

**SUDBURY & DISTRICT SWIMMING CLUB**  
(Affiliated to Suffolk county ASA & ASA East Region)  
**TWO DAY 'B' GRADE MID-SUMMER OPEN MEET**  
(Held Under ASA Law and Technical Rules)  
**Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> June 2008**  
Kingfisher Leisure Centre, Sudbury

**CONDITIONS OF ENTRY**

- 1 The competition is open to swimmers in Age Groups 11 & Under, 12, 13, 14, 15, 16, and 17 & over. Age as at June 8<sup>th</sup> 2008. Entries will be accepted for 9 year olds as long as they are aged 10 years by the end of 2008.
- 2 There will be a choice of 15 events held over 4 sessions – all HDW
- 3 **The competition will be held under the 'One start Rule'. 'Over the top' starts will be used wherever possible.**
- 4 **'B' Grade** qualifying times will apply in each age group based on the ASA Graded Swimming Tables – (see enclosed charts). **Speeding tickets** will be issued to swimmers achieving times faster than those specified and no points will be scored towards the Top Boy / Girl / Club Trophy's
- 5 Entries to be made on the Sudbury entry form only (please feel free to photocopy) but only forms with original signatures will be accepted.
- 6 Submitted times **MUST** be shown for each entry and will be used for seeding purposes
- 7 Entry fees will be £3.50 per event. Cheques should be made payable to BPSC
- 8 **CLOSING DATE FOR PHOENIX ENTRIES IS FRIDAY 28<sup>TH</sup> MARCH 2008.**
- 9 The promoters reserve the right to limit the number of heats if necessary. The heats for each event will cover all age groups and competitors will swim in time-seeded order, regardless of age.
- 10 All events will be Heat Declared Winner and awards made to the fastest three swimmers in each age group.
- 11 There will be awards for the Top Visiting Club, Top Boy and Top Girl based on 6 points for 1<sup>st</sup> place down to 1 point for 6<sup>th</sup> place. In the event of a tie, the Promoters decision will be final.
- 12 Acceptances will be on a 'first come – first served' basis, based on day of receipt.
- 13 Two Coach Passes will be provided free of charge to include programme, results and refreshments. Additional passes can be purchased at a cost of £10 per day or £15 for two days. Results can also be issued in electronic format (HTML) please provide suitable recording medium on the day of the meet, USB Memory sticks or floppies only, NO CD/DVD's.
- 14 **SPECIAL NOTE: Times submitted must be for the events entered and be personal best times no faster than the limits shown on the enclosed charts.**
- 15 This will be a carded meet. Please check entry cards for times and errors.
- 16 Anything not covered by the above conditions will be at the discretion of the Promoters – Sudbury & District Swimming Club

**REMINDERS**

1. Please can we remind everyone that pool shoes or plastic covers are to be worn within the pool areas.
2. Sudbury & District Swimming Club and the Kingfisher Leisure Centre are not responsible for the safe keeping of personal property and valuables. Please use the lockers provided.
3. A marquee will be in situ in the pool grounds for the deposit of swimmers bags, this will however at times be unattended please DO NOT leave valuables in these bags. Swimmers bags will not be allowed poolside.
4. Whilst we have the use of the pool the Leisure Centre is still open to the public for use of the Gym and Sauna, please can we therefore ask that we respect their right to be there.
5. In line with ASA Child Protection Policy could all users of cameras, video cameras and camera phones register at the front desk and obtain the appropriate sticker.

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 Kingfisher Leisure Centre, Sudbury

**SCHEDULE OF EVENTS**

**SESSION 1 - SATURDAY JUNE 7th 2008**  
**WARM UP 12:45 – 13:30**  
**START 13:30**

<b>BOYS</b>		<b>GIRLS</b>	
Event 1	400m Freestyle	Event 2	400m Freestyle
Event 3	50m Breast	Event 4	50m Breast
Event 5	100m Back	Event 6	100m Back
Event 7	200m Fly	Event 8	200m Fly

**SESSION 2 - SATURDAY JUNE 7th 2008**  
**WARM UP TBA**  
**START TBA**

<b>BOYS</b>		<b>GIRLS</b>	
Event 9	200m Back	Event 10	200m Back
Event 11	50m Free	Event 12	50m Free
Event 13	100m Breast	Event 14	100m Breast
Event 15	200m I.M.	Event 16	200m I.M.

**SESSION 3 – SUNDAY JUNE 8th 2008**  
**WARM UP 09:45 – 10:30**  
**START 10:30**

<b>BOYS</b>		<b>GIRLS</b>	
Event 17	200m Freestyle	Event 18	200m Freestyle
Event 19	50m Back	Event 20	50m Back
Event 21	100m Fly	Event 22	100m Fly
Event 23	200m Breast	Event 24	200m Breast

**SESSION 4 – SUNDAY JUNE 8th 2008**  
**WARM UP TBA**  
**START TBA**

<b>BOYS</b>		<b>GIRLS</b>	
Event 25	100m Freestyle	Event 26	100m Freestyle
Event 27	50 Fly	Event 28	50 Fly
Event 29	100m I.M.	Event 30	100m I.M.

Presentations will be made at the end of each session of any Speeding Tickets that have been achieved.

After the last session we will be presenting the Top Boy/Girl/Club Awards.

Medals will be available for collection 30 minutes after the race results are declared.

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 Kingfisher Leisure Centre, Sudbury  
*Ages at June 8th 2008*

**ENTRY FORM**

Surname ..... 1<sup>st</sup> Name..... CLUB .....

Address .....

Town..... County..... Post Code .....

Telephone Number..... Date of Birth..... /..... /.....

ASA No.									
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*(Please use new ASA numbers)*

**Saturday 7th June 2008**

Session 1				Session 2			
Event	No * Boys	No * Girls	Time	Event	No * Boys	No * Girls	Time
400m Freestyle	1	2		200m Backstroke	9	10	
50m Breaststroke	3	4		50m Freestyle	11	12	
100m Backstroke	5	6		100m Breaststroke	13	14	
200m Butterfly	7	8		200m I.M.	15	16	

**Sunday 8th June 2008**

Session 3				Session 4			
Event	No * Boys	No * Girls	Time	Event	No * Boys	No * Girls	Time
200m Freestyle	17	18		100m Freestyle	25	26	
50m Back	19	20		50 Fly	27	28	
100m Fly	21	22		100m I.M.	29	30	
200m Breast	23	24					

Total No of entries @ £3.50 each		£		:	
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*(\* delete as necessary)*

I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters (Sudbury & District Swimming Club) **Signature of competitor:**.....

I certify that the above competitor is an ASA registered member of our club and are eligible to compete as defined by ASA law: **Signature of Club Official:** ..... **Post:** .....

Please make cheque payable to BPS  
**PHOENIX CLOSING DATE FRIDAY 28th March 2008**

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 Kingfisher Leisure Centre, Sudbury  
 Ages as of 8th June 2008

**UPPER TIME LIMITS**

Times submitted must be for the events entered and be personal best times no faster than the limits shown on the charts below

**BOYS**

Age Groups	11& Under	12 Years	13 Years	14 Years	15 Years	16 Years	17 & Over
<b>Event</b>							
50 Free	38.1	34.1	31.7	29.9	28.8	28.3	28.0
100 Free	1.22.7	1.14.0	1.08.8	1.05.0	1.02.6	1.01.6	1.00.9
200 Free	3.01.3	2.42.3	2.31.0	2.22.6	2.17.4	2.15.1	2.13.6
400 Free	6.23.5	5.43.4	5.19.6	5.01.9	4.50.9	4.46.1	4.42.9
100 IM	1.36.7	1.26.6	1.20.9	1.15.3	1.12.5	1.11.7	1.10.9
50 Back	43.9	39.1	36.3	34.2	32.9	32.4	32.0
100 Back	1.34.3	1.24.0	1.17.9	1.13.5	1.10.8	1.09.6	1.08.8
200 Back	3.23.9	3.01.7	2.48.6	2.39.1	2.33.2	2.30.6	2.28.9
50 Breast	49.7	44.0	40.7	38.3	36.8	36.2	35.7
100 Breast	1.47.5	1.35.2	1.28.1	1.22.9	1.19.7	1.18.3	1.17.4
200 Breast	3.51.5	3.25.0	3.09.7	2.58.6	2.51.7	2.48.8	2.46.8
200 IM	3.27.1	3.04.5	2.51.2	2.41.5	2.35.4	2.32.8	2.31.1
50 Fly	43.4	38.4	35.5	33.5	32.2	31.6	31.2
100 Fly	1.33.1	1.22.5	1.16.4	1.11.9	1.09.2	1.08.0	1.07.2
200 Fly	3.25.6	3.02.2	2.48.7	2.38.9	2.32.8	2.30.2	2.28.4

**GIRLS**

Age Groups	11& Under	12 Years	13 Years	14 Years	15 Years	16 Years	17 & Over
<b>Event</b>							
50 Free	37.4	34.9	33.5	32.5	31.9	31.8	31.7
100 Free	1.19.3	1.14.2	1.11.1	1.08.9	1.07.8	1.07.5	1.07.4
200 Free	2.51.6	2.40.5	2.33.9	2.29.2	2.26.8	2.26.2	2.25.9
400 Free	5.59.6	5.36.4	5.22.6	5.12.8	5.07.7	5.06.4	5.05.9
100 IM	1.31.2	1.25.8	1.22.4	1.19.8	1.19.4	1.18.8	1.18.4
50 Back	42.4	39.6	38.0	36.8	36.2	36.0	36.0
100 Back	1.29.4	1.23.5	1.20.1	1.17.6	1.16.3	1.16.0	1.15.8
200 Back	3.10.3	2.57.8	2.50.4	2.45.1	2.42.4	2.41.7	2.41.5
50 Breast	48.2	44.9	42.9	41.5	40.8	40.7	40.6
100 Breast	1.41.7	1.34.7	1.30.6	1.27.6	1.26.1	1.25.8	1.25.6
200 Breast	3.38.6	3.23.6	3.14.7	3.08.5	3.05.3	3.04.5	3.04.1
200 IM	3.14.8	3.01.9	2.54.3	2.48.9	2.46.1	2.45.4	2.45.1
50 Fly	41.5	38.6	36.9	35.7	35.1	35.0	34.9
100 Fly	1.27.9	1.21.8	1.18.3	1.15.8	1.14.5	1.14.2	1.14.1
200 Fly	3.11.5	2.58.3	2.50.6	2.45.2	2.42.4	2.41.7	2.41.4