



# Plymouth Leander Swimming

[www.plymouthleander.co.uk](http://www.plymouthleander.co.uk)



## The Plymouth (Level 1-1SW9432) Long Course Open 2009 Millfield School, Somerset: Friday 18th – Sunday 20th December 2009

Under ASA Laws & Technical Rules

**Venue** : Millfield School (50m), Street, Somerset,  
(Next to Clarkes Village Outlet Mall)

**Pool** : 8 Lane Long Course Racing Pool  
: Constantly Available Swim Down Pool  
: Electronic Timing & 8-Lane Display  
: Free Parking

: **This is a Level 1 Licensed Meet (1SW9432)  
for Entry into National Competitions & Championships**

**Age Groups** : 9/10yrs\* ; 11/12yrs ; 13/14yrs ; 15/16 yrs ; 17 yrs & Over, Open  
: Junior and Senior Championship Finals in 100m & 200m Events  
: Ages as at 20<sup>th</sup> December 2009

**Awards** : Medals to 1<sup>st</sup> 3 in all Events, All Age Groups, (except open)  
: Top Male Athlete & Top Female Athlete Awards  
: Top Visiting Club Award  
: Prize Money to Head Coach of Top Visiting Team  
: Most Festive Club Award (Coach Fancy Dress on Sunday)  
: Referees Challenge Cup for officials and coaches

**Events** : 50m Open Events All Strokes,  
: 100m & 200m All Strokes (\*9/10yrs cannot enter 100m events)  
: 400m, 800m & 1500m Freestyle  
: 200m & 400m IM

**Fees** : Race Entry Fee £7.50 for 1500m and 800m Freestyle  
: Race Entry Fee £7.00 for all other Events

**Phoenix Closing** : Friday 30<sup>th</sup> October



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### Meet Conditions

1. The event will be held at Millfield School, Somerset (50m pool) on 18th, 19<sup>th</sup> & 20<sup>th</sup> December 2009
2. The event will be held under ASA Laws and ASA Technical Rules. All British swimmers must be registered ASA members of an ASA affiliated club and amateurs as defined by ASA Law
3. Competitors age groups shall be defined as at **20th December 2009**
4. A competitor may enter all events in his/her age group and open events  
Age Groups: Male and Female 9/10 yrs ; 11/12 yrs ; 13/14 yrs ; 15/16 yrs ; 17 yrs & Over, Open
5. Competitors may enter **EITHER** the 1500m Freestyle **OR** 800m Freestyle, but not both.  
\*9 & 10 year old competitors may **NOT** swim 100m events.
6. All events are age-group HDW, except 50m events, which are Open. The top three swimmers in each age group will receive an award, except for open events where the top three swimmers overall will receive an award. A competitor who has been disqualified will not receive an award.
7. Championship Finals will be held for all 100m & 200m events  
Junior Championship - 14 & Under, Senior Championships - 15 & Over
8. All submitted entry times must either be:
  - Times achieved in a 50m pool
  - Times which have been converted to a 50m pool time(Meet Qualification times have been set at minimum Level 1 accepted times by British Swimming)
9. Entries of 10 or more swimmers from the same Club must be made electronically. Entries of 9 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration
10. If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted to enable the competition to meet ASA licensing requirements. Any deletions made will be equally proportionate from each age year, and will endeavour to ensure an equal balance of swimmers across the age groups and events
11. In the case of events with limited entries, priority will be given to swimmers entering the meet from **International, Scotland, Northern Ireland and/or Channel Island** teams, and to any **swimmers who guarantee a volunteer ASA Registered Official to officiate at all sessions that the swimmer competes in.** However, these competitors must still enter with the stated qualification times, and meet the all other conditions.
12. No refunds for entries will be given after the entries have been processed, except in the case of:
  - a swimmer being subsequently selected to swim for their country on the same day
  - the production of a Doctor's note confirming the athlete is unfit to compete
13. There will be no entry cards for this meet. Swimmers must sign in for each individual event prior to the Warm Up of the session in which they are competing. **Swimmers will be scratched from any individual events not signed for.**
14. Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded



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15. Additional awards will be made:
  - Top Male Athlete (excluding 50m events)
  - Top Female Athlete (excluding 50m events)
  - Top Visiting Club (excluding 50m events)- A Trophy to the Club and £150 to the Head Coach
  - Most Festive Club (athletes, coaches & spectators) who have made the greatest effort to enter into a Christmas spirit throughout the meet (Fancy Dress on Sunday for Coaches and Team Managers)
  - Referees Challenge Cup – open to all officials and coaches - distance and stroke to be agreed on the day!
16. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings
17. All Clubs will be permitted to purchase up to 3 Coach Passes per Club (regardless of entrant numbers) and one additional Coach Pass per 10 athletes over 30 swimmers. Coach Passes will not be sold on the day. Admission to pool deck will be refused to non pass holders
18. Plymouth Leander Swimming uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet
19. Phoenix Closing date for entries is **Friday 30<sup>th</sup> October 2009**
20. Charges as follows
  - **Race Entry Fee:** **£7.50 for 1500m or 800m Freestyle**  
**£7.00 per race for all other Events**
  - **Full Weekend Programme of Events/Entries:** **£5.00 per Programme**
  - **Three-Day Coaches Pass:** **£20.00 per Pass**
  - **One-Day Coaches Pass:** **£10.00 per Pass**
  - **Spectator Entry** **£5.00 Weekend or £3.00 per day**
21. All persons wishing to use photographic equipment, including mobile phones with photographic capacity, must register such equipment at the entrance desk
22. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter
23. Any swimmer unable to execute a safe dive from the starting blocks into shallow water are reminded that they should start from the side of the pool
24. The promoters reserve the right to make alterations to the above conditions if necessary. All participants will be informed of any such changes

We hope you have an enjoyable meet. Look out for our evaluation questionnaire and let us know how we can improve the meet in the future



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## The Plymouth (Level 1-1SW9432) Long Course Open 2009 Millfield School, Somerset: Friday 18th – Sunday 20th December 2009 Meet Programme of Events

Friday 18 <sup>th</sup> December		
Session 1		
Warm Up 5.00pm – Start 6.00pm		
No	M/F	Event
1	Mixed	1500m Freestyle
2	Mixed	800m Freestyle

Saturday 19 <sup>th</sup> December			Saturday 19 <sup>th</sup> December		
Session 2			Session 3		
Warm Up 8.15am – Start 9.15am			Warm Up 2.00pm* – Start 3.00pm*		
No	M/F	Event	No	M/F	Event
3	M	400m Freestyle	10	M	200m IM
4	F	400m IM	11	F	200m Freestyle
5	M	200m Butterfly	12	M	100m Breaststroke
6	F	100m Butterfly	13	F	200m Breaststroke
7	M	100m Freestyle	14	M	200m Backstroke
8	F	50m Breaststroke	15	F	100m Backstroke
9	M	50m Backstroke	16	M	50m Butterfly
Break & warm up			17	F	50m Butterfly
Championship Finals Est start 1.00pm*			Break & Warm up		
5f	M	200m Butterfly (J/S)	Championship Finals Est start 6.45*		
6f	F	100m Butterfly (J/S)	10f	M	200m IM (J/S)
7f	M	100m Freestyle (J/S)	11f	F	200m Freestyle (J/S)
			12f	M	100m Breaststroke (J/S)
			13f	F	200m Breaststroke (J/S)
			14f	M	200m Backstroke (J/S)
			15f	F	100m Backstroke (J/S)
Sunday 20 <sup>th</sup> December			Sunday 20 <sup>th</sup> December		
Session 4			Session 5		
Warm Up 8.15am – Start 9.15am			Warm Up 2.00pm* – Start 3.00pm*		
No	M/F	Event	No	M/F	Event
18	F	400m Freestyle	25	F	200m IM
19	M	400m IM	26	M	200m Freestyle
20	F	200m Butterfly	27	F	100m Breaststroke
21	M	100m Butterfly	28	M	200m Breaststroke
22	F	100m Freestyle	29	F	200m Backstroke
23	M	50m Freestyle	30	M	100m Backstroke
24	F	50m Backstroke	31	F	50m Freestyle
Break & Warm up			32	M	50m Breaststroke
Championship Finals Est start 1.00pm*			Break & Warm up		
20f	F	200m Butterfly (J/S)	Championship Finals Est start 6.45*		
21f	M	100m Butterfly (J/S)	25f	F	200m IM (J/S)
22f	F	100m Freestyle (J/S)	26f	M	200m Freestyle (J/S)
			27f	F	100m Breaststroke (J/S)
			28f	M	200m Breaststroke (J/S)
			29f	F	200m Backstroke (J/S)
			30f	M	100m Backstroke (J/S)

\*Warm Up times will not be earlier than published, and will be confirmed on the day.



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### Meet Qualification Times

#### BOYS

AGE	9	10	11	12	13	14	15	16	17+	Open
EVENT										
50m Freestyle										31.3
100m Freestyle			1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5	
200m Freestyle	03:23.4	03:03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:20.7	02:16.3	02:13.7	
400m Freestyle	07:22.5	06:26.4	05:56.0	05:38.1	05:21.8	05:07.0	04:57.6	04:49.1	04:44.6	
800m Freestyle	15:25.3	13:39.3	12:44.6	11:47.1	11:12.8	10:42.5	10:21.8	10:05.0	09:55.5	
1500m Freestyle	29:14.2	29:14.2	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0	
50m Breaststroke										39.7
100m Breaststroke			01:41.5	01:34.7	01:28.8	01:24.6	01:21.4	01:18.9	01:17.0	
200m Breaststroke	04:20.5	03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:55.4	02:51.6	02:47.0	
50m Butterfly										34
100m Butterfly			01:27.7	01:21.5	01:16.8	01:12.8	01:09.8	01:07.8	01:06.5	
200m Butterfly	04:03.7	03:32.3	03:12.5	02:59.9	02:49.9	02:40.9	02:34.4	02:30.4	02:27.6	
50m Backstroke										36.1
100m Backstroke			01:29.8	01:24.1	01:19.2	01:15.0	01:12.2	01:10.3	01:09.3	
200m Backstroke	03:46.7	03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:36.0	02:31.4	02:28.6	
200m IM	03:52.0	03:29.6	03:14.3	03:02.8	02:52.7	02:44.8	02:38.4	02:33.9	02:31.0	
400m IM	08:21.9	07:26.3	06:50.8	06:26.7	06:06.4	05:49.3	05:36.2	05:27.6	05:22.6	

#### GIRLS

AGE	9	10	11	12	13	14	15	16	17+	Open
EVENT										
50m Freestyle										32.9
100m Freestyle			01:19.3	01:15.2	01:12.7	01:10.7	01:09.6	01:08.8	01:08.1	
200m Freestyle	03:29.1	03:04.4	02:51.3	02:42.5	02:36.2	02:32.1	02:29.1	02:27.5	02:25.8	
400m Freestyle	07:20.7	06:27.4	05:56.4	05:38.8	05:26.3	05:18.0	05:12.8	05:09.2	05:06.3	
800m Freestyle	15:04.1	13:17.4	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1	
1500m Freestyle	28:54.0	25:29.4	23:38.6	22:25.8	21:30.4	21:00.8	20:43.1	20:22.9	20:22.9	
50m Breaststroke										41.5
100m Breaststroke			01:41.6	01:35.2	01:30.8	01:28.5	01:27.5	01:26.1	01:25.2	
200m Breaststroke	04:27.3	03:55.5	03:36.6	03:24.9	03:15.5	03:09.5	03:06.7	03:05.8	03:04.0	
50m Butterfly										35.7
100m Butterfly			01:27.9	01:22.6	01:19.1	01:17.2	01:15.5	01:14.8	01:14.0	
200m Butterfly	03:56.6	03:34.6	03:12.6	03:01.7	02:53.5	02:48.0	02:45.7	02:43.3	02:41.3	
50m Backstroke										38
100m Backstroke			01:29.9	01:24.5	01:21.7	01:19.6	01:17.9	01:17.1	01:16.3	
200m Backstroke	03:52.7	03:26.3	03:11.0	03:00.6	02:54.3	02:49.8	02:45.8	02:43.9	02:42.8	
200m IM	03:55.2	03:29.6	03:14.3	03:03.3	02:56.8	02:52.3	02:48.9	02:46.9	02:45.5	
400m IM	08:24.4	07:26.2	06:47.3	06:24.9	06:10.6	06:02.0	05:55.2	05:50.8	05:48.7	



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## The Plymouth (Level 1-1SW9432) Long Course Open 2009 Millfield School, Somerset: Friday 18th – Sunday 20th December 2009 Entry Form

COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL

<b>Club</b>				
<b>Surname</b>		<b>First Name</b>		<b>Middle Initial</b>
<b>Preferred Name (for Programme)</b>				
<b>Date of Birth</b>		<b>Age as at 20<sup>th</sup> December 2009</b>		<b>M/F</b>
<b>Address and Postcode</b>				
<b>Telephone Number / Mobile Number (Parent* - contact for entry queries)</b>				
<b>e-Mail Address (for confirmation of receipt of entry)</b>				
<b>ASA Registration Number</b>				

EVENT	Female (Circle)	Male (Circle)	ENTRY TIME
50m Freestyle	31	23	
100m Freestyle	22	7	
200m Freestyle	11	26	
400m Freestyle	18	3	
1500m † 800m Freestyle	1 / 2	1 / 2	
50m Butterfly	17	16	
100m Butterfly	6	21	
200m Butterfly	20	5	
50m Breaststroke	8	32	
100m Breaststroke	27	12	
200m Breaststroke	13	28	
50m Backstroke	24	9	
100m Backstroke	15	30	
200m Backstroke	29	14	
200m Individual Medley	25	10	
400m Individual Medley	4	19	

**Individual Payment Details** (see Summary Sheet for Grouped Payment and Coaches Pass Details)

Total No of Entries	Description	Cost per Event	Total
	Individual Entries	<b>£7.00</b>	
	800m/1500m Entries	<b>£7.50</b>	
Cheques Payable to PLSA. <b>Entries Close 6th November 2009</b> : Amount Due £			
I DECLARE THAT THE ABOVE DETAILS ARE CORRECT & THAT I AM ELIGIBLE TO COMPETE IN ACCORDANCE WITH ASA LAW & THAT I UNDERSTAND & ACCEPT THE MEET CONDITIONS			
Signature of Competitor .....			
Signature of Parent*(if under 18).....			



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## The Plymouth (Level 1-1SW9432) Long Course Open 2009 Millfield School, Somerset: Friday 18th – Sunday 20th December 2009 Team Entry Summary Sheet

Cheques should be made payable to 'PLSA'. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek entry file for this meet will be available on [www.plymouthleander.co.uk](http://www.plymouthleander.co.uk) We would appreciate this method of entry and this is **mandatory** for 10 or more entries from the same Club. Please note that we are using Meet Manager 2.0. PLEASE NOTE: Coach Passes CANNOT be purchased on the day of meet and must be bought in advance.

<b>Club</b>	
<b>Contact Name</b>	
<b>Address</b>	
<b>Telephone (Day)</b>	
<b>Telephone (Evening)</b>	
<b>Mobile</b>	
<b>E-Mail</b>	

Total No. of Entries		@	£7.00 each	=	
Total No. of Entries		@	£7.50 each	=	
Weekend Coach Pass		@	£20.00 each	=	
1 Day Coach Pass Friday/Saturday/Sunday*		@	£10.00 each	=	
*Delete as Appropriate					
<b>Closing Date: 6<sup>th</sup> November 2009</b>			<b>Total Cheque Enclosed</b>	<b>£</b>	

**Entries To: Nicki Chivers, Fordors Down, Fordton, Crediton, Devon EX17 3DB**

- Enquiries can be emailed to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk) or call **0044 1363 777001**. Cheques to 'PLSA'
- Electronic entries can be on e-mailed but please also submit a printout with this form

I certify that all the above details are correct and that our Club understand and will abide by the meet conditions. Signed on behalf of all swimmers:	
(Team Manager) .....	Date .....

*Please **do not** use recorded delivery or special delivery. If you are concerned about your entry reaching the destination on time please e-mail or call the contact and obtain a certificate of posting*

