

# *Braintree & Bocking Swimming Club*

(Affiliated to ASA East Region)  
License Number 3ER1247 refers.  
(Under ASA Laws and ASA Technical Rules)

**at Braintree Swimming Pool, Freeport, Braintree – Sunday 3rd July 2011**

## **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 3rd July 2011.
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 metres. The depth of the deep end is 1.8 metres. The blocks are 700mm above the water line at the deep end of the pool. Omega Electronic timing will be in operation.
3. There will be 50 metre events in all strokes and a 4 x 25m 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, all swimmers must be registered with the A.S.A.
5. Swimmers **MUST** not climb out over the timing pads or sit on the lane ropes.
6. Any person wishing to engage in any video or photography must register their details at the entrance to the spectators area, before carrying out any such photography. This is in line with the ASA Child Protection Policy.

### **ENTRIES**

7. 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.
8. All entries must be submitted by the closing date of 3rd June 2011. 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.
9. 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.
10. 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.
11. As soon as possible after the closing date, we shall email the respective 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.**
12. Submitted times should be those achieved in a 25m pool (or converted from 50m times using conversion tables).

### **AGE GROUPS**

13. 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 9/10, 11, 12, 13, 14 and 15/Over.

### **THE COMPETITION**

14. 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 pool and sign in for each session, before the session's Warm up commences.
15. 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.
16. All events will be spear headed seeded on submitted times for all heats.
17. The promoter reserves the right in the interests of time, to operate **OVER THE TOP** starts
18. No added swims or time trials will be available at the meet

### **AWARDS**

19. Awards will be presented to all finalists in each event and the top eight places in the 100IM, in age group.
20. 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 1<sup>st</sup> places, then 2<sup>nd</sup> places and so

on. Points will be awarded as follows 1<sup>st</sup> - 10 pts, 2<sup>nd</sup> - 8pts, 3<sup>rd</sup> - 6pts 4<sup>th</sup> - 5 pts, 5<sup>th</sup> - 4 pts, 6<sup>th</sup> - 3 pts, 7<sup>th</sup> - 2 pts and 8<sup>th</sup> - 1 pt.

### **ADDITIONAL INFORMATION**

19. The meet entries will be managed on a computer, BBSC use SPORTSSYSTEMS. 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	
EVENT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT
50m Freestyle	0:58.0	0:31.0	0:50.0	0:30.0	0:45.0	0:27.0	0:40.0	0:26.0	0:40.0	0:25.0	0:40.0	0:25.0
50m Backstroke	1:05.0	0:37.0	0:55.0	0:34.0	0:50.0	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	0:32.0	0:50.0	0:29.0
50m Butterfly	1:00.0	0:34.0	0:55.0	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	1:55.0	1:11.0	1:45.0	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	
EVENT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT
50m Freestyle	0:58.0	0:31.0	0:50.0	0:30.0	0:45.0	0:28.0	0:40.0	0:27.0	0:40.0	0:26.0	0:40.0	0:25.0
50m Backstroke	1:05.0	0:38.0	0:55.0	0:34.0	0:50.0	0:33.0	0:45.0	0:32.0	0:45.0	0:32.0	0:45.0	0:28.0
50m Breaststroke	1:10.0	0:40.0	1:00.0	0:41.0	0:55.0	0:37.0	0:50.0	0:35.0	0:50.0	0:35.0	0:50.0	0:32.0
50m Butterfly	1:00.0	0:36.0	0:55.0	0:33.0	0:45.0	0:32.0	0:42.0	0:30.0	0:42.0	0:29.0	0:42.0	0:27.0
100m Individual Medley	2:15.0	1:18.0	2:00.0	1:13.0	1:55.0	1:12.0	1:45.0	1:10.0	1:40.0	1:10.0	1:40.0	1:00.0

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, concessions will be £2.00 per session and £3.00 for the day.
24. The Gogglebox Swimwear shop will be available on the day.
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  
14 New Road, Gosfield, Nr. Halstead, Essex. CO9 1PT

E-mail: [bbsc.open@hotmail.co.uk](mailto:bbsc.open@hotmail.co.uk) Website: [www.braintreeswimming.co.uk](http://www.braintreeswimming.co.uk)  
Meet Promoter: Jenny Howard Meet Administration: Jenny Howard/Matt Hart

### Programme of Events

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

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

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

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

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