

# COLCHESTER SWIMMING CLUB – COLCHESTER OPEN MEET 2010

## Meet Rules

1. The Competition is a category 3 Licensed Meet (License 3ER0351) and will be held under ASA Laws and ASA Technical Rules.
2. All entrants must be members of an ASA affiliated club and registered with the ASA.
3. All entries from visiting clubs must be submitted electronically using SPORTSYSTEMS Entry Manager v 2.0 to [open.entries@colchester-swimming.org](mailto:open.entries@colchester-swimming.org) and payment and a print-out of the electronic submission submitted with an Entries Summary Form to Mrs J Jackson, 26 Cannon Street, Colchester, Essex CO1 2DU. Forms and software can be downloaded from the Club web site [www.colchester-swimming.org](http://www.colchester-swimming.org)
4. The closing date for entries is **midnight on 24<sup>th</sup> April 2010.**
5. Entries may be disqualified at the discretion of the promoter if not complying with any of these rules, if not clear and unambiguous, or if not accompanied by the correct fee.
6. Entries will be restricted as the promoter sees fit to ensure the timely completion of the Meet. Entry for visiting clubs will be on a first-come, first-served basis, determined by receipt of both electronic entry submission and Entries Summary Form.
7. Age groups: 9/10 years, 11 years, 12 years, 13 years, 14 years 15 years and over. **Age as at date of Meet.**
8. Swimmers aged 13 & under may only enter 50m races plus Individual Medley.  
Swimmers aged 14 & over may only enter 100m races plus Individual Medley.
9. Qualifying times: Only swimmers whose times are within the official qualifying times, as notified on [www.colchester-swimming.org](http://www.colchester-swimming.org), may enter.
- 10. Entry fee £4.50 per event.**
11. Each event will incorporate all relevant age groups and age group winners will be on a Heat Declared Winner basis.
12. All events will be seeded on submitted times with the last three heats being spearheaded.
13. The first six swimmers in each event in each age group will receive awards.
14. There will be awards for the Top Visiting Club and for the highest scoring boy and girl overall. Points will be calculated as follows: 1st - 6 points; 2nd - 5 points; 3rd - 4 points; 4th - 3 points; 5th - 2 points; 6th - 1 point. In the event of a tie the youngest swimmer will take precedence.
- 15. All competitors must register for each event they wish to compete in, on the official signing-in sheets, not less than 45 minutes before the start of the session.**
16. Swimmers will **not** normally be able to compete unless signed in by the stated deadline. The Chief Recorder may, at his/her discretion, accept late submissions in exceptional circumstances, having regard to whether or not heat processing has taken place. The Chief Recorder's decision will be final and **no** discussion will be entered into.
17. Competitors not reporting for their event on time will be excluded.
18. The promoter reserves the right to refuse admission to any person.
19. The accompanying 'Promoter's Meet Notes and Information' shall form part of the Meet Rules.
20. Any situation not covered by the above will be at the discretion of the Promoter.

## Promoter's Meet Notes and Information

### 1 Venue and Host Information

- a) Venue: Colchester Leisure World, Cowdray Avenue, Colchester CO1 1YH (Tel 01206 282000)
- b) The Pool is 25 metres long with 6 lanes.
- c) There are anti-wave ropes and Omega electronic timing will be used on all events where possible.
- d) Colchester Swimming Club is affiliated to the Amateur Swimming Association East Region.
- e) An official photographer may be present at this event.

### 2 Admission and Facilities

- a) Admission for spectators will be £5.00 all day, £3.00 single session (children and senior citizens half-price).
- b) **Mobile phones must be turned off** or switched to silent in the pool area and spectator's gallery.
- c) Anyone wishing to use any form of video or camera photography (including mobile phones) must register at the entrance desk.
- d) Space is limited and only a small bag will be allowed on poolside. Swimmers are advised to bring a £1 coin (refundable) to use the lockers in the changing rooms. No valuables should be left unattended. The promoter cannot accept liability for any losses or damage that may occur.
- e) Chilled drinks and other refreshments will be on sale during the Meet.
- f) There will be a swim shop selling costumes, goggles and other accessories.
- g) Spectators will not be able to remain in the pool area or spectators' gallery between the two sessions.

### 3 Team Managers/Coaches

- a) Visiting clubs are responsible for ensuring they have sufficient Team Managers/Coaches to maintain adequate supervision of their swimmers; the required number of passes must be applied for in advance.
- b) Passes can be applied for with Entries Summary Forms at a cost of £10.00 each. The application must include the Club Secretary's confirmation that the Team Managers/Coaches have been CRB checked.
- c) Due to space restrictions, a **maximum of two** Team Managers/Coaches per club will be allowed around the edge of the pool at any one time.
- d) Passes entitle the holder to a programme and poolside drinks; lunch is **not** provided.

### 4 Officials

- a) Visiting clubs entering 20 or more swimmers must provide at least one registered, qualified judge.
- b) Qualified officials officiating at the Meet will be provided with poolside drinks and lunch.

### 5 Safety

- a) FIRE EXITS are clearly marked and a diagram is included in the programme. Everyone attending this Meet must ensure that they familiarise themselves with these exits in case of need in any emergency.
- b) The pool is 1.1 metres deep at the shallow end and 3.5 metres deep at the deep end. All starts will be from the deep end and starting blocks are available which are 0.75 metres above the water level.
- c) Team Managers/Coaches shall satisfy themselves that their swimmers are competent to the standard of the ASA Competitive Start Award. Any swimmer not so competent must start from the poolside or in the water shall inform the referee to this effect. In the event of a faulty start swimmers must execute a shallow racing dive. They must not topple in head first as this is dangerous.

### 6 Event Timings

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| a) <b>Session 1 Start 10.00</b>  | <b>Session 2 Start 2.30</b>          |
| 1/2 Girls/Boys (9-13) 4 x 25m IM | 11/12 Girls/Boys (14,15+) 4 x 25m IM |
| 3/4 Girls/Boys 100m Backstroke   | 13/14 Girls/Boys 50m Backstroke      |
| 5/6 Girls/Boys 50m Butterfly     | 15/16 Girls/Boys 100m Breaststroke   |
| 7/8 Girls/Boys 100m Butterfly    | 17/18 Girls/Boys 50m Freestyle       |
| 9/10 Girls/Boys 50m Breaststroke | 19/20 Girls/Boys 100m Freestyle      |
- b) The promoter reserves the right, in the interests of time, to operate 'over-the-top' starts.
  - c) The promoter reserves the right to delay the start time of session two.

### 7 Warm Up

- a) Swimmers will only be permitted to warm up at their designated time.  
Morning session 9.00-10.00                      Afternoon session 1.30-2.30  
Further details to be advised on receipt of entry cards.
- b) Team Managers/Coaches are responsible for swimmers during the warm up period prior to the referee taking control of the Meet and at least one must be in attendance at each end of each lane before warm up will be allowed to commence.
- c) No diving will be allowed from either end except when lanes are designated as sprint lanes at which time diving will be allowed in those lanes from the deep end only.

### 8 Race Administration

- a) Swimmers must register in advance of their events strictly in accordance with the rules.
- b) Swimmers must report to the Competitors Stewards when instructed to do so by the announcer. Any competitor not reporting in time will be excluded.
- c) It is the responsibility of the swimmers to be at their blocks in time for their race. Any swimmer not at his/her block at the start of the heat shall be excluded from the event.

### 9 Results and Awards

- a) Results sheets will be posted, as soon as possible after each event, in a position where spectators and swimmers can see the final positions for each event.
- b) Awards will be made to the fastest six in each age group.
- c) Only awards for the top visiting club, best boy and best girl overall will be formally presented. Other awards may be collected from the Medal table during the Meet.
- d) All Competitors' times and disqualifications will be published on our web site [www.colchester-swimming.org](http://www.colchester-swimming.org) as soon as possible after the Meet.