

EALING SWIMMING CLUB'S MARCH SHORT COURSE DEVELOPMENT MEET

Under ASA Laws and Technical Rules. Licensed by the ASA at Level 4 under number 4LR0218

Saturday 20th & Sunday 21st March 2010

The **NEW** Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5

SATURDAY 20TH MARCH 2010

SESSION ONE

Warm up: 2:15pm Start time: 3:00pm

Estimated Finish Time 6:00pm

SUNDAY 21ST MARCH 2010

SESSION TWO

Warm up: 08:45am. Start time: 9:30am

Estimated Finish Time 12:00 noon

SESSION THREE

Warm up: 12:30 Start time: 1:15pm

Estimated Finish Time 3:45pm

SESSION FOUR

Warm up: 4:15pm Start Time: 5:00pm

Estimated Finish Time 7:30pm

- Venue: The New Northolt Leisure Centre,
Eastcote Lane North, Northolt, Middx UB5
25m Pool, 8 Lanes, full electronic timing with anti-turbulence lane ropes
- Age Groups: Boys 9, 10, 11, 12, 13, 14, 15 and 16+.
Girls 9, 10, 11, 12, 13, 14, 15 and 16+.
- Events: 50m all strokes
100m all strokes (10/o)
- Fees: £4.50 per event (cheques payable to Ealing Swimming Club)
- Awards: Awards to 1st 3 in all age groups in B and C category
Speeding tickets will be awarded for swimmers entered in each category who swim faster than the times set out in the relevant table
- Entries: Electronic entries to be sent to Mrs Leah Pullen
meetmanager@ealingclub.co.uk



Session 1: Saturday 20th March 2010: Warm up: 2:15pm Start time: 3:00pm

Event No	Boys/Girls	Age Groups	Event
1	Girls	12/u	50m Breaststroke
2	Boys	12/u	50m Breaststroke
3	Girls	13/o	100m Freestyle
4	Boys	13/o	100m Freestyle
5	Girls	10 – 12	100m Breaststroke
6	Boys	10 – 12	100m Breaststroke
7	Girls	13/o	50m Butterfly
8	Boys	13/o	50m Butterfly
9	Boys	12/u	100m IM

Session 2: Sunday 21st March 2010: Warm up: 08:45am. Start time: 9:30am

Event No	Boys/Girls	Age Groups	Event
10	Boys	13/o	50m Freestyle
11	Girls	13/o	50m Freestyle
12	Boys	10 – 12	100m Butterfly
13	Girls	10 – 12	100m Butterfly
14	Boys	13/o	100m Backstroke
15	Girls	13/o	100m Backstroke
16	Boys	12/u	50m Butterfly
17	Girls	12/u	50m Butterfly
18	Girls	13/0	100m IM

Session 3: Warm up: 12:30 Start time: 1:15pm

Event No	Boys/Girls	Age Groups	Event
19	Boys	10 – 12	100m Freestyle
20	Girls	10 – 12	100m Freestyle
21	Boys	13/o	50m Breaststroke
22	Girls	13/o	50m Breaststroke
23	Boys	12/u	50m Backstroke
24	Girls	12/u	50m Backstroke
25	Boys	13/o	100m Butterfly
26	Girls	13/o	100m Butterfly
27	Girls	12/u	100m IM

Session 4: Warm up: 4:15pm Start Time: 5:00pm

Event No	Boys/Girls	Age Groups	Event
28	Girls	13/o	100m Breaststroke
29	Boys	13/o	100m Breaststroke
30	Girls	10 – 12	100m Backstroke
31	Boys	10 – 12	100m Backstroke
32	Girls	13/o	50m Backstroke
33	Boys	13/o	50m Backstroke
34	Girls	12/u	50m Freestyle
35	Boys	12/u	50m Freestyle
36	Boys	13/o	100m IM

EALING SWIMMING CLUB'S

MARCH SHORT COURSE DEVELOPMENT MEET

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RULES AND CONDITIONS

1. This gala will take place at the New Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 and is licensed by the ASA at Level 4 under License number 4LR0218. It will run short course (25m) in accordance with A.S.A. Laws and Technical Rules and the rules and conditions of this competition.
2. Over the top starts may be used at the promoter's discretion.
3. The pool is 25m long, 8 lanes, anti wave lane ropes and electronic timing.
4. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
5. Ages are as at 21st March 2010. Age bands are 9, 10, 11, 12, 13, 14, 15 and 16+. Events are: 50m (all ages) Freestyle, Backstroke, Breaststroke, Butterfly, 100m (10/o) Freestyle, Backstroke, Breaststroke, Butterfly and 100m IM (all ages).
6. A time standard table is attached. Swimmers entering this Meet are expected to enter their current best times and must **NOT** enter faster times than the upper limit of B grade times as shown in the time standard table.
7. All swimmers will be placed in B or C categories according to their submitted times and the times set out in the tables. B and C categories will swim together in the same events. The heats will be balanced between the age groups and the Promoters reserve the right to designate one heat of any event for members of Ealing Swimming Club
8. All events are Heat Declared Winner. Awards will be given to the top three B Grade swimmers, and top three C Grade placed swimmers in all age band events. There will be speeding tickets issued for swimmers entered in each category who swim faster than the times set in out in the relevant table. These may be sent out to the Clubs concerned after the Meet. Points will be awarded according to the placing in the Heats, 6, 5, 4, 3, 2, 1 for 1st, 2nd, 3rd, 4th, 5th and 6th and an award will be presented to the Club with the most points.
9. The closing date is **MIDNIGHT SUNDAY 28th FEBRUARY 2010**
10. If a club is entering less than 6 swimmers, entries must be made on the forms provided (photocopies will be accepted); all information must be legible (block caps please). Incomplete, illegible entries or those without the correct entry fees will not be accepted. Copies of entries along with the summary form, coach pass

form and cheque to be sent to: Mrs Leah Pullen, 16 Amherst Road, Ealing, London W13 8ND. **ONLY ONE CHEQUE PER CLUB WILL BE ACCEPTED.**

Clubs entering more than 6 swimmers **MUST** download the Hy-Tek Team Manager file from http://www.ealingsc.co.uk/Ealing_Swimming_Club/Eal_Competition.html and return the entry file to meetmanager@ealingsc.co.uk. Please note that if a Club enters more than 6 swimmers by means of entry forms rather than Hy-Tek Manager Event File, these entries will incur an administration fee of £25.00.

Team Manager Instructions may also be found on http://www.ealingsc.co.uk/Ealing_Swimming_Club/Eal_Competition.html.

11. The promoter reserves the right to limit entries; any entry not accepted will be refunded in full. NO OTHER MONIES WILL BE REFUNDED.
12. Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoters.
13. All swimmers including those aged 9 must be registered as Category 2 with the ASA and have their cards available should they be required.
14. This meet will operate as a **CARDLESS** meet. Entries will be pre-seeded before the meet. Any withdrawals must be made 45 minutes before the start of each session.
15. The pool will be cleared 10 minutes before the start of the session.
16. Coach's passes will be issued at the cost of £20 which will entitle them to admission to **both** days, lunch, tea, coffee and biscuits and a programme. Entry to poolside will not be permitted without a pass. Results will be available on the web site. If a hard copy of the results is required please provide an sae with £1 postage.
17. There will be a swim shop.
18. The Meet Management and Promoters reserve the right to change the Meet rules at their discretion. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Meet Management or the Promoters.
19. All participants must observe the safety precautions in operation at Northolt Leisure Centre. Neither the Meet Management, the Promoters or Ealing Swimming Club will be responsible for any loss or damage occurring during this Meet.
20. The Meet Manager is Leah Pullen. The meet is promoted by Ealing Swimming Club. For any further information please telephone Leah Pullen on 07808 403603 or email meetmanager@ealingsc.co.uk .
21. **ALL COMPETING CLUBS ARE REQUIRED TO BRING A TIMEKEEPER AND JUDGE.**

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PASSES FOR ENTRY TO POOLSIDE

The coach or Team Manager's pass will entitle him/her to admission to both days, a programme, meals, tea, coffee and biscuits, the cost of which will be £20.00. Results will be available on Ealing SC's web site: www.ealingsc.org. If results are required to be sent, please provide an s.a.e. with £1.00 postage.

Requests for passes must be made one week prior to the meet, together with a cheque for the relevant amount made payable to Ealing Swimming Club.

PLEASE NOTE THAT PASSES MUST BE WORN AT ALL TIMES DURING THE MEET. ENTRY TO THE POOLSIDE WILL NOT BE PERMITTED WITHOUT THEM.

REQUEST FOR POOLSIDE PASSES

CLUB

Name of Coach or Team Manager

I enclose a cheque for £20 in favor of Ealing Swimming Club

Signed Position in club

Please send to: Leah Pullen, 16 Amherst Road, Ealing, London W13 8ND



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MEET SUMMARY ENTRY FORM

Club	
Total Entries @ £4.50 per event	£
Total fees enclosed:	£
Coaches passes (please also send in slip)	£
Total amount enclosed (payable to Ealing Swimming Club)	£

I, being a parent / club official herewith certify that the enclosed swimmers' entries are eligible and that I have read and understood the conditions of entry.*

Position Date

*delete as appropriate

Name and address and e-mail address of coach/competition secretary to whom details of accepted entries should be sent (Please note this is a cardless meet):

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Completed individual entry forms, summary form plus coach pass slip **with cheque for total amount** (and an S.A.E., if you are not able to receive confirmation of entries by email), should be sent to:

Leah Pullen, 16 Amherst Road, Ealing, London W13 8ND



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ENTRY FORM

Please complete even if entering electronically. All hard copy entries must be sent in.

Name		Male / Female
Address		
Telephone No* (We require a contact No)*		E-mail
Date of Birth		Age as at 21 st March 2010
Club		
ASA Number		

ALL TIMES TO BE 25m POOL TIMES (Short Course)

PLEASE REFER TO QUALIFYING TIMES INFORMATION

EVENT	ENTRY TIME	Entry No	IMPORTANT: Date & Where it was achieved
50m Freestyle			
100m Freestyle			
50m Backstroke			
100m Backstroke			
50m Breaststroke			
100m Breaststroke			
50m Butterfly			
100m Butterfly			
100 I/M			

Total No. of Entries		@ £4.50 per event = Total	£
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Cheques should be made payable to Ealing Swimming Club (EALL)

Please return entries by Closing Date Sunday 28th February 2010

Please accept my entries for the events indicated above. The time indicated against each event has been achieved. I declare that the details entered in this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the meet conditions.

Signature



Time Standards Ealing B/C Development Meet March 2010 (25m)

Boys	'B' grade not faster than					'C' grade not faster than				
	9	10/11	12/13	14/15	16/o	9	10/11	12/13	14/15	16/o
50m Back	45.60	44.60	36.50	33.60	32.60	58.60	57.65	42.40	36.62	35.60
50m Breast	51.40	50.40	40.70	37.20	36.20	1.07.90	1.06.95	47.15	40.70	39.70
50m Fly	44.45	43.40	35.40	31.75	30.70	57.30	56.30	41.10	35.25	34.20
50m Free	39.60	38.60	31.50	28.55	27.50	51.60	50.60	37.20	32.35	31.30
100m IM	1.43.80	1.30.90	1.20.70	1.12.90	1.09.00	2.03.1	1.46.80	1.32.70	1.20.90	1.15.20
100m Back	-	1.34.40	1.22.00	1.13.20	1.10.20	-	1.41.90	1.29.00	1.20.55	1.17.00
100m Breast	-	1.47.00	1.36.00	1.23.00	1.20.00	-	1.54.00	1.43.70	1.30.35	1.27.00
100m Fly	-	1.37.50	1.25.10	1.15.00	1.10.50	-	1.44.00	1.32.50	1.22.50	1.17.20
100m Free	-	1.22.15	1.09.40	1.04.15	1.00.50	-	1.29.20	1.14.1	1.11.4	1.07.50
Girls	'B' grade not faster than					'C' grade not faster than				
	9	10/11	12/13	14/15	16/o	9	10/11	12/13	14/15	16/o
50m Back	45.10	44.10	37.00	36.00	35.00	57.40	56.40	42.10	39.30	38.30
50m Breast	51.10	50.10	41.30	39.70	38.70	1.04.70	1.03.70	46.90	43.50	42.50
50m Fly	42.75	41.70	35.60	34.45	33.40	58.10	57.10	41.40	36.55	35.20
50m Free	37.65	36.60	32.50	31.80	30.80	49.80	48.80	37.20	34.90	33.90
100m IM	1.45.30	1.31.30	1.22.60	1.19.10	1.17.20	2.03.70	1.46.20	1.33.40	1.27.70	1.24.80
100m Back	-	1.30.00	1.24.20	1.20.00	1.19.00	-	1.38.50	1.32.60	1.28.00	1.27.20
100m Breast	-	1.48.90	1.36.90	1.32.25	1.30.60	-	1.56.90	1.44.80	1.40.70	1.38.60
100m Fly	-	1.39.00	1.28.10	1.22.00	1.21.00	-	1.47.00	1.36.80	1.30.00	1.29.30
100m Free	-	1.20.90	1.11.75	1.08.70	1.06.20	-	1.28.60	1.19.00	1.16.45	1.14.50