



West Dorset Swimming Club

Invites you to its annual

Licensed Level 3 (3SW181943)

December Open Meet

On

Saturday 1st December 2018 2.00pm &

Sunday 2nd December 2018 9.00am

At

Dorchester Sports Centre,

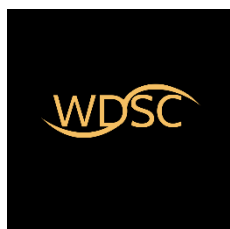
Coburg Road,

Dorchester, Dorset



Further details on

www.swimwestdorset.org.uk



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| West Dorset Swimming Club Licensed Level 3 December Open Meet Saturday/Sunday 1st/2nd December 2018 | License Number: 3SW181943 |
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PROGRAMME OF EVENTS

| | | | |
|-------------------|--|------------------------|----------------|
| Session 1: | Sat 1 st December | Warm up 14.00-14.45 | Start 14.50 |
| Event: 1. | 200m Freestyle, Female, All Ages, HDW | | |
| Event: 2. | 50m Butterfly, Male, All Ages, HDW | | |
| Event: 3. | 50m Backstroke, Female, All Ages, HDW | | |
| Event: 4. | 200m Breaststroke, Male, All Ages, HDW | | |

INTERVAL

| | | | |
|-------------------|--|------------------------|----------------|
| Session 2: | Sat 1 st December | Warm up 17.00-17.45 | Start 17.50 |
| Event: 5. | 100m Breaststroke, Female, All Ages, HDW | | |
| Event: 6. | 100m Backstroke, Male, All Ages, HDW | | |
| Event: 7 | 200m Backstroke, Female, All Ages, HDW | | |
| Event: 8 | 50m Breaststroke, Male, All Ages, HDW | | |
| Event: 9. | 50m Freestyle, Female, All Ages, HDW | | |

Sunday 2nd December 2018

| | | | |
|-------------------|--|------------------------|----------------|
| Session 3: | Sun 2 nd December | Warm up 09.10-09.55 | Start 10.00 |
| Event: 10. | 200m Butterfly, Male, All Ages, HDW | | |
| Event: 11. | 100m Butterfly, Female, All Ages, HDW | | |
| Event: 12. | 100m Freestyle, Male, All Ages, HDW | | |
| Event: 13. | 100m Ind Medley, Female, All Ages, HDW | | |
| Event: 14. | 200m Freestyle, Male, All Ages, HDW | | |
| Event: 15. | 50m Butterfly, Female, All Ages, HDW | | |



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| <p style="text-align: center;">West Dorset Swimming Club</p> <p style="text-align: center;">Licensed Level 3</p> <p style="text-align: center;">December Open Meet</p> <p style="text-align: center;">Saturday/Sunday 1st/2nd December 2018</p> | <p>License Number: 3SW181943</p> |
|---|---|

| Session 4: | Sun 2nd December | Warm up 12.40-13.25 | Start 13.30 |
|-------------------|--|--------------------------------|------------------------|
| Event: 16. | 50m Backstroke, Male, All Ages, HDW | | |
| Event: 17. | 200m Breaststroke, Female, All Ages, HDW | | |
| Event: 18 | 100m Breaststroke, Male, All Ages, HDW | | |
| Event: 19 | 100m Backstroke, Female, All Ages, HDW | | |
| Event: 20. | 200m Backstroke, Male, All Ages, HDW | | |
| Event: 21. | 50m Breaststroke, Female, All Ages, HDW | | |
| Event: 22. | 50m Freestyle, Male, All Ages, HDW | | |

| Session 5: | Sun 2nd December | Warm up 16.10-16.55 | Start 17.00 |
|-------------------|--|--------------------------------|------------------------|
| Event: 23. | 200m Butterfly, Female, All Ages, HDW | | |
| Event: 24 | 100m Butterfly, Male, All Ages, HDW | | |
| Event: 25 | 100m Freestyle, Female, All Ages, HDW | | |
| Event: 26 | 100m Ind Medley, Male, All Ages, HDW | | |



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Qualifying Times (Upper Cut Off)

| MALE | | | | | | | | | |
|------------------------|---------------|---------|---------|---------|---------|---------|---------|---------|---------|
| Qualification | Age | | | | | | | | |
| EVENT | Upper Cut off | 9 | 10 | 11 | 12 | 13 | 14 | 15 | OPEN |
| 50m Freestyle | Upper Cut off | 36.00 | 34.50 | 31.90 | 31.50 | 29.25 | 27.18 | 26.50 | 24.15 |
| 100m Freestyle | Upper Cut off | 1.19.00 | 1.14.00 | 1.10.40 | 1.09.40 | 1.05.10 | 59.50 | 59.00 | 54.50 |
| 200m Freestyle | Upper Cut off | 2.50.00 | 2.42.00 | 2.32.20 | 2.31.20 | 2.23.40 | 2.11.20 | 2.05.50 | 1.58.00 |
| 50m Backstroke | Upper Cut off | 41.50 | 39.50 | 38.00 | 37.10 | 35.50 | 32.30 | 31.60 | 28.60 |
| 100m Backstroke | Upper Cut off | 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 | Upper Cut off | 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 | Upper Cut off | 46.00 | 44.00 | 42.80 | 42.50 | 39.50 | 37.70 | 34.70 | 30.30 |
| 100m Breaststroke | Upper Cut off | 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 | Upper Cut off | 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 | Upper Cut off | 40.00 | 38.00 | 36.10 | 35.80 | 33.00 | 31.50 | 30.15 | 26.20 |
| 100m Butterfly | Upper Cut off | 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 | Upper Cut off | 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 Individual Medley | Upper Cut off | 1.34.00 | 1.25.18 | 1.19.16 | 1.14.13 | 1.09.44 | 1.06.14 | 1.04.55 | 1.01.55 |
| FEMALE | | | | | | | | | |
| Qualification | Age | | | | | | | | |
| EVENT | Upper Cut off | 9 | 10 | 11 | 12 | 13 | 14 | 15 | OPEN |
| 50m Freestyle | Upper Cut off | 36.00 | 34.50 | 31.60 | 31.24 | 29.25 | 28.25 | 28.12 | 27.50 |
| 100m Freestyle | Upper Cut off | 1.19.00 | 1.14.30 | 1.09.50 | 1.08.55 | 1.02.80 | 1.01.80 | 1.00.30 | 59.00 |
| 200m Freestyle | Upper Cut off | 2.50.00 | 2.42.00 | 2.30.75 | 2.29.70 | 2.21.40 | 2.15.20 | 2.09.80 | 2.08.00 |
| 50m Backstroke | Upper Cut off | 41.50 | 39.50 | 37.10 | 36.50 | 34.50 | 33.50 | 32.50 | 32.30 |
| 100m Backstroke | Upper Cut off | 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 | Upper Cut off | 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 | Upper Cut off | 46.00 | 44.00 | 42.70 | 42.30 | 39.70 | 37.45 | 37.10 | 36.10 |
| 100m Breaststroke | Upper Cut off | 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 | Upper Cut off | 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 | Upper Cut off | 40.00 | 38.00 | 35.00 | 34.50 | 33.50 | 32.20 | 31.15 | 29.70 |
| 100m Butterfly | Upper Cut off | 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 | Upper Cut off | 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 Individual Medley | Upper Cut off | 1.34.00 | 1.25.18 | 1.19.95 | 1.14.30 | 1.11.42 | 1.09.84 | 1.09.03 | 1.06.34 |



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| West Dorset Swimming Club Licensed Level 3 December Open Meet | License Number 3SW181943 |
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| Saturday 1st December 2018 | | |
| Session 1 Warm up: 14.00-14:45 Start: 14.50 | Session 2 Warm up: 17.00-17:45 Start: 17.50 | |
| Sunday 2nd December 2018 | | |
| Session 3 Warm up: 09.10-09.55 Start: 10.00 | Session 4 Warm up: 12.40-13.25 Start: 13.30 | Session 5 Warm up: 16.10-16.55 Start: 17.00 |

Promoter's and Meet Conditions

| | |
|-----|---|
| 1. | The event will be held at Dorchester Sports Centre on Saturday 1 st & Sunday 2 nd December 2018 |
| 2. | The event will be held under ASA Laws and Regulations and Technical Rules of Racing. |
| 3. | Competitors' ages shall be age as at 2nd December 2018 |
| 4. | Entries may only be accepted from competitors registered as members of ASA, WASA & SASA or registered with their governing body |
| 5. | Entries will be accepted for this meet on a "First Come First Served Basis" with an overall closing date of Friday 2 nd November 2018. To avoid disappointment please submit your entries early. If available, we would appreciate Ranx data being sent with the first batch of entries from each participating club. |
| 6. | Entry fees will be £6.00 per event. No refunds will be given after entries have been processed. Please make cheques payable to WEST DORSET SWIMMING CLUB . |
| 7. | Entry fees will be refunded if for any reason the entry is not accepted. |
| 8. | Entries must be on the official entry form provided which may be photocopied. |
| 9. | As "First come, first served" entry, Clubs may submit entries in batches with Club Summary Sheet attached and payment. We would appreciate Clubs forwarding Ranx data with their first batch of forms |
| 10. | Completed entry forms, together with the correct entry fees to be returned to:- Jo Ray, 34 Treves Road, Dorchester, Dorset. DT1 2HE.Tel: 01305 267362 |
| 11. | Forms should NOT be sent by recorded, special or registered delivery. To check that entries have been received contact: joanne.ray224@btinternet.com |
| 12. | Coaches' passes must be applied for at the cost of £20.00 per pass covering the whole weekend. Only holders of these passes will be allowed on poolside. |
| 13. | Age groups are as follows; 9, 10, 11, 12, 13, 14, 15 and open. |
| 14. | Awards will be made to 1 st , 2 nd and 3 rd in age groups. Points will be given to the six top-placed swimmers in each age group of each event – i.e. 1 st place = 6 points, 2 nd place = 5 points etc. These points will accumulate as the competition progresses with awards being presented at the end of the competition to: <ul style="list-style-type: none"> • Best Girl, Best Boy & Best WDSC swimmer |
| 15. | There will be 5 sessions as per the programme. |

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| 16. | Secondary registration is not required however it would be appreciated if coaches could inform the promoter in advance if they are aware that swimmers will not be attending so that we can avoid empty lanes. |
| 17. | Over the top starts may be used at the discretion of the referee. |
| 18. | The pool is 25m long, has anti-wave ropes and electronic timing will be in operation. |
| 19. | Admission (per day) for spectators will be £5.00 for adults, children under 16 free. Programmes priced at £2 covering the whole weekend |
| 20. | Swim meet entries and results will be managed on a computer. By submitting entries consent is given, as required, under the Data Protection Act 1998 to the holding of personal information on a computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet. |
| 21. | The promoters reserve the right to alter the schedule if circumstances demand. |
| 22. | Video Recording/Photography/Mobile Telephones. In line with ASA guidance, Parents and Carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Data Protection. With the submission of entry details, consent is deemed to have been given, as required of the Data Protection Act, to the holding, and distribution as necessary, of personal information on computer to enable the running of the Meet. Link to the ASA Wavepower site for info: http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/ |
| 23. | An official event photographer invited by the promoter may be in attendance. If you do not wish your child to be to be photographed, please advise the registration desk. |
| 24. | There will be a swim shop, raffle and tombola. As only very limited refreshments are available from vending machines at this venue we would advise swimmers and spectators to bring food and drink with them. |
| 25. | All competitors are to observe all safety announcements and conduct themselves in an appropriate manner at all times. |
| 26. | The referee reserves the right to alter or amend any of the above conditions on the day to ensure the smooth running of the gala as required. Any situation not covered by the above Rules and Conditions will be handled at the discretion of the promoter. The referee's decision shall be final. |
| 27. | Warm up protocol will be issued to coaches on poolside. |
| 28. | Only competitors, coaches, officials and event helpers will be permitted on poolside. |
| 29. | The promoter reserves the right to refuse admission to any competitor or spectator eg for bad behaviour |
| 30. | The promoter does not accept responsibility for any property. Lockers are available in the changing rooms. |
| 31. | Results will be available from the www.swimwestdorset.org.uk website shortly after the event. |
| 32. | Competitors may start from the side of the pool or in the water if unable to execute a safe dive into the pool. |
| 33. | Any withdrawals on the day may be filled from West Dorset Swimming Club reserves who meet the qualifying/consideration times for that event. These swims will be Time Trials only, and will not be eligible for any awards/points. |
| 34. | The meet will not exceed 7.5 hours in total of racing time per day (excludes warm ups) |

SWIMMER'S ENTRY FORM



| | |
|---|--------------------------|
| West Dorset Swimming Club Licensed Level 3 December Open Meet Saturday/Sunday 1 st /2 nd December 2018 | License No: 3SW181943 |
|---|--------------------------|

SWIMMER'S DETAILS

| | | | |
|-------------------------------|--|---|-----------|
| Male / Female (please circle) | | ASA Number: | |
| First Name | | | |
| Last Name | | | |
| Date of birth | | Age on 2 nd December 2018 | |
| Address | | | |
| | | | |
| | | | |
| | | | Postcode: |
| Contact Telephone No's: | | | |
| Swimming Club | | | |

| Event | Entry Time | Event | Entry Time |
|-----------------|------------|-------------------|------------|
| 50m Freestyle | | 50m Breaststroke | |
| 100m Freestyle | | 100m Breaststroke | |
| 200m Freestyle | | 200m Breaststroke | |
| 50m Backstroke | | 50m Butterfly | |
| 100m Backstroke | | 100m Butterfly | |
| 200m Backstroke | | 200m Butterfly | |
| 100m IM | | | |

PAYMENT

Number of events entered _____ @ £6.00 (per event) → **Total payment of £** _____
 (Cheque from Club to accompany completed Club Summary Form and entry form)

I agree to the rules and conditions of this meet.

| | | | |
|----------------------|--|--|--|
| Signed (swimmer). | | Signed (guardian) (if swimmer under 18) | |
| Date | | Date | |

For official use:

| Date received | Payment enclosed | Entered on Corgi |
|---------------|------------------|------------------|
| | | |

CLUB SUMMARY FORM



| | |
|---|---------------------------------|
| West Dorset Swimming Club Licensed Level 3 December Open Meet Saturday/Sunday 1 st /2 nd December 2018 | License No: 3SW181943 |
|---|---------------------------------|

| | | | |
|-----------------|--|--|-----------|
| Club Name | | | |
| Contact Name | | | |
| Contact Address | | | |
| | | | |
| | | | Postcode: |
| | | | |
| Telephone | | | |
| E-mail | | | |

| | | | |
|--------------------------|--|---------------------|--|
| ENTRIES | | | |
| Number of male entries | | | |
| Number of female entries | | | |
| Total number of entries | | @ £6.00 (per event) | |

| | | | |
|-------------------------------|--|-----------------|--|
| COACH/CHAPERONE PASSES | | | |
| Number of coach passes | | @ £20.00 (each) | |

| | | | |
|----------|--|--|--|
| Enclosed | (number) completed entry forms | | |
| | Cheque for amount £ _____ payable to West Dorset Swimming Club or Direct Payment into 20-11-43 53204758 | | |
| | Disk containing Ranx data, if available. | | |

| |
|--|
| <i>I certify that all information and stated entry times are correct.</i> Signed: _____ |
|--|

Please send entries, payment and ranx data to: Jo Ray, 34 Treves Road, Dorchester, DT1 2HE. Please email joanne.ray224@btinternet.com to advise entries sent.

Closing Date – Friday 2nd November 2018

For official use:

| Date received | Payment enclosed | SAE enclosed | Entered on Corgi |
|---------------|------------------|--------------|------------------|
| | | | |

MEET OFFICIAL FORM



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|--|--|
| West Dorset Swimming Club Licensed Level 3 December Open Meet Saturday/Sunday 1st/2nd December 2018 | License No: 3SW181943 |
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| | | | | | |
|----------------------|--|-----------|------------|----------------|-----------|
| Full Name | | | | | |
| Club | | | | | |
| Qualification | J1 () | J2 () | J2s () | Referee () | |
| DBS Number | | | | | |
| Sessions Available | S1 () | S2 () | S3 () | S4 () | S5 () |
| Telephone | | | | | |
| E-mail | | | | | |
| Dietary Requirements | Any officials prepared to help over the weekend, regardless of number of sessions, will be provided with refreshments/lunch. Please advise any dietary requirements below: | | | | |

Please email and post this form along with your Club Entry Summary

COACH/CHAPERONE FORM



| | |
|---|---------------------------------|
| West Dorset Swimming Club Licensed Level 3 December Open Meet Saturday/Sunday 1 st /2 nd December 2018 | License No: 3SW181943 |
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| | | | | | |
|--------------------|--------------|---------------------|------------------|-----------|-----------|
| Full Name | | | | | |
| Club | | | | | |
| Position | Coach () | Team Manager () | Chaperone () | | |
| DBS Number | | | | | |
| ASA Number | | | | | |
| Sessions Attending | S1 () | S2 () | S3 () | S4 () | S5 () |
| Telephone | | | | | |
| E-mail | | | | | |

Please email and post this form along with your Club Entry Summary