City of Salford Swimming Club's

Spring Meet 2017

Level 3

Saturday 1st April & Sunday 2nd April 2017

Broughton Leisure Centre, Salford

Salford Community Sport

City of Salford Swimming Club in partnership with Salford Community Leisure

FINIS

City of Salford Swimming Club, Spring Meet 2017
3NW170740 Saturday 1st & Sunday 2nd April
Broughton Leisure Centre, Salford

We always understand the need for swimmers to have a final shot at achieving their Regional Qualifying Times and so have placed the meet just at the start of April – the final weekend before the closing date. We feel this is a fantastic opportunity to swim the regional programme at a short course level.

AGE GROUPS Age as of 2nd April 2017
9, 10, 11, 12, 13, 14, 15/over

ENTRIES £4.25 per entry. Please make all cheques payable to COSSC.

EVENTS 50, 100, 200 across all strokes
200 & 400 IM, 400 Free

AWARDS Top 3 in each age group in each event
Medals will be awarded for Para swimming results

Salford Swimmers CLOSING DATE to the GROUP REPS

Thursday 16th MARCH 2017

Any entries received after this date will not be accepted, as a strict competition time scale must be adhered to as a condition of our ASA license.

If you have any queries or questions, please contact salfordevents@outlook.com

Best wishes

Gary Newell
Competition Secretary

PROGRAMME OF EVENTS

Saturday 1st April

Session 1
Warm Up 8am Start 9am

Girls 9/over 200m IM
Boys 9/over 200m IM
Girls 9/over 50m Breaststroke
Boys 9/over 50m Breaststroke
Girls 9/over 100m Freestyle
Boys 9/over 100m Freestyle

Session 2
Warm Up TBC

Boys 9/over 200m Breaststroke
Girls 9/over 200m Breaststroke
Boys 9/over 100m Butterfly
Girls 9/over 100m Butterfly
Boys 9/over 400m Freestyle
Girls 9/over 400m Freestyle
Boys 9/over 50m Backstroke
Girls 9/over 50m Backstroke

Sunday 2nd April

Session 3
Warm Up 8am Start 9am

Boys 9/over 200m Butterfly
Girls 9/over 200m Butterfly
Boys 9/over 50m Freestyle
Girls 9/over 50m Freestyle
Boys 9/over 100m Backstroke
Girls 9/over 100m Backstroke
Boys 9/over 400m IM
Girls 9/over 400m IM

Session 4
Warm Up TBC

Girls 9/over 200m Freestyle
Boys 9/over 200m Freestyle
Girls 9/over 50m Butterfly
Boys 9/over 50m Butterfly
Girls 9/over 100m Breaststroke
Boys 9/over 100m Breaststroke
Girls 9/over 200m Backstroke
Boys 9/over 200m Backstroke

ENTRY TIMES

Swimmers must not have swam faster than the stipulated times at a Level 1, 2 or 3 licensed meet in the past 12 months prior to the last day of the competition.

	GIRLS						
Events	**9 years**	**10 years**	**11 years**	**12 years**	**13 years**	**14 years**	**15/over**
	upper	upper	upper	upper	upper	upper	upper
50m Free	35.7	33.2	31.6	30.2	29.3	28.8	27.9
100m Free	1:09.19	1:05.19	1:05.19	1:02.24	1:00.50	59.35	58.72
200m Free	2:25.36	2:20.36	2:20.36	2:13.79	2:10.11	2:07.44	2:03.58
400m Free	4:59.98	4:52.98	4:52.98	4:40.06	4:32.85	4:26.61	4:25.25
50m Back	41.2	37.8	35.9	34.2	33.2	32.1	30.2
100m Back	1:15.26	1:13.26	1:13.26	1:09.58	1:07.59	1:05.95	1:05.38
200m Back	2:40.02	2:36.02	2:36.02	2:28.44	2:24.47	2:21.33	2:19.89
50m Breast	45.3	43.2	40.6	38.4	36.0	35.5	34.9
100m Breast	1:26.36	1:23.36	1:23.36	1:19.24	1:16.73	1:15.01	1:14.31
200m Breast	3:01.67	2:58.67	2:58.67	2:49.38	2:44.78	2:41.33	2:40.69
50m Fly	40.6	36.7	34.8	33.1	32.0	30.7	29.5
100m Fly	1:15.98	1:13.98	1:13.98	1:09.67	1:07.53	1:05.73	1:05.19
200m Fly	2:46.31	2:43.31	2:43.31	2:33.84	2:27.77	2:23.90	2:22.37
200m IM	2:41.78	2:38.78	2:38.78	2:31.37	2:27.47	2:24.42	2:23.57
400m IM	5:40.25	5:37.25	5:37.25	5:19.35	5:10.17	5:03.60	5:02.31
	BOYS						
Events	**9 years**	**10 years**	**11 years**	**12 years**	**13 years**	**14 years**	**15/over**
	upper	upper	upper	upper	upper	upper	upper
50m Free	34.3	31.7	30.1	28.4	27.0	26.5	26.2
100m Free	1:002.19	1:00.19	1:00.19	1:00.19	57.17	55.41	53.77
200m Free	2:22.98	2:18.98	2:18.98	2:10.78	2:04.45	2:00.15	1:57.16
400m Free	4:58.11	4:51.11	4:51.11	4:35.04	4:22.26	4:14.06	4:07.38
50m Back	41.0	37.8	34.5	34.0	31.9	30.8	28.7
100m Back	1:10.54	1:08.54	1:08.54	1:08.54	1:04.69	1:02.30	1:00.24
200m Back	2:38.89	2:35.89	2:35.89	2:26.36	2:18.97	2:13.97	2:10.07
50m Breast	46.5	43.0	40.5	37.9	35.5	34.1	32.0
100m Breast	1:19.67	1:17.67	1:17.67	1:17.67	1:12.96	1:10.65	1:08.11
200m Breast	3:04.52	3:00.52	3:00.52	2:48.43	2:39.17	2:33.36	2:28.61
50m Fly	40.1	36.8	34.5	31.7	29.9	28.5	26.8
100m Fly	1:10.42	1:08.42	1:08.42	1:08.42	1:04.08	1:01.54	59.35
200m Fly	2:47.19	2:43.19	2:43.19	2:31.80	2:22.79	2:16.20	2:11.56
200m IM	2:41.53	2:38.53	2:38.53	2:29.38	2:21.49	2:16.87	2:12.92
400m IM	5:44.58	5:39.58	5:39.58	5:16.25	4:59.75	4:50.30	4:41.63

Conditions

1. Introduction

1.1. The City of Salford Swimming Club (hereinafter 'the Club') Open Meet (hereinafter 'the Meet') will be held in accordance with the relevant FINA/ASA/IPC Technical & Judicial Rules/Laws.

1.2. Bona Fide Coaches and Team Managers requiring access to the poolside must be in possession of a Pass issued by the Club. It is mandatory that all Coaches comply with the relevant ASA Child Protection Procedures and have an up to date DBS certificate.

1.3. Any question or dispute arising from these conditions or disputes related to a matter not covered in these conditions shall be determined by the Meet Director.

1.4. This Meet is open to all members of a Club affiliated to ASA/SASA or WASA. A swimmer shall be considered as foreign if they are not a member of a club affiliated to ASA/SASA or WASA. Foreign swimmers are eligible to enter provided that they are a member of a Club in their home country, and that country is affiliated to FINA. They should also provide adequate evidence of the validity of their entry time if requested.

2. The Meet

2.1. The closing date for entries is Thursday 16th March.

2.2. Age for the competition will be as of the last day of the competition.

2.3. Age Groups will be defined as 9,10,11,12,13,14,15/over

3. Para Swimming competitors

3.1. Swimmers with a disability shall swim under IPC Rules.

3.2. Qualifying times for para-swimming competitors are not required. However entry times shall be submitted for the purpose of seeding the heats.

3.3. Personal Care Attendants/Coaches: Personal care attendants are permitted to accompany a swimmer if they agree so beforehand with the Meet Director. A swimmer in any of these classes may have both a coach and a personal care attendant present.

No charge will be applied for personal care attendant. Poolside passes; coaches' passes shall attract the advertised fee. All coaches, chaperones and personal care attendants must conform to the ASA child protection procedures and hold a current CRB certificate.

3.4. Competition format: The competition format will be based on disability inclusion within the able bodied programme i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times.

4. The Events

4.1. Individual events shall be 50m 100m and 200m in all strokes, plus 200m and 400m IM and 400m Freestyle.

4.2. All heats will be swum combined & heat declared winner.

4.3 The 400m events will be restricted to six heats

5. Awards

5.1. Awards will be made to the Top 3 in each age group plus the Multi-Class Para-Swimming British Points.

6. Submission of entries

6.1. The use of Sportsystems Entry Manager for submitting electronic entries is the preferred method for entry to these championships. The relevant Sportsystems entry file can be downloaded from the City of Salford Swimming Club website.

6.2. Entry fees for each event shall be £4.25. This includes the levy fee to the ASA per swim.

6.3. Cheques should be made payable to: COSSC

6.4. Upper qualifying times will be applied to all individual events

6.5. Individual entry times must not equal or be faster than the stipulated time.

6.6. Entry times must be 25m times (conversions will be accepted).

6.7. Entries will be audited against the rankings published by the ASA and any club may be challenged to demonstrate the authenticity of the information provided. There will be no refunds for incorrect entries.

6.8. The Meet Director reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked the Director will reduce the qualifying times for each event by the same percentage until the projected sessions lengths fall within licensed meet guidelines, rejecting swimmers who are outside these revised consideration times. Any entry rejected under these circumstances will be refunded.

6.9. Submitted entry times shall be used for seeding and rejection purposes as required.

6.10. Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Director

6.11. Once an entry has been submitted improved times will not be accepted.

7. Confirmation of entry

7.1. Accepted swimmers details will be posted onto the website as soon as possible after the closing date for the competition. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made.

8. Meet procedures

8.1. A withdrawal system will be in operation. Competitors or their representatives must inform the organisers of their intention to withdraw at least 45 minutes before the start of the session if they do not intend to swim.

Notification may be made by email to the Meet Director prior to the commencement of the meet. Withdrawal messages must state NAME, CLUB, and EVENT(s).

8.2. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.

8.3. There will be no refund of entry fees for such withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided.

8.4. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events to be held that day.

8.5. Heat Start Lists will be made available to clubs as soon as possible after the withdrawal deadline of each session.

8.6. Competitors are responsible for presenting themselves to the Marshalling area one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for the race.

9. Other

9.1. Photographs and Video of the meet may be taken by representatives of the promoter of the event, and may be used for promotional purposes. Entry into the competition implies acceptance of this condition.

9.2. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet.

9.3. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s).

9.4. City of Salford Swimming Club accepts no responsibility for loss or damage to competitors personal belongings, how so ever caused, unless such damage is caused by the negligence of the City of Salford Swimming Club. City of Salford Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside and that responsibility should be taken up by an appropriate individual. All swimmers on poolside should be accompanied by a person with a coaches pass, who has had a CRB check and preferably attended a good practice course.

Spring Meet 2017

Salford Home Entry Form

CLOSING DATE TO GROUP REPS: **THURSDAY 16TH MARCH 2017 (Late entries will not be accepted)**

FULL NAME			
CLUB	CITY OF SALFORD SWIMMING CLUB	MALE / FEMALE	
D.O.B.		ASA REG. NO.	
EMAIL		MOBILE	

	Entry Time		Entry Time
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		200m Breaststroke	
400m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
100m Backstroke		200m Butterfly	
200m Backstroke		200m IM	
		400m IM	

OPTION 1 SUBMITTED THROUGH CLUB	TOTAL EVENTS _____ x £4.25 =	£
I agree that the form above is filled out to the best of my knowledge and I have provided the correct details. I have ensured there is a valid ASA Registration Number stated. I also abide by the Conditions of this competition and when entering the venue premises on the day I will abide by the ASA Code of Conduct as stated in the ASA Wavepower document.		SIGNED _____ (parent / guardian)