

Cranleigh Amateur Swimming Club



B GRADE OPEN MEET

(ASA Licence Level 4 Applied for)

SUNDAY 7th FEBRUARY 2010

Information Sheet and Rules of the Meet

Entries accepted on “First-Come, First-Served Basis”

Closing Date – 10th December 2010

VENUE

Cranleigh Leisure Centre, Village Way, Cranleigh, Surrey – Telephone/Fax 01483 274400

25m Pool with 6 lanes, anti-wave lane ropes and conventional timing.

ASA

The meet will be run to conform with current ASA Laws & ASA Technical Rules and all swimmers must be registered with the ASA.

SESSIONS

MORNING

Doors Open 7.45 am
Warm Up 8.15 am to 8.55 am
Competition 9.00 am to 12.15 pm (Events 1-9)

Cards must be presented by 8.15 am at the latest.

AFTERNOON

Warm Up 1.30 pm to 2.10 pm
Competition 2.15 pm to 5.30 pm (Events 10-18)

Cards must be presented by 1.30 pm at the latest.

SESSION 1			SESSION 2		
1	Girls 11-16 yrs	100m Back	10	Boys 9 - 16 yrs	100m IM
2	Boys 11-16 yrs	100m Back	11	Girls 11-16 yrs	100m Fly
3	Girls 9 – 11 yrs	50m Breast	12	Boys 11-16 yrs	100m Fly
4	Boys 9 – 12 yrs	50m Breast	13	Girls 9 - 16 yrs	50m Free
5	Girls 11-16 yrs	100m Free	14	Boys 9 - 16 yrs	50m Free
6	Boys 11-16 yrs	100m Free	15	Girls 11-16 yrs	100m Breast
7	Girls 9 – 11 yrs	50m Fly	16	Boys 11-16 yrs	100m Breast
8	Boys 9 – 12 yrs	50m Fly	17	Girls 9 - 11 yrs	50m Back
9	Girls 9 – 16 yrs	100m IM	18	Boys 9 -12 yrs	50m Back

Cranleigh Amateur Swimming Club

AGE GROUPS

Ages are as at 7th February 2010.

Age Groups will be 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16yrs

AWARDS

Awards will be made on an event declared winner basis for the 1st to 6th positions in each age group. Any times achieved faster than the Upper Limit Times will qualify for a Speeding Ticket (but not a medal) A "Club of the Meet" award will be given on the basis of aggregated points awarded to club-entered swimmers by age group as follows: -

1st – 6 points, 2nd – 5 points, 3rd – 4 points, 4th – 3 points, 5th – 2 points, 6th – 1 point.

ENTRIES

Swimmer's submitted times should not be faster than the attached graded times for the event in the appropriate age group.

Entries will be accepted on a "FIRST-COME, FIRST-SERVED" basis. The organisers reserve the right to restrict entries. Emailed entries will be accepted (sportsystem files or spreadsheet – provided by meet organisers) provided payment is received two weeks prior to the event. All submitted times must be short course times.

Entry forms are available from: -

Kevin J Locock, C/O 11 High View, Gomshall, Guildford, Surrey GU5 9LT.

Or by e-mail:- flamingpeacocks@btinternet.com

All applicants must complete an individual or club multi entry form and this should be accompanied by the correct entry fee and a **large A4 SAE with sufficient postage** for the return of the entry cards. Official results will be posted on our web site during the week following the meet.

Entry Cards must be placed in the correct box in the foyer not later than 45 minutes before the start of the session.

COST

Swimmers	£4.50 per Event, payable to: "Cranleigh Amateur Swimming Club"
Coach Passes	£12.00 per day to include lunch and refreshments.
Spectators	£5.00 for whole day, to include programme.
No refunds will be given.	

CLOSING DATE

All entries must be received by 9th January 2010.

SEEDING

Seeding will be undertaken slowest to fastest with the fastest heat swum in arrowhead formation.

RESULTS

Result Sheets may be available at a cost of 10p per event, on the day (photocopier permitting).

GENERAL INFORMATION

No person will be allowed on to the poolside without a pass, except officials. No outdoor shoes will be worn on poolside.

Over the top starts will be used except for Backstroke events.

The Promoter reserves the right to refuse admission to any competitor/spectator.

Competitors are advised not to leave any articles unattended in the changing rooms. The Organisers and the Pool Management can accept no responsibility for loss or damage to personal property. Lockers are available.

Snacks, drinks etc will be available in the Leisure Centre's cafe throughout the Meet.

A Swim Shop may also be present throughout the Meet.

Ample free parking for cars and coaches is provided adjacent to the Leisure Centre.

Any conditions not covered in the above Rules and Information will be at the discretion of the Meet Manager.

Cranleigh Amateur Swimming Club

B GRADE OPEN MEET

7th FEBRUARY 2010

UPPER LIMIT TIMES

BOYS

Age	50m fr	100m fr	50m brst	100m brst	50m fly	100m fly	50m bk	100m bk	100m IM
9	42.80		55.80		48.60		49.60		1.49.50
10	39.30		51.10		43.90		45.20		1.39.90
11	36.70	1.19.30	47.30	1.41.70	40.90	1.29.60	42.10	1.29.50	1.33.60
12	33.90	1.13.30	43.40	1.33.10	37.80	1.22.60	38.90	1.22.30	1.26.50
13	31.60	1.08.10		1.26.00		1.15.90		1.16.70	1.19.90
14	30.10	1.04.60		1.21.50		1.11.70		1.12.20	1.15.00
15/16	29.00	1.02.50		1.18.30		1.08.50		1.09.30	1.12.40

GIRLS

Age	50m fr	100m fr	50m brst	100m brst	50m fly	100m fly	50m bk	100m bk	100m IM
9	42.90		56.20		48.40		49.50		1.50.30
10	39.10		50.40		42.90		44.50		1.38.90
11	36.20	1.18.10	46.60	1.39.50	39.90	1.27.70	41.20	1.27.80	1.31.20
12	34.20	1.13.20		1.32.80		1.21.80		1.21.70	1.25.50
13	32.80	1.10.10		1.28.10		1.17.70		1.18.20	1.21.50
14	32.00	1.08.80		1.25.40		1.15.70		1.16.30	1.19.60
15/16	31.60	1.07.80		1.24.50		1.14.80		1.15.00	1.18.60

No time margins allowed for.

Ages are as 7th February 2010

Entries will also be accepted from any swimmers, 17 years and over for all events, on an Exhibition swim/Time trial basis. If room within the meet programme permits, Time Trial swims will also be available to all swimmers and a waiting list will be operated for these swims on a first come, first served basis. These swims can be requested in advance of the day or on the day. Acceptance of these types of swims will be at the discretion of the meet manager. No team points or awards will however be given for these swims. Entry fees for this type of swim will be £2.50 per event.

Cranleigh Amateur Swimming Club

B GRADE OPEN MEET – ENTRY FORM – GIRLS 7th FEBRUARY 2010

THIS INFORMATION WILL BE PROCESSED ON COMPUTER. THE MEET WILL BE RUN
UNDER ASA LAWS & ASA TECHNICAL RULES.
PLEASE COMPLETE THE FOLLOWING DETAILS IN BLOCK CAPITALS

COMPETITOR

Surname				
Forenames				
Address				
		Post Code		
CLUB		Club Contact/E-mail		
Contact Name		Tel No		
Full date of Birth		ASA No		
EVENTS				
Event Number	Distance	Stroke	Entry Time	For Official Use Accepted / Entered
FEES ENCLOSEDEvents @ £ 4.50 per Event				£

Please return this form by 9th January 2010 to :-

Kevin Locock
11 High View
Gomshall
Guildford
Surrey
GU5 9LT

Please enclose a **LARGE A4**, stamped addressed envelope with **sufficient** postage for return of cards. If further entry forms are required, please photocopy.

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B GRADE OPEN MEET – ENTRY FORM – BOYS 7th FEBRUARY 2010

THIS INFORMATION WILL BE PROCESSED ON COMPUTER. THE MEET WILL BE RUN
UNDER ASA LAWS & ASA TECHNICAL RULES.
PLEASE COMPLETE THE FOLLOWING DETAILS IN BLOCK CAPITALS

COMPETITOR

Surname				
Forenames				
Address				
		Post Code		
CLUB		Club Contact/E-mail		
Contact Name		Tel No		
Full date of Birth		ASA No		
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