



## **SUDBURY & DISTRICT SWIMMING CLUB**

(Affiliated to Suffolk County ASA & ASA East Region)

### **TWO DAY MID-SUMMER OPEN MEET**

(Held Under ASA Law and Technical Rules)

**Saturday 26<sup>th</sup> & Sunday 27<sup>th</sup> June 2010**

Kingfisher Leisure Centre, Sudbury

Level 4 Licensed Meet - License No: 4ER0437



Dear Swimmer/Colleague

Many thanks for your enquiry for our Two-Day Mid Summer Open Meet, to be held at the Kingfisher Leisure Pool, Sudbury.

Please find enclosed full details together with Entry Forms.

We have once again licensed this gala as a level 4 meet as we did for the first time in 2009.

We are also hopeful that we will have both DE Photos and Gogglebox swim shop at the gala, but are awaiting final confirmation of their attendance.

I would also like to include a plea for officials, and would request that Clubs entering more than 10 swimmers should provide at least one official available to assist at each session, if you can help at one or more of the sessions please include names and contact details on the form included in the entry pack.

If you need further help with accommodation or travel please don't hesitate to call or look us up on the Internet at [www.sudburyswimming.org.uk](http://www.sudburyswimming.org.uk) where general information about us and further entry packs can be found.

We look forward to seeing you in June.

Regards

**Karen Bedford**

Karen.Bedford@talktalk.net

01787 313384



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### CONDITIONS OF ENTRY

- 1 The competition is open to swimmers in Age Groups 10 & Under, 11, 12, 13, 14, 15, and 16 & over. Age as at June 27<sup>th</sup> 2010. Entries will be accepted for 9 year old girls and 9 & 10 year old boys in all events except for the 100m single stroke events.
- 2 All entrants must be members of an ASA affiliated club.
- 3 There will be a choice of 15 events held over 4 sessions – all events will be Heat declared Winners and awards made to the fastest 3 swimmers in each age group.
- 4 Qualifying times will apply in each age group based on the ASA Graded Swimming Tables – (see enclosed charts). **Speeding tickets** will be issued to swimmers achieving times faster than those specified and no points will be scored towards the Top Boy / Girl / Club Trophy's
- 5 There will be awards for the Top Visiting Club, Top Boy and Top Girl based on 6 points for 1<sup>st</sup> place down to 1 point for 6<sup>th</sup> place. In the event of a tie, the Promoters decision will be final.
- 6 The promoters reserve the right to limit the number of heats if necessary. The heats for each event will cover all age groups and competitors will swim in time-seeded order, regardless of age.
- 7 **The competition will be held under the 'One start Rule'. 'Over the top' starts will be used wherever possible.**
- 8 Entries to be made on the enclosed form only (please feel free to photocopy) but only forms with original signatures will be accepted.
- 9 **SPECIAL NOTE: Times submitted must be for the events entered and be personal best times achieved in the last 12 months before the meet, no faster than the limits shown on the enclosed charts and will be used for seeding purposes.**
- 10 Acceptances will be on a 'first come – first served' basis, based on day of receipt.
- 11 **This will be a carded meet. Please check entry cards for times and errors.**
- 12 Entry fees will be **£3.50** per event. Cheques should be made payable to Sudbury & District Swimming Club (S.D.S.C.) Club's wishing to pay by direct bank transfer please contact the promoter for SDSC Bank Account details.
- 13 **CLOSING DATE FOR ENTRIES IS MAY 24<sup>th</sup> 2010.**
- 14 Coach Passes will be issued based on the number of swimmers competing, 1 pass for 1-10 swimmers, 2 passes for 11-20 swimmers, 3 passes for 21-30 swimmers and so on, these will be provided free of charge to include programmes and drinks whilst on poolside, and at a cost of £7.50 per day to include food between sessions. Results will be available on the club's website or can issued in electronic format (HTML) please provide a USB Memory stick on the day of the meet, NO CD/DVD's.
- 15 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.
- 16 The pool is a 25m 6 lane pool with anti-turbulence lane ropes and full electronic timing. The depth in lane 6 is 1.00m and in lane 1 is 2.00m. The height of the starting blocks above the surface of the water is 630mm. 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.
- 17 Anything not covered by the above conditions will be at the discretion of the Promoters – Sudbury & District Swimming Club



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### **REMINDERS**

1. Please can we remind everyone that pool shoes or plastic covers are to be worn within the pool areas.
2. Sudbury & District Swimming Club and the Kingfisher Leisure Centre are not responsible for the safe keeping of personal property and valuables. Please use the lockers provided. Bags can be left in the beach area but at your own risk.
3. Whilst we have the use of the pool the Leisure Centre is still open to the public for use of the Gym and Sauna, please can we therefore ask that we respect their right to be there.
4. In line with ASA Child Protection Policy could all users of cameras, video cameras and camera phones register at the front desk and obtain the appropriate sticker.
5. Glass – No glass or glass containers of any type are permitted in the pool, spectator or changing areas.
6. Hot Drinks – No hot drinks permitted on poolside or in the spectator seating areas.



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### SCHEDULE OF EVENTS

#### SESSION 1 - SATURDAY JUNE 26th 2010

**WARM UP 12:45 – 13:30**

**START 13:30**

BOYS		GIRLS	
Event 1	400m Freestyle	Event 2	400m Freestyle
Event 3	50m Breast	Event 4	50m Breast
Event 5	100m Back	Event 6	100m Back
Event 7	200m Fly	Event 8	200m Fly

#### SESSION 2 - SATURDAY JUNE 26th 2010

**WARM UP TBA**

**START TBA**

BOYS		GIRLS	
Event 9	200m Back	Event 10	200m Back
Event 11	50m Free	Event 12	50m Free
Event 13	100m Breast	Event 14	100m Breast
Event 15	200m I.M.	Event 16	200m I.M.

#### SESSION 3 – SUNDAY JUNE 27th 2010

**WARM UP 09:45 – 10:30**

**START 10:30**

BOYS		GIRLS	
Event 17	200m Freestyle	Event 18	200m Freestyle
Event 19	50m Back	Event 20	50m Back
Event 21	100m Fly	Event 22	100m Fly
Event 23	200m Breast	Event 24	200m Breast

#### SESSION 4 – SUNDAY JUNE 27th 2010

**WARM UP TBA**

**START TBA**

BOYS		GIRLS	
Event 25	100m Freestyle	Event 26	100m Freestyle
Event 27	50 Fly	Event 28	50 Fly
Event 29	100m I.M.	Event 30	100m I.M.

After the last session we will be presenting the Top Boy/Girl/Club Awards.

Medals & Speeding Tickets will be available for collection 20 minutes after the race results are declared.



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Ages at June 27th 2010



### ENTRY FORM

Name..... CLUB .....

Address .....

Town..... County ..... Post Code.....

Telephone Number ..... Date of Birth..... / ..... / .....

ASA Reg No ..... MALE / FEMALE (Delete as applicable)

Event	Distance/Stroke	Time
1 / 2	400m Freestyle	
3 / 4	50m Breaststroke	
5 / 6	100m Backstroke	
7 / 8	200m Butterfly	
9 / 10	200m Backstroke	
11 / 12	50m Freestyle	
13 / 14	100m Breaststroke	
15 / 16	200m IM	

Event	Distance/Stroke	Time
17 / 18	200m Freestyle	
19 / 20	50m Backstroke	
21 / 22	100m Butterfly	
23 / 24	200m Breaststroke	
25 / 26	100m Freestyle	
27 / 28	50 Butterfly	
29 / 30	100m I.M.	

Total No of entries @ £3.50 each	£
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I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters

(Sudbury & District Swimming Club) **Signature of competitor:**.....

I certify that the above competitor is an ASA registered member of our club and are eligible to compete as defined

by ASA law: **Signature of Club Official:** ..... **Post:**.....

Please make cheque payable to Sudbury & District Swimming Club (S.D.S.C.) and

Send with a **large stamped addressed envelope** to:-

Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk CO10 0UN

**CLOSING DATE MONDAY 24th May 2009**

N.B. We are **Corgi** software users and are able to import from Ranx software. Please send appropriate disc/USB Memory stick with entries if you wish to make use of this service.



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### SUMMARY FORM

CLUB.....

CLUB CONTACT NAME: .....

Address.....

Town ..... County .....

Post Code..... Telephone Number .....

Email Address:.....

	No		Total
Male Entries		@ £3.50 each	£ :
Female Entries		@ £3.50 each	£ :
Coaches Passes to inc. Food for Saturday		@ £7.50 each	£ :
Coaches Passes to inc. Food For Sunday		@ £7.50 each	£ :
		Total	£ :

**(N.B. Coaches Passes excluding food are issued free of charge, the total number of passes (this covers both free passes & passes paid for) available to each club will be based on the number of swimmers entered per club, 1 pass for every 10 swimmers competing.**

We are also able to export the results in electronic format (HTML). Results will also be published on our website daily [www.sudburyswimming.org.uk](http://www.sudburyswimming.org.uk)

**Please indicate your club's preference for our results service below**

We would like an electronic copy of the results..... Yes/No (USB Memory stick ONLY)

We do not require the above and will use the club website: ..... Yes/No

**Please make cheque payable to Sudbury & District Swimming Club (S.D.S.C.) and**

Send with a **large stamped addressed envelope** to:-  
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### OFFICIALS DETAILS

CLUB.....

#### SATURDAY JUNE 26th 2010

Name of Official (Session 1)	Referee	Starter	Judge L1	Judge L2	T/Keeper

Name of Official (Session 2)	Referee	Starter	Judge L1	Judge L2	T/Keeper

#### SUNDAY JUNE 27th 2010

Name of Official (Session 3)	Referee	Starter	Judge L1	Judge L2	T/Keeper

Name of Official (Session 4)	Referee	Starter	Judge L1	Judge L2	T/Keeper

CLUB CONTACT NAME: .....

Telephone Number: .....

Email Address: .....



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Ages as of 27th June 2010

### **UPPER TIME LIMITS**



**Times submitted must be for the events entered and be personal best times achieved in the last 12 months before the meet and must be no faster than the limits shown on the charts below**

### **BOYS**

Age Group / Event	10& Under	11 Years	12 Years	13 Years	14 Years	15 Years	16 & Over
50 Free	38.0	35.9	33.9	32.1	30.4	29.1	27.8
100 Free		1.17.8	1.13.2	1.08.9	1.05.4	1.03.1	1.00.1
200 Free	2.59.3	2.48.8	2.39.1	2.30.1	2.22.5	2.17.2	2.11.1
400 Free	6.18.0	5.53.3	5.34.0	5.16.4	5.01.5	4.50.1	4.36.7
50 Back	43.6	41.2	39.0	36.5	34.8	33.1	31.5
100 Back		1.27.6	1.22.5	1.17.3	1.13.0	1.09.8	1.06.3
200 Back	3.19.7	3.06.9	2.56.5	2.45.9	2.37.0	2.30.4	2.24.0
50 Breast	49.6	46.5	43.7	40.7	38.6	36.8	35.0
100 Breast		1.30.1	1.33.8	1.27.4	1.22.7	1.19.1	1.15.1
200 Breast	3.51.2	3.35.1	3.22.5	3.09.5	2.58.9	2.51.5	2.43.0
100 IM	1.36.2	1.30.9	1.26.0	1.20.7	1.16.0	1.12.9	1.09.0
200 IM	3.25.1	3.11.0	3.00.5	2.50.4	2.40.7	2.34.3	2.27.3
50 Fly	42.4	39.6	37.5	35.3	33.4	31.7	30.1
100 Fly		1.27.6	1.22.0	1.16.7	1.12.3	1.09.0	1.05.6
200 Fly	3.30.4	3.11.7	3.00.8	2.49.5	2.40.1	2.31.8	2.23.9

### **GIRLS**

Age Group / Event	10& Under	11 Years	12 Years	13 Years	14 Years	15 Years	16 & Over
50 Free	38.5	36.5	34.7	33.3	32.4	31.7	31.3
100 Free	1.24.6	1.18.7	1.14.3	1.11.5	1.09.5	1.08.3	1.06.9
200 Free	3.00.4	2.49.6	2.39.9	2.33.6	2.29.6	2.26.6	2.23.2
400 Free	6.22.2	5.52.9	5.33.0	5.20.5	5.12.5	5.06.2	5.00.5
50 Back	43.8	41.4	39.3	37.7	36.5	35.9	35.1
100 Back	1.35.2	1.28.1	1.22.7	1.19.2	1.17.0	1.15.3	1.14.0
200 Back	3.21.8	3.06.3	2.56.3	2.49.6	2.44.8	2.41.1	2.37.2
50 Breast	50.0	46.7	44.0	42.1	40.8	39.8	39.1
100 Breast	1.48.8	1.40.2	1.34.4	1.29.8	1.26.5	1.25.1	1.23.1
200 Breast	3.51.5	3.34.9	3.22.4	3.12.8	3.06.7	3.03.5	3.00.2
100 IM	1.35.1	1.31.3	1.26.4	1.22.6	1.20.6	1.19.1	1.17.2
200 IM	3.25.6	3.11.4	3.00.6	2.53.8	2.48.7	2.45.5	2.42.0
50 Fly	42.4	40.1	37.9	36.4	35.2	34.4	33.9
100 Fly	1.36.0	1.28.0	1.22.4	1.19.0	1.16.3	1.15.1	1.13.3
200 Fly	3.32.8	3.13.9	3.00.7	2.52.6	2.46.7	2.43.0	2.39.3