

Braintree & Bocking Swimming Club

(Affiliated to ASA East Region)

License Number 3ER9226 refers.

(Under ASA Laws and ASA Technical Rules)

at Braintree Swimming Pool, Freeport, Braintree – Sunday 5th July 2009

MEET RULES AND INFORMATION

GENERAL

1. The Meet will be held under ASA Laws & ASA Technical rules and these promoter's conditions. The Meet will be run as "age on the day" for swimmers on 5th July 2009.
2. The competition will be held in an 8 lane, 25 metre deck level pool with anti-wave lane ropes. The depth of the shallow end is 1.1 metre. Omega Electronic timing will be in operation.
3. There will be 50 metre events in all strokes, including 100m individual medley, for each age group.
4. It is the responsibility of all clubs and coaches to ensure that swimmers are competent to the standard of the ASA Competitive Start Award Swimmers must be registered with the A.S.A.
5. All swimmers and coaches must follow the Braintree Swimming Centre's Code of Conduct.

ENTRIES

6. All entries will be £3.75 per race. A coach pass is £10.00, which includes entry to the pool, a programme of events for the whole day and a buffet lunch. Only swimmers and those displaying a coach pass will be allowed on poolside. The ASA recommends one coach for every 10 swimmers.
7. All entries must be submitted by the closing date of 10th June 2009. Entries will **initially** be accepted on a first come first served basis, entries may then be declined for each event if oversubscribed. No late entries will be considered.
8. Entries may be submitted:
 1. Electronically - Sportsystems files will be posted on our website.
 2. Manually - Complete the entry forms and send these to us via email. Entries submitted in this way will incur an additional £1 per swimmer administration charge.
9. Cheques should be made payable to BBSC and sent to us by post with a copy of the entry summary. Please send a single cheque to cover all the entries for your club, upon receipt the entries will be confirmed, via email.
10. As soon as possible after the closing date, we shall email the respected clubs a list of the accepted and rejected entries, together with details of the check-in procedure, and any other information you will need. **We will not be sending out this information by post, and there will be no cards.**
11. Submitted times should be those achieved in a 25m pool (or converted from 50m times using conversion tables).

AGE GROUPS

12. Age groups are based on the **swimmer's age on the final day of the competition**. The age groups for both boys and girls will be individual age groups of 10/UN, 11, 12, 13, 14 and 15/Over.

THE COMPETITION

13. As this competition will be run as a cardless meet, all Swimmers or their Coach must report to the Competitors' Stewards on Entry to the Centre and sign in for each session, before the session's Warm up commences.
14. Each event will be swum as an open. There will be finals for each age group for each event, except the 100m IM. The finalist will be the 8 fastest qualifiers for each of the above age groups. The 100m IM will be Heat Declared Winner for each of the above age groups.
15. All events will be spear headed seeded on submitted times for all heats.
16. The promoter reserves the right in the interests of time, to operate **OVER THE TOP** starts
17. No added swims or time trials will be available at the meet

AWARDS

18. Awards will be presented for the top eight places in each event, in age group.

19. Trophies will be awarded to the overall top boy and top girl. The basis for this will be the points gained in the individual age group events. In the event of a tie, we will count back number of 1st places, then 2nd places and so on. Points will be awarded as follows 1st - 10 pts, 2nd - 8pts, 3rd - 6pts 4th - 5 pts, 5th - 4 pts, 6th - 3 pts, 7th - 2 pts and 8th - 1 pt.

ADDITIONAL INFORMATION

19. The meet entries will be managed on a computer. Your consent to the holding of personal information for the purposes of the meet is deemed to be given by the submission of your entries.
20. The qualifying times for this meet are as the below table.

BOYS - Qualifying Times - Short Course Pool

| Age Group | 9/10 | | 11 | | 12 | | 13 | | 14 | | 15/Over | |
|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|
| | LQT | UQT | LQT | UQT | LQT | UQT | LQT | UQT | LQT | UQT | LQT | UQT |
| 50m Freestyle | 0:58.0 | 0:31.0 | 0:45.0 | 0:30.0 | 0:42.0 | 0:28.0 | 0:40.0 | 0:27.0 | 0:40.0 | 0:26.0 | 0:40.0 | 0:24.0 |
| 50m Backstroke | 1:05.0 | 0:37.0 | 0:50.0 | 0:35.0 | 0:48.0 | 0:33.0 | 0:45.0 | 0:30.0 | 0:45.0 | 0:30.0 | 0:45.0 | 0:27.0 |
| 50m Breaststroke | 1:10.0 | 0:40.0 | 1:00.0 | 0:40.0 | 0:55.0 | 0:36.0 | 0:50.0 | 0:33.0 | 0:50.0 | 0:34.0 | 0:50.0 | 0:29.0 |
| 50m Butterfly | 1:00.0 | 0:34.0 | 0:50.0 | 0:32.0 | 0:45.0 | 0:31.0 | 0:42.0 | 0:29.0 | 0:42.0 | 0:29.0 | 0:42.0 | 0:26.0 |
| 100m Individual Medley | 2:15.0 | 1:18.0 | 2:00.0 | 1:15.0 | 1:45.0 | 1:11.0 | 1:40.0 | 1:09.0 | 1:40.0 | 1:05.0 | 1:40.0 | 1:00.0 |

GIRLS - Qualifying Times - Short Course Pool

| Age Group | 9/10 | | 11 | | 12 | | 13 | | 14 | | 15/Over | |
|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|
| | LQT | UQT | LQT | UQT | LQT | UQT | LQT | UQT | LQT | UQT | LQT | UQT |
| 50m Freestyle | 0:58.0 | 0:31.0 | 0:45.0 | 0:30.0 | 0:42.0 | 0:29.0 | 0:40.0 | 0:29.0 | 0:40.0 | 0:28.0 | 0:40.0 | 0:27.0 |
| 50m Backstroke | 1:05.0 | 0:38.0 | 0:50.0 | 0:34.0 | 0:48.0 | 0:33.0 | 0:45.0 | 0:32.0 | 0:45.0 | 0:32.0 | 0:45.0 | 0:30.0 |
| 50m Breaststroke | 1:10.0 | 0:40.0 | 1:00.0 | 0:41.0 | 0:55.0 | 0:37.0 | 0:50.0 | 0:37.0 | 0:50.0 | 0:37.0 | 0:50.0 | 0:36.0 |
| 50m Butterfly | 1:00.0 | 0:36.0 | 0:50.0 | 0:33.0 | 0:45.0 | 0:32.0 | 0:42.0 | 0:30.0 | 0:42.0 | 0:30.0 | 0:42.0 | 0:30.0 |
| 100m Individual Medley | 2:15.0 | 1:18.0 | 2:00.0 | 1:13.0 | 1:45.0 | 1:12.0 | 1:40.0 | 1:10.0 | 1:40.0 | 1:10.0 | 1:40.0 | 1:08.0 |

21. Competitors must report to the marshalling area when called. It is the swimmers' and their coaches' responsibility that they report to the marshals on time.
22. Results will be available on the BBSC Club website as soon as possible after the meet.
23. Spectator admission will be £3.00 per session or £5.00 for the day and programmes will be £2.00.
24. A swim shop will be available Cheques or Cash only.
25. The promoter reserves the right to refuse admission to any spectator, coach or swimmer.
26. Any issues not covered by the above will be subject to the discretion of the promoters who also reserve the right to make changes that may be considered necessary for the smooth running and discipline of the event.

Address: Braintree & Bocking Swimming Club
25, Crummock Close
Braintree
Essex,
CM77 7UP

E-mail: BBSCopen@virgin.net
Website: www.braintreeswimming.co.uk

Meet Promoter: Roger Howkins
Meet Administration: Clare Harrison/Matthew Hart

Programme of Events

Session 1 - Warm Up starts @ 8:30 for 50 mins.

| Boys | Girls |
|-----------------|------------------|
| 50m Butterfly | 50m Freestyle |
| 50m Backstroke | 50m Breaststroke |
| 100m Ind Medley | |

Session 2 – Warm Up starts @ 1:30 for 50 mins

| Boys | Girls |
|------------------|-----------------|
| | 100m Ind Medley |
| 50m Freestyle | 50m Backstroke |
| 50m Breaststroke | 50m Butterfly |

Swimmers must check in by the start of the warm up for each session.