



SOUTHEND ON SEA SWIMMING CLUB
AFFILIATED TO, ASA EAST REGION



PRESENT THEIR

Easter Sprint Meet

(Awaiting Licence Number)

on

Friday 29th March 2013

PROGRAMME

**GIRLS and BOYS aged 9 and over 100M ALL STROKES & IND. MEDLEY
ALL EVENTS HEAT DECLARED WINNER**

AT

**SOUTHEND LEISURE & TENNIS CENTRE
GARON PARK
EASTERN AVENUE
SOUTHEND ON SEA, ESSEX
SS2 4FA**



SOUTHEND ON SEA SWIMMING CLUB

EASTER SPRINT MEET 2013 (AWAITING LICENCE)

CONDITIONS OF ENTRY

GENERAL

1. The meet will be held under current ASA Laws and ASA Technical Rules of swimming.
2. The competition is open to ASA registered swimmers only.
3. The venue is Southend Swimming and Diving Centre, Garon Park, Eastern Avenue, Southend on Sea, Essex SS2 4FA
4. The pool is 25m long with 8 lanes. The pool depth in the shallow end is 0.85m. Electronic timing will be in use.
5. There is good spectator seating and a large free car park.
6. This meet is licenced (Awaiting number) by the ASA. Please note qualifying times.

ENTRIES

7. All entries of 6 or more swimmers per club must be entered electronically. Please email SOSSC@live.co.uk for files and instructions.
8. Entries of 5 or less swimmers may be posted or emailed.
9. Entries will be accepted on a **First come first served basis**. Full reimbursement of entry fee(s) shall be made to unsuccessful applicants.
10. The closing date is the 8th March 2013.
11. Entries will be confirmed as soon as possible after the closing date. No cards will be issued.
12. The entry fee for each event is £5.00.

AGE GROUPS

13. Ages as at midnight on the 29th March 2013.
14. Male and Female age groups will be 10 under, 11/12 yrs, 13/14, 15 and over.

THE COMPETITION

15. The meet will be cardless. Sign in sheets will be placed outside the changing rooms, alongside the splash pool 15 minutes before the warm up session. Swimmers must sign in for each event in which they are entered a minimum of 15 minutes before the start of the session.
16. Coaches need to supervisor all swimmers during warm up and follow instructions of the warm up marshalls.
17. All races will start from and finish at the deep end. Coaches must ensure that swimmers have reached the standard of the ASA Competitive Start Award when executing a racing dive.
18. All events will be swum on a heat declared winner basis. There will be no finals.
19. Over the top starts will be at the promoter's discretion.
20. Heats will be seeded slowest to fastest on entered times.

AWARDS

21. The fastest six in each event will receive awards.

OTHER

22. All competing swimmers must be accompanied by a coach. Coach passes must be displayed at all times. Coach's passes are available in advance for £10.00 (Maximum of two per club). This entitles the holder to a programme, buffet food between the two sessions, poolside refreshments and result sheets posted or sent electronically.
23. All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
24. Coaches or team managers are responsible for the swimmers' conduct at all times.
25. The promoter reserves the right to refuse admission to any competitor or other personnel.
26. Any situation not covered by the above meet notes will be at the discretion of the promoters.



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PROGRAMME OF EVENTS

SESSION 1	Friday 29 th March	9.30am	10.30am
Event 1	GIRLS	100m	Breaststroke
Event 2	BOYS	100m	Backstroke
Event 3	GIRLS	100m	Ind Medley
Event 4	BOYS	100m	Freestyle
Event 5	GIRLS	100m	Butterfly

SESSION 2	Friday 29 th March	WARM-UP TBA	START TBA
Event 6	BOYS	100m	Breaststroke
Event 7	GIRLS	100m	Backstroke
Event 8	BOYS	100m	Ind Medley
Event 9	GIRLS	100m	Freestyle
Event 10	BOYS	100m	Butterfly



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QUALIFYING TIMES

Female short course qualifying times				
Event	10 under	11/12	13/14	15 and over
100 Freestyle	01:50.00	01:33.00	01:23.00	01:22.00
100 Freestyle	01:10.00	01:03.00	01:03.00	01:02.00
100 Breaststroke	02:10.00	01:55.00	01:43.00	01:41.00
100 Breaststroke	01:30.00	01:25.00	01:23.00	01:21.00
100 Butterfly	02:05.00	01:42.00	01:29.00	01:28.00
100 Butterfly	01:25.00	01:12.00	01:09.00	01:08.00
100 Backstroke	02:05.00	01:42.00	01:30.00	01:29.00
100 Backstroke	01:25.00	01:12.00	01:10.00	01:09.00
100 Individual Medley	02:05.00	01:45.00	01:34.00	01:33.00
100 Individual Medley	01:25.00	01:15.00	01:14.00	01:13.00

Male short course qualifying times				
Event	10 under	11/12	13/14	15 and over
100 Freestyle	01:50.00	01:33.00	01:19.00	01:17.90
100 Freestyle	01:10.00	01:03.00	00:59.00	00:57.90
100 Breaststroke	02:10.00	01:52.00	01:37.00	01:32.00
100 Breaststroke	01:30.00	01:22.00	01:17.00	01:12.00
100 Butterfly	02:05.00	01:42.00	01:26.00	01:24.00
100 Butterfly	01:25.00	01:12.00	01:06.00	01:04.00
100 Backstroke	02:05.00	01:42.00	01:27.00	01:24.00
100 Backstroke	01:25.00	01:12.00	01:07.00	01:04.00
100 Individual Medley	02:05.00	01:45.00	01:27.00	01:24.00
100 Individual Medley	01:25.00	01:15.00	01:07.00	01:04.00



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INDIVIDUAL ENTRY FORM (FOR 5 OR LESS ENTRIES)

First Name	
Surname	

FEMALE	MALE
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Date of Birth	Date	Month	Year
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Age on 29 th Mar 2013	yrs
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ASA No.	
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Club	
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All information entered above **MUST** be the same as on your ASA registration card.

Event	Event		Submitted Time
	Female	Male	
100m Breaststroke	1	6	
100m Ind. Medley	3	8	
100m Freestyle	9	4	
100m Backstroke	7	2	
100m Butterfly	5	10	
Total number of entries @ £5 =			

Please accept my entries for the events indicated above.

I declare that the details entered on this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the promoters conditions.

Signature

BPSC Entries: Please return completed entry form with correct entry fees to: Lyndsey Motin



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REQUEST FOR OFFICIALS

FRIDAY 29TH MARCH 2013

As you know, Open Meets such as ours cannot run without qualified Officials. We would like to invite all ASA Registered Officials to help us at our Open Meet. We offer a buffet lunch between sessions, with plenty of refreshments on poolside.

If you are available please reply to:
Maggie Boddy?????. Email sossc@live.co.uk

Session 1 warm-up 9.30a.m. TBC
Session 2 warm-up TBA



SOUTHEND ON SEA SWIMMING CLUB

EASTER SPRING MEET

FRIDAY 29th March 2013

Name		Club	
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Contact Information	Phone No.	
	Address	
	Email	

Qualification	Timekeeper	Judge 1	Judge 2	Starter	Referee

I am willing to help in	Session 1	Session 2