



**BRISTOL HENLEAZE
SWIMMING CLUB**

Bristol Henleaze Autumn Level 3 Open Meet Nov-19

23rd & 24th November 2019 @ Hutton Moor Leisure Centre, Weston-super-Mare

License No 3SW192364

Electronic Timing and Anti Wave Ropes

8 Lane 25m Competition Pool with seating for 200 spectators

50m, 100m, 200m of each stroke, 100m, 200m & 400m I.M. and 400m Freestyle

I.M. Skins event for top 8 from 200m I.M. in Boys 13/under & 14/over, Girls 12/under & 13/over age groups – Cash Prize for the Winners & Runners Up

Single age categories: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs and over

Medals for Top 3 in each age category

Prize for Top Boy, Top Girl and Top Visiting Club

Closing date: Friday 11th October 2019



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PROGRAMME OF EVENTS

SATURDAY 23rd November 2019

Session 1 Warm up 13.30 Start 14.15 Approx Finish 16.15

- | | | | |
|----|--------|--------|-------------------|
| 1) | Female | 9/Over | 200m I.M. |
| 2) | Male | 9/Over | 200m Backstroke |
| 3) | Female | 9/Over | 50m Breaststroke |
| 4) | Male | 9/Over | 50m Butterfly |
| 5) | Female | 9/Over | 100m Backstroke |
| 6) | Male | 9/Over | 100m Breaststroke |
| 7) | Female | 9/Over | 200m Freestyle |
| 8) | Male | 9/Over | 400m Freestyle |

Session 2 Warm up 16.30 Start 17.15 Approx Finish 20.00

- | | | | |
|-----|--------|----------|-------------------|
| 9) | Female | 12/Under | Skins Finals |
| 10) | Female | 13/Over | Skins Finals |
| 11) | Male | 9/Over | 200m Breaststroke |
| 12) | Female | 9/Over | 200m Butterfly |
| 13) | Male | 9/Over | 50m Freestyle |
| 14) | Female | 9/Over | 50m Backstroke |
| 15) | Male | 9/Over | 100m Butterfly |
| 16) | Female | 9/Over | 100m Freestyle |
| 17) | Male | 9/Over | 100m I.M. |
| 18) | Female | 9/Over | 400m I.M. |



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PROGRAMME OF EVENTS

SUNDAY 24th November 2019

Session 3 Warm up 9.00 Start 9.45 Approx Finish 12.00

19)	Male	9/Over	200m I.M.
20)	Female	9/Over	200m Backstroke
21)	Male	9/Over	50m Breaststroke
22)	Female	9/Over	50m Butterfly
23)	Male	9/Over	100m Backstroke
24)	Female	9/Over	100m Breaststroke
25)	Male	9/Over	200m Freestyle
26)	Female	9/Over	400m Freestyle

Session 4 Warm up 12.15 Start 13.00 Approx Finish 16.00

27)	Male	13/Under	Skins Finals
28)	Male	14/Over	Skins Finals
29)	Female	9/Over	200m Breaststroke
30)	Male	9/Over	200m Butterfly
31)	Female	9/Over	50m Freestyle
32)	Male	9/Over	50m Backstroke
33)	Female	9/Over	100m Butterfly
34)	Male	9/Over	100m Freestyle
35)	Female	9/Over	100m I.M.
36)	Male	9/Over	400m I.M.



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Upper Limit Qualifying Times – Short Course Times Only

Events	GIRLS							
	9	10	11	12	13	14	15	16/Ov
50m Freestyle	36.00	34.50	31.60	31.24	29.25	28.25	28.12	27.50
100m Freestyle	1.19.00	1.14.30	1.09.50	1.08.55	1.02.80	1.01.80	100.30	59.00
200m Freestyle	2.50.00	2.42.00	2.30.75	2.29.70	2.21.40	2.15.20	2.09.80	2.08.00
400m Freestyle	5.50.00	5.30.00	5.17.20	5.16.20	4.55.10	4.46.40	4.34.05	4.33.00
50m Backstroke	41.50	39.50	37.10	36.50	34.50	33.50	32.50	32.30
100m Backstroke	1.27.80	1.24.00	1.20.50	1.19.80	1.14.80	1.11.20	1.08.40	1.07.20
200m Backstroke	2.58.00	2.53.00	2.47.60	2.46.60	2.35.80	2.32.70	2.24.10	2.23.30
50m Breaststroke	46.00	44.00	42.70	42.30	39.70	37.45	37.10	36.10
100m Breaststroke	1.42.00	1.37.00	1.33.80	1.33.10	1.27.00	1.23.20	1.20.20	1.16.90
200m Breaststroke	3.40.00	3.20.00	3.17.60	3.17.10	3.05.70	2.54.60	2.50.00	2.45.00
50m Butterfly	40.00	38.00	35.00	34.50	33.50	32.20	31.15	29.70
100m Butterfly	1.40.00	1.29.90	1.22.65	1.22.00	1.17.60	1.13.20	1.09.70	1.07.90
200m Butterfly	3.30.00	3.18.00	3.00.00	2.59.00	2.52.80	2.46.50	2.33.40	2.27.70
100m Ind. Med.	1.35.79	1.26.30	1.19.95	1.14.30	1.11.42	1.09.84	1.09.03	1.06.34
200m Ind. Med.	3.10.00	2.58.80	2.47.25	2.46.30	2.42.40	2.36.50	2.30.50	2.27.20
400m Ind. Med.	7.00.00	6.30.00	6.00.00	5.59.00	5.38.60	5.30.90	5.16.00	5.13.00
Events	BOYS							
	9	10	11	12	13	14	15	16/Ov
50m Freestyle	36.00	34.50	31.90	31.50	29.25	27.18	26.50	24.15
100m Freestyle	1.19.00	1.14.00	1.10.40	1.09.40	1.05.10	59.50	59.00	54.50
200m Freestyle	2.50.00	2.42.00	2.32.20	2.31.20	2.23.40	2.11.20	2.05.50	1.58.00
400m Freestyle	5.50.00	5.30.00	5.16.80	5.15.80	5.05.40	4.34.90	4.23.30	4.11.30
50m Backstroke	41.50	39.50	38.00	37.10	35.50	32.30	31.60	28.60
100m Backstroke	1.27.80	1.24.00	1.22.00	1.21.40	1.16.50	1.09.80	1.07.80	1.00.70
200m Backstroke	2.58.00	2.53.00	2.50.60	2.49.60	2.39.70	2.25.30	2.21.40	2.12.20
50m Breaststroke	46.00	44.00	42.80	42.50	39.50	37.70	34.70	30.30
100m Breaststroke	1.42.00	1.37.00	1.34.80	1.33.80	1.29.50	1.21.90	1.15.20	1.07.20
200m Breaststroke	3.40.00	3.20.00	3.16.60	3.15.60	3.03.50	2.53.20	2.43.80	2.28.90
50m Butterfly	40.00	38.00	36.10	35.80	33.00	31.50	30.15	26.20
100m Butterfly	1.40.00	1.29.90	1.26.40	1.25.90	1.18.80	1.11.80	1.06.60	59.50
200m Butterfly	3.30.00	3.18.00	3.12.15	3.11.15	2.55.80	2.40.50	2.26.70	2.10.10
100m Ind. Med.	1.34.61	1.25.18	1.19.16	1.14.13	1.09.44	1.06.14	1.04.55	59.56
200m Ind. Med.	3.10.00	2.58.80	2.54.20	2.53.20	2.45.90	2.31.30	2.25.80	2.14.00
400m Ind. Med.	7.00.00	6.30.00	6.08.80	6.07.50	5.48.50	5.23.40	5.04.70	4.46.00

Age on day: as at 24th November 2019



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License No 3SW192364

PROMOTERS' CONDITIONS

1. The Meet will be held under Swim England Laws and Regulations and Technical Rules of Racing and has been licensed Level 3 (Licence No 3SW192364) by Swim England for entry into County and Regional Championships and Level 1 and 2 open meets.
2. All entries must be made on the understanding that the promoters' conditions are accepted.
3. Upper Qualifying times will be applied to all events. Entries should be made by Hy-Tek file and reach the Meet Secretary on or before midnight on **Friday 11th October 2019** – no late entries will be accepted. If the meet is full before this date the promoters reserve the right to close the meet before the date above.
4. All competitors must be members of an affiliated club, registered with Swim England, Swim Wales or Swim Scotland at Category 2, and may compete in the name of one club only. It is important that swimmers enter under the exact name by which they are known to by British Swimming, so that our computer software identifies the correct swimmers.
5. Teams are asked to **provide one licensed official for every 10 swimmers entered** if possible. Entries will not be rejected if clubs can't meet this request.
6. Entries will be accepted on a **"first come, first served"** basis. A list of rejected swimmers and a refund cheque or bank transfer per club will be sent.
7. Incorrect or incomplete entries will be rejected and entry fees will not be refunded. There will be no refunds for withdrawals after the closing date, except in the case of:
 - The production of a doctor's note confirming the athlete is unfit to compete.
8. All events will be run on a Heat Declared Winner basis.
9. Medals will be awarded for the top 3 swimmers in each event in the following age groups: 9, 10, 11, 12, 13, 14, 15 and 16 and over. Medals to be collected from the medals desk situated on poolside.
10. The 'Skins' event will run as follows:
 - The fastest 8 swimmers from the 200m I.M. in the 12/under girls, 13/under boys, 13/over girls and 14/over boys will be eligible for the Skins final.
 - The Skins finals will be swum at the start of the 2nd session – Girls on Saturday, Boys on Sunday.
 - Swimmers will compete over 4 x 50m swims on a turnaround time of 3.00 minutes. The slowest 2 swimmers from each race will be eliminated. The 4th 50m race will consist of just 2 swimmers.

- Strokes will be pulled out of a hat before the start of each race. Once a stroke has been swum it will not be swum again in the first 3 races. For the 4th race all strokes will be put back into the hat and a stroke chosen at random.
 - The winner in each of the 4 age groups will receive a cash prize, the runner up will also receive a prize.
 - The times achieved in the 'Skins' competition will not be eligible for Rankings under licensing rules.
11. The meet is designated as 9 years and over and will be age as at 24th November 2019. There are upper limit qualifying times for individual age groups as follows: **9, 10, 11, 12, 13, 14, 15 and 16 and over age groups**.
 12. Entry times shall be those for 25m pool times, converted if necessary. All times submitted must be truthful and correct as define by the Swim England Code of Conduct. Entry times may be checked against British Swimming rankings.
 13. Over the top starts may be used at the promoter's discretion.
 14. There will not be a secondary strobe in operation for swimmers who may require one.
 15. Entry fees are £6.50 per event and include the levy per accepted entry made by Swim England for licensed events. Coach passes are £15.00 each and include a programme. Coach accreditation will not be available on the day and entry to poolside will not be allowed without a valid pass. Entry fees should be paid on ***one*** consolidated cheque made payable to **Bristol Henleaze Swimming Club** or via bank transfer to: Account – 02134619, Sort Code – 30-94-80
 16. Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.
 17. There will be no sign in process for this Meet.
 18. Following updated guidance the use of photographic equipment is no longer controlled. Spectators, coaches, and swimmers are reminded to stop and think about the guidelines on consent and decency must always apply. Photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording device. Social media guidance will apply if those images or recordings are being shared on social media platforms – a copy of this guidance can be found in the Wavepower document that all club welfare officers will have.
 19. Entries will be seeded into heats based on entry times, the slowest heats will be swum first.
 20. Swimmers must report to the competitor stewards' eight heats prior to their own.
 21. Only coaches' in possession of a coaches' pass are allowed on poolside. Wet swimmers are not allowed in the spectator areas.
 22. The promoters do not accept any liability for any loss or damage to personal belongings.
 23. The promoter reserves the right to refuse admission to any spectator, competitor or coach. For example, if behaviour is deemed abusive or unacceptable.

24. The referee reserves the right to alter these conditions if necessary, any alterations being announced during the Meet. Any matter not covered by these conditions shall be at the referee's discretion if not covered by Swim England Laws or Technical Rules.

A copy of the Hy-Tek entry file can be obtained by emailing jonfalco@hotmail.com or from bristolhenleazesc.net. Completed entry files should also be sent to this email address. Cheques should be sent along with entry summary sheet to:

Jon Falco, 34 Buckingham Gardens, Downend, Bristol, BS16 5TW.



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Individual Entry Form

Name:

DOB:

Club:

Age (as at 24/11/2019):

ASA Number:

Male/Female:

Event	Entry Time	Cost per Event	Cost
50m Freestyle		£6.50	
100m Freestyle		£6.50	
200m Freestyle		£6.50	
400m Freestyle		£6.50	
50m Backstroke		£6.50	
100m Backstroke		£6.50	
200m Backstroke		£6.50	
50m Breaststroke		£6.50	
100m Breaststroke		£6.50	
200m Breaststroke		£6.50	
50m Butterfly		£6.50	
100m Butterfly		£6.50	
200m Butterfly		£6.50	
100m I.M.		£6.50	
200m I.M.		£6.50	
400m I.M.		£6.50	
Total Cost			£

I confirm I accept the promoter's conditions for this swimming meet.

Parent / Carer signature (under 18) : _____ Club Official: _____

Swimmer's signature _____



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Club Contact details

Club	
Name	
Mobile	
Email	

Summary Sheet

Number of Girls Entries.....@ £6.50 per entry = £.....

Number of Boys Entries.....@ £6.50 per entry = £.....

Number of Coach Passes.....@ £15.00 per pass = £.....

Total Amount Payable = £.....

A copy of the Hy-Tek entry file can be obtained by emailing jonfalco@hotmail.com or from bristolhenleaze.net

The preferred method of payment by club is by BACS using the following account number:
Bristol Henleaze Swimming Club Account: 02134619 Sort Code – 30-94-80

Alternatively, clubs can pay by cheque. Cheques should be paid payable to 'Bristol Henleaze Swimming Club'.

Summary entry sheets should be sent by email to jonfalco@hotmail.com or alternatively sent in hard copy to the following address:-

Jon Falco, 34 Buckingham Gardens, Downend, Bristol, BS16 5TW.

Note: Please send all entries via the Hy Tek software – paper entries should be for club use only



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Request for Support for Officials

We kindly ask for visiting clubs to provide qualified officials – where possible. As a general guide we very much encourage visiting clubs to provide one qualified official for every ten swimmers. Where possible, we will try to ensure officials complete a task of their preference. Officials will be provided with refreshments, snacks and lunch along with a token of appreciation for your help.

We very much hope there will be opportunities for trainees or those who are seeking additional mentoring to work towards becoming qualified as this meet therefore we encourage trainees as well as qualified officials to help out.

If you are able to support the meet, please could you complete the following table. Preferably, directly email our officials coordinator (Officials.bhsc@gmail.com) with the required information:-

I am able to officiate at the Bristol Henleaze Open Meet on Saturday 23rd and/or Sunday 24th Nov 19.

Name	
Club	
Mobile and email	
ASA membership no.	
Level of qualification	
Sessions – please tick if available For details see pg 2-3	Sat session 1 _____ Sun session 3 _____ Sat session 2 _____ Sun session 4 _____

Meeting time for officials will be 30 mins before start of session. Meet in creche.