



**Canvey Island Swimming Club
SUMMER SPRINT MEET 2010**

Level Three License : 3ER0194

Impulse Leisure Centre
Blackshots Lane, Grays, Essex RM16 2JU
on
Saturday 22nd May 2010
Closing date 25th April 2010

Session One	Warm Up 8.30am	Start 9.45am
Event 1	Female	50m Free
Event 2	Male	50m Back
Event 3	Female	100m I.M
Event 4	Male	50m Fly
Event 5	Female	50m Breast
Event 6	Team	Squadron Relay
Session Two	Warm Up 1.00pm	Start 2.15pm
Event 7	Male	50m Free
Event 8	Female	50m Back
Event 9	Male	100m I.M.
Event 10	Female	50m Fly
Event 11	Male	50m Breast
Event 12	Mixed	50m Free Skins

Trophies will be awarded to top six competitors from Age group 9 to 14+

Trophy for Top Team

£25.00 Cash Prize for Individual Skins Winners

**Canvey Island Swimming Club
Summer Sprint Meet
Saturday 22nd May 2010
Level Three License : 3ER0194**

**Impulse Leisure Centre, Blackshots Lane, Grays, Essex RM16 2JU
(Under ASA Laws and Technical Rules)**

RULES AND CONDITIONS

- 1. This gala will take place at Impulse Leisure Centre, and will run short course (25m). It will be run in accordance with A.S.A. Laws and Technical Rules and the rules and conditions of this competition.**
- 2. Ages are as at Midnight 22nd May 2010. Age bands are 9,10,11,12,13,14 plus.**
- 3. All events are Head Declared Winner. Awards will be given to the top six swimmers in all age band events. Points will be awarded for heat placing and an award will be presented to the Club with the most points.**
- 4. Squadron Relay Team entry is free and will be based on Essex League Age groups. A Maximum of two teams per club will be accepted.**
- 5. The Phoenix closing date for entries is MIDNIGHT Friday 26TH March 2010.**
- 6. The entry fee is £4.00 for each event. ALL CHEQUES TO BE MADE PAYABLE TO BPSC.**
- 7. In order to assist with the smooth running of the meet, entries may be restricted; any entry not accepted will be refunded in full. NO OTHER MONIES WILL BE REFUNDED. All swimmers must be members of a club affiliated to the A.S.A.**
- 8. All entries will be taken on a first come, first served basis. Entries must be forwarded on Meet Manager unless clubs are competing with six swimmers or less. (Please note that Meet Manager will be available via the Canvey Island Swimming Club Website.)**
- 9. All sessions will last no longer than 3 hours.**
- 10. Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer will be deemed to**

have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoters.

11. All swimmers including those aged 9 must be registered with the A.S.A. and have their cards available should they be required.
12. Cards will be not be issued for this meet.
13. The pool will be cleared 5 minutes before the start of the session.
14. Coach's passes will be issued at the cost of £10 per day and will allow admittance to poolside for all sessions, lunch, tea, coffee and biscuits and a meet program. Entry to poolside will not be permitted without a pass. Results will be available on poolside and on the club website as soon as practicable after the event. Please note: If a hard copy of the results are required please provide a Stamped addressed envelope with £1 postage.
15. There will be a swim shop
16. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Meet Management or the Promoters.
17. All participants must observe the safety precautions in operation at Impulse Leisure Centre and each club must ensure that they have sufficient poolside accreditation of their athletes at the recommended ration of 1:10 to maintain adequate supervision. This will be strictly adhered to and clubs must ensure that the appropriate number of coaches are present.
18. Neither the Meet Management, the Promoters or Canvey Island Swimming Club will be responsible for any loss or damage occurring during this Meet.
19. The Meet Manager is Shaun Packman. The meet is promoted by Canvey Island Swimming Club. For any further information please telephone Shaun on 01268 694910 or e-mail shaunpackman@blueyonder.co.uk
