



## SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

### Two Day Open Meet

(Held Under ASA Law and Technical Rules)

**Saturday 14th & Sunday 15th May 2011**

License Number 4ER1367



# Two Day Open Meet

Incorporating the

## Development Last Chance Time Trial

Saturday 14th & Sunday 15th May 2011

Kingfisher Leisure Centre, Sudbury



# ENTRY PACK

If you need further help 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.



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## Rules and Conditions

- 1 All entrants must be members of an ASA affiliated club.
- 2 Age as at 15<sup>th</sup> May 2011, however, any swimmer aged 8 who will be 9 before 26<sup>th</sup> June 2011 will be permitted to enter the competition. 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.
- 3 There will be a choice of 15 events held over 5 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 – (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 promoter reserves the right to limit the number of heats if necessary. The heats for each event will cover all age groups and competitors. Events will be seeded slowest to fastest, based on entry time submitted. Each heat will be spearheaded. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
- 7 Acceptances will be on a 'first come – first served' basis, based on day of receipt, for those swimmers with times slower than the times shown on the enclosed charts.
- 8 Clubs with more than 10 swimmers should wherever possible provide at least 1 official for each attended session. In the event of the meet being oversubscribed preference will be given to those clubs providing officials.
- 9 **Time Trial only swims will be accepted for swimmers with times faster than the qualifying times but only if the meet is not oversubscribed. These swims will not be eligible for an award, speeding ticket or earn points towards the Top Boy / Girl / Club Trophy's.**
- 10 The competition will be held under the 'One start Rule'. 'Over the top' starts will be used wherever possible.
- 11 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.
- 12 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.
- 13 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.
- 14 Entries to be made on the enclosed form only (please feel free to photocopy) but only forms with original signatures will be accepted.
- 15 This will be a carded meet. Entry cards will be sent to each competing club prior to the event. **Please check entry cards for times and errors.**
- 16 Entry fees for the Two Day Meet will be **£4.00** per event, and **£3.00** per event for a Time Trial only swim. 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.
- 17 Coach Passes will cost £5.00 per day excluding food or £10.00 for Saturday & £15.00 for Sunday including food and drinks in breaks.
- 18 **CLOSING DATE FOR ENTRIES IS MONDAY APRIL 11<sup>th</sup> 2011.**
- 19 Anything not covered by the above conditions will be at the discretion of the Promoters – Sudbury & District Swimming Club. The promoter's decision is final.



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### Programme of Events

**Session 1 Saturday 14th** WARM UP 12.45pm START 13.30pm

- Event 1 Female 400m Freestyle
- Event 2 Male 200m Backstroke
- Event 3 Female 100m Breaststroke
- Event 4 Male 50m Freestyle
- Event 5 Female 100m Backstroke
- Event 6 Male 200m Butterfly

**Session 2 Saturday 14th** WARM UP TBA START TBA

- Event 7 Female 200m Individual Medley
- Event 8 Male 200m Freestyle
- Event 9 Female 50m Backstroke
- Event 10 Male 50m Butterfly
- Event 11 Female 100m Freestyle
- Event 12 Male 200m Breaststroke

**Session 3 Sunday 15th** WARM UP 8.45am START 9.30am

- Event 13 Male 400m Freestyle
- Event 14 Female 200m Backstroke
- Event 15 Male 100m Breaststroke
- Event 16 Female 50m Freestyle
- Event 17 Male 100m Backstroke
- Event 18 Female 200m Butterfly

**Session 4 Sunday 15th** WARM UP TBA START TBA

- Event 19 Male 200m Individual Medley
- Event 20 Female 200m Freestyle
- Event 21 Male 50m Backstroke
- Event 22 Female 50m Butterfly
- Event 23 Male 100m Freestyle
- Event 24 Female 200m Breaststroke

**Session 5 Sunday 15th** WARM UP TBA START TBA

- Event 25 Male 100m Individual Medley
- Event 26 Female 100m Butterfly
- Event 27 Male 50m Breaststroke
- Event 28 Female 100m Individual Medley
- Event 29 Male 100m Butterfly
- Event 30 Female 50m Breaststroke



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### UPPER TIME LIMITS – (Age as at May 15<sup>th</sup> 2011)

**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.**

**Time Trials will be accepted from swimmers with times faster than the limits below if room.**

FEMALE QUALIFYING TIMES							EVENT	MALE QUALIFYING TIMES						
9	10	11	12	13	14/15	16+		9	10	11	12	13	14/15	16+
42.5	38.7	35.5	34.1	32.3	30.8	30.5	50 free	42.5	41.0	34.1	32.0	30.0	29.5	27.0
	1.20.6	1.16.3	1.12.9	1.09.3	1.05.9	1.05.2	100 free			1.15.8	1.10.3	1.05.5	1.03.4	58.3
3.27.0	3.03.9	2.45.6	2.38.1	2.30.9	2.26.6	2.21.5	200 free	3.19.5	3.00.5	2.45.6	2.34.4	2.23.9	2.19.0	2.08.8
7.06.0	6.28.1	5.48.3	5.32.6	5.18.1	5.09.3	4.59.1	400 free	6.39.0	6.09.0	5.46.4	5.26.9	5.05.9	4.56.1	4.35.1
47.5	45.0	40.7	38.5	36.1	34.4	33.7	50 back	47.7	44.4	39.7	36.3	34.2	33.5	30.9
	1.35.2	1.29.0	1.21.8	1.17.9	1.13.7	1.12.8	100 back			1.25.6	1.20.6	1.14.5	1.11.3	1.06.0
3.34.0	3.24.8	3.04.6	2.55.8	2.47.9	2.38.7	2.37.7	200 back	3.37.0	3.23.1	3.05.1	2.53.4	2.41.4	2.35.6	2.24.5
56.0	53.0	44.4	43.3	41.2	39.3	38.3	50 breast	56.0	54.5	45.2	42.2	39.0	38.1	34.4
	1.46.8	1.38.3	1.33.3	1.28.6	1.24.1	1.23.4	100 breast			1.36.1	1.31.6	1.24.1	1.21.4	1.14.4
4.11.0	3.56.3	3.42.0	3.20.8	3.11.9	3.02.1	3.01.4	200 breast	4.08.0	3.47.7	3.34.5	3.19.7	3.05.0	2.58.4	2.45.2
52.0	50.5	42.4	38.0	35.6	33.9	33.1	50 fly	52.0	50.5	42.8	38.5	35.8	33.8	29.5
	1.35.1	1.27.1	1.22.0	1.17.8	1.13.6	1.12.8	100 fly			1.25.6	1.20.5	1.13.8	1.10.7	1.04.4
3.55.0	3.38.2	3.13.5	3.02.6	2.51.9	2.42.5	2.41.2	200 fly	3.58.0	3.27.7	3.13.9	2.58.9	2.46.0	2.38.5	2.25.5
1.46.5	1.44.5	1.33.0	1.22.0	1.19.0	1.16.0	1.14.0	100 IM	1.48.0	1.45.0	1.31.0	1.22.0	1.17.0	1.14.0	1.08.0
3.42.0	3.28.0	3.07.7	2.59.2	2.51.3	2.42.4	2.41.4	200 IM	3.37.0	3.20.6	3.08.1	2.56.7	2.44.0	2.38.5	2.26.2



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### Two Day Meet Entry Form

Name (As registered with the ASA).....

Address .....

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

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

ASA Reg No ..... CLUB.....

MALE / FEMALE (Delete as applicable)

Event	Distance/Stroke	Time
1 / 13	400m Freestyle	
3 / 15	100m Breaststroke	
5 / 17	100m Backstroke	
7 / 19	200m I.M.	
9 / 21	50m Backstroke	
11 / 23	100m Freestyle	
14 / 2	200m Backstroke	
16 / 4	50m Freestyle	

Event	Distance/Stroke	Time
18 / 6	200m Butterfly	
20 / 8	200m Freestyle	
22 / 10	50m Butterfly	
24 / 12	200m Breaststroke	
26 / 29	100m Butterfly	
28 / 25	100m I.M.	
30 / 27	50m Breaststroke	

Total No of entries _____ @ £4.00 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 11th April 2011**



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### Time Trial Only Entry Form

Name (As registered with the ASA).....

Address .....

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

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

ASA Reg No ..... CLUB.....

**MALE / FEMALE** (Delete as applicable)

Event	Distance/Stroke	Time
1 / 13	400m Freestyle	
3 / 15	100m Breaststroke	
5 / 17	100m Backstroke	
7 / 19	200m I.M.	
9 / 21	50m Backstroke	
11 / 23	100m Freestyle	
14 / 2	200m Backstroke	
16 / 4	50m Freestyle	

Event	Distance/Stroke	Time
18 / 6	200m Butterfly	
20 / 8	200m Freestyle	
22 / 10	50m Butterfly	
24 / 12	200m Breaststroke	
26 / 29	100m Butterfly	
28 / 25	100m I.M.	
30 / 27	50m Breaststroke	

Total No of entries _____ @ £3.00 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:**.....

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### Summary Form

CLUB.....

CLUB CONTACT NAME: .....

Address .....

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

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

Email Address: .....

	No		Total
Total Two Day Meet Entries		@ £4.00 each	£ :
Total Time Trial Entries		@ £3.00 each	£ :
Coach Pass for Saturday (exc. food)		@ £5.00 each	£ :
Coach Pass for Saturday (inc. food)		@ £10.00 each	£ :
Coach Pass for Sunday (exc. food)		@ £5.00 each	£ :
Coach Pass for Sunday (inc. food)		@ £15.00 each	£ :
		Total	£ :

We are also able to export the results in electronic format (HTML) to a USB memory stick.

Results will also be published on our website [www.sudburyswimming.org.uk](http://www.sudburyswimming.org.uk)

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**

email: [karen.bedford@talktalk.net](mailto:karen.bedford@talktalk.net)

**CLOSING DATE for Entries Monday 11th April 2011**



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### Officials Details

CLUB.....

#### Saturday 14th May 2011

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 15th May 2011

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

Name of Official (Session 5)	Referee	Starter	Judge L1	Judge L2	T/Keeper

CLUB CONTACT NAME: .....

Telephone Number: .....

Email Address: .....