial Open Meet On 15th and 16th December 2018

**(License 3ER182522 Level 3 Meet Held under ASA Law and Technical Rules)**

## *Mid-Suffolk Leisure Centre, Stowmarket Suffolk*

# Summary

CLUB:…….....

CLUB CONTACT NAME:.....

Address:.....
Town:..... County:…….....
Postcode:..... Contact Number:…….....
Email Address: .....

| | No. | | Total |
|---|---|---|---|
| Male Entries | | @ £3.50 each | £ |
| Female Entries | | @ £3.50 each | £ |
| Coach Pass for Saturday (exc. food) | | @ £5.00 each | £ |
| Coach Pass for Sunday (exc. food) | | @ £10.00 each | £ |
| Coach Pass for Sunday (inc. food) | | @ £15.00 each | £ |

Total money in one payment: £

Please return summary with entry forms or Hytek file to: Sandra Chapman, 49 Hazel Rise, Claydon, Suffolk IP6 0DB or by email at sscmeetsecretary@gmail.com
(Please note officials forms to be returned to: Fiona Bishop)

Please make cheque payable to Stowmarket Swimming Club or payment by BACS, details Sort code: 20 82 75 Account No. 83953130, thank you.

Meet queries please email Sandra at sscmeetsecretary@gmail.com
Official queries please email Fiona at feebee10@icloud.com

**CLOSING DATE for Entries Monday 19th November 2018. Late entries will not be accepted without prior agreement.**

Affiliated to:
Swim England
East Region Amateur Swimming Association
Suffolk Amateur Swimming Association

Swim21