



WATFORD SWIMMING CLUB REGIONAL QUALIFIER OPEN MEET

Affiliated to the East Region
(Under ASA Laws and Technical Rules of Swimming)
(License Number 3ER160088)

12th and 13th March 2016

MEET RULES AND INFORMATION

- 1) Watford Swimming Club is affiliated to Herts ASA and East Region ASA
- 2) The competition will be held under ASA Law and Technical Rules and in accordance with the promoter's conditions.
- 3) All Swimmers must be ASA registered.
- 4) The pool length is 25m. 8 lanes.
- 5) Age groups for boys and girls are single banded age groups from:
10yrs –15yrs and 16yrs & over
- 6) There will be awards for the top three in each age group in each event.
- 7) Age as at 31st December **2016**.
- 8) Swimmers need to be 11 or over by the 31st December 2016 to enter the 400IM
- 9) Heats will be swum with all ages combined and seeded on submitted times.
- 10) Over the top starts may be used at the promoters' discretion.
- 11) The one start rule will apply to all races.
- 12) Once an entry has been accepted a competitor shall swim or give **notice of withdrawal**. Notice of withdrawals from a club shall be reported to the recorders **at least 45 minutes** before the start of the session.
- 13) Any swimmer not present when required to swim will incur a £10 penalty. In the event of a competitor not paying the penalty, the Club in whose name the competitor has entered the competition shall be responsible for payment.
- 14) All swimmers should be supervised by their coaches/team managers during warm up and whilst on poolside. Coaches and team managers are responsible for the behaviour of their swimmers at all times.
- 15) To run this event in line with ASA rules we need sufficient officials (timekeepers and judges) so clubs entering 8 swimmers must supply 1 qualified official for each session entered and a further qualified official for every additional 10 swimmers per session.
- 16) No responsibility can be accepted for any loss or damage to clothing or other articles.
- 17) Swimmers will not be allowed into the viewing gallery or cafeteria area in swimming costumes and footwear must be worn. Only swimmers and team managers, coaches and officials will be allowed on poolside.
- 18) Refreshments and food will be available to purchase in the cafeteria.

- 19) In line with the recommendations of the ASA Child Protection Policy, the Promoters of this event request that any person wishing to engage in video or photography of any kind register their details with the staff at the spectator entry desk before carrying out any such activity. This includes the use of mobile phones with an image capture facility.

ENTRIES

- 20) Valid entries will be accepted in order of receipt, that is, first come first served.
- 21) If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted. Any deletions / scratches made will be based on the first come first served basis.
- 22) “No Time” (NT) entries are not allowed
- 23) We will accept long course times provided that they are converted to short course times when entered into Hytek
- 24) The 400m Freestyle will be limited to 4 heats for Males and 4 heats for Females. There will be a reserve list of the EIGHT fastest swimmers for boys and for girls should any swimmer pull out or not turn up on the day.
- 25) The 400m IM will be limited to 2 heats for Males and 2 heats for Females. There will be a reserve list of the EIGHT fastest swimmers for boys and for girls should any swimmer pull out or not turn up on the day. Note that swimmers need to be 11 or over as at 31st December 2016 to swim this event.
- 26) Complete entries for each club are requested together with a single cheque or bank transfer. Later individual entries may not be accepted. **Closing date for entries is midnight 12th February** (though please note this is a first come first served meet and the meet will be closed when full)
- 27) The entry fee is £5.00 per individual event except the 400IM and 400 Free for which the entry fee is £7.00 per event.
- 28) All club entries with over 5 swimmers must be via Hy Tek software. No entries will be accepted after the closing date or during the meet unless due to promoter’s error or omission.
- 29) Please submit ONE club cheque payable to WATFORD SWIMMING CLUB or e-mail for bank details and send with Summary Sheet to Tracy O’Sullivan at 32 Oxhey Road Watford WD19 4QQ. Any enquiries please contact Tracy O’Sullivan at openmeet@watfordswimmingclub.co.uk
- 30) Any individual entries must include a £1.00 administration charge per swimmer.
- 31) Confirmation of entries once the meet is full will be on our website – www.watfordswimmingclub.co.uk
- 32) **COACHES’ PASSES.**
Weekend Coaches’ passes, to include food, are available for poolside access at £15 per day or £25 for the weekend. Coaches passes will not be sold on the day.
- 33) Entries to this meet will be held on a computer and consent, as required by Data Protection Act 1998 (as Amended), to the holding of personal information on computer will be deemed to have been given by the submission of the entry..

- 34) The Promoter reserves the right to make any changes necessary for the smooth running and timing of the meet, including any matters not covered above.

Gala to be held at: **Woodside Leisure Centre**, Horseshoe Lane, WATFORD, Hertfordshire
WD25 7HH

www.watfordswimmingclub.co.uk

WATFORD SWIM CLUB
Regional Qualifier - Licence 3ER160088
 Level 3 Open Meet - 12th and 13th March 2016
SCHEDULE OF EVENTS

SATURDAY 12 th MARCH 2016		
SESSION 1 Warm Up: 1:15 pm Start: 2:15 pm	Event No.	Event
	1	Boys 10 & Over 400m Freestyle
	2	Girls 10 & Over 200m IM
	3	Boys 10 & Over 200m Butterfly
	4	Girls 10 & Over 100m Freestyle
	5	Boys 10 & Over 100m Breaststroke
	6	Girls 10 & Over 50m Backstroke
	7	Boys 10 & Over 50m Butterfly
SESSION 2 Warm Up: TBC Start: TBC	Event No.	Event
	8	Girls 11 & Over 400m IM
	9	Boys 10 & Over 200m Freestyle
	10	Girls 10 & Over 200m Breaststroke
	11	Boys 10 & Over 100m Butterfly
	12	Girls 10 & Over 100m Backstroke
	13	Boys 10 & Over 200m Backstroke
	14	Girls 10 & Over 50m Breaststroke
15	Boys 10 & Over 50m Freestyle	

SUNDAY 13 th MARCH 2016		
SESSION 3 Warm Up: 8:15 am Start: 9:15 am	Event No.	Event
	16	Girls 10 & Over 400m Freestyle
	17	Boys 10 & Over 200m IM
	18	Girls 10 & Over 200m Butterfly
	19	Boys 10 & Over 100m Freestyle
	20	Girls 10 & Over 100m Breaststroke
	21	Boys 10 & Over 50m Backstroke
22	Girls 10 & Over 50m Butterfly	
SESSION 4 Warm Up: TBC Start: TBC	Event No.	Event
	23	Boys 11 & Over 400m IM
	24	Girls 10 & Over 200m Freestyle
	25	Boys 10 & Over 200m Breaststroke
	26	Girls 10 & Over 100m Butterfly
	27	Boys 10 & Over 100m Backstroke
	28	Girls 10 & Over 200m Backstroke
	29	Boys 10 & Over 50m Breaststroke
30	Girls 10 & Over 50m Freestyle	

BOYS

No	EVENT		10	11	12	13	14	15	16 & OVER
1	400m Free	Upper QT	5.05.53	4.55.15	4.40.72	4.27.66	4.24.10	4.14.10	4.05.03
		Lower QT	7.16.80	6.51.00	6.25.00	5.56.80	5.40.40	5.12.50	5.03.70
3	200m Fly	Upper QT	2.42.69	2.39.20	2.30.34	2.21.76	2.17.93	2.13.48	2.11.48
		Lower QT	4.02.03	3.42.20	3.26.60	3.09.70	2.59.70	2.47.50	2.41.70
5	100m Breast	Upper QT	1.28.55	1.21.86	1.16.86	1.12.73	1.11.19	1.10.44	1.05.85
		Lower QT	2.05.00	1.58.50	1.51.90	1.40.10	1.32.10	1.30.00	1.26.40
7	50m Fly	Upper QT	35.10	31.80	30.80	29.80	27.90	27.20	26.50
		Lower QT	53.80	51.00	48.80	44.40	41.00	36.00	35.00
9	200m Free	Upper QT	2.23.62	2.17.49	2.11.06	2.05.06	2.00.70	1.58.15	1.52.36
		Lower QT	3.26.00	3.12.80	3.01.10	2.50.00	2.41.60	2.30.80	2.26.30
11	100m Fly	Upper QT	1.17.00	1.10.64	1.06.41	1.03.26	59.82	59.55	56.79
		Lower QT	1.52.00	1.45.90	1.39.60	1.29.10	1.21.40	1.17.70	1.13.80
13	200m Back	Upper QT	2.38.03	2.32.94	2.25.77	2.18.27	2.15.54	2.14.96	2.06.31
		Lower QT	3.51.70	3.37.30	3.26.60	3.06.10	2.56.40	2.44.30	2.39.80
15	50m Free	Upper QT	32.10	29.00	27.60	26.80	25.30	24.50	24.00
		Lower QT	47.30	44.60	42.60	39.80	35.30	32.50	32.00
17	200m IM	Upper QT	2.42.08	2.35.07	2.29.15	2.22.53	2.18.31	2.13.84	2.09.13
		Lower QT	3.57.20	3.37.80	3.23.30	3.10.80	3.00.30	2.53.20	2.43.70
19	100m Free	Upper QT	1.06.00	1.03.00	58.32	57.04	55.20	53.85	51.11
		Lower QT	1.35.00	1.31.00	1.26.80	1.21.10	1.14.30	1.10.00	1.07.60
21	50m Back	Upper QT	36.10	33.90	32.50	31.50	29.90	27.60	27.00
		Lower QT	55.10	51.10	48.00	45.60	40.85	38.90	36.60
23	400m IM	Upper QT		5.35.58	5.17.25	5.00.75	4.51.30	4.42.63	4.39.02
		Lower QT		7.19.70	6.54.30	6.32.00	6.10.30	5.54.60	5.45.40
25	200m Breast	Upper QT	3.05.84	2.56.61	2.47.83	2.39.06	2.36.42	2.35.39	2.28.70
		Lower QT	4.24.00	4.07.40	3.54.20	3.30.30	3.18.90	3.05.80	3.00.70
27	100m Back	Upper QT	1.15.00	1.10.85	1.06.83	1.05.69	1.02.43	1.00.21	57.95
		Lower QT	1.50.00	1.46.00	1.40.20	1.29.70	1.22.00	1.18.50	1.14.30
29	50m Breast	Upper QT	41.00	36.90	34.60	33.00	32.00	31.40	30.60
		Lower QT	58.00	53.60	49.90	44.60	40.70	39.40	39.40

GIRLS

No	EVENT		10	11	12	13	14	15	16 & OVER
2	200m IM	Upper QT	2.53.46	2.35.07	2.32.43	2.28.49	2.25.59	2.24.36	2.23.90
		Lower QT	3.57.70	3.32.90	3.21.30	3.15.40	3.08.90	2.59.50	2.57.20
4	100m Free	Upper QT	1.08.00	1.06.06	1.02.98	1.00.88	59.24	58.03	56.83
		Lower QT	1.40.00	1.34.20	1.27.00	1.22.00	1.16.80	1.16.00	1.13.70
6	50m Back	Upper QT	36.70	34.00	32.70	31.80	30.70	30.00	29.90
		Lower QT	54.50	52.70	49.40	46.70	42.30	39.80	39.10
8	400m IM	Upper QT		5.30.25	5.20.35	5.11.17	5.04.60	5.03.31	5.01.42
		Lower QT		7.17.30	6.52.00	6.34.40	6.23.10	6.15.80	6.10.50
10	200m Breast	Upper QT	3.05.40	2.52.30	2.50.75	2.45.12	2.42.70	2.40.07	2.39.40
		Lower QT	4.22.50	4.07.10	3.53.80	3.33.20	3.26.50	3.17.90	3.15.80
12	100m Back	Upper QT	1.19.00	1.13.85	1.09.02	1.07.42	1.05.89	1.04.63	1.03.46
		Lower QT	1.50.00	1.46.00	1.40.30	1.31.40	1.26.10	1.22.10	1.21.10
14	50m Breast	Upper QT	41.00	38.20	36.20	35.50	34.30	34.15	34.00
		Lower QT	1.00.20	57.40	55.40	51.20	46.80	43.80	43.30
16	400m Free	Upper QT	5.35.11	5.04.35	4.50.94	4.42.01	4.36.20	4.32.59	4.29.88
		Lower QT	7.20.70	6.52.00	6.28.70	5.59.80	5.50.80	5.28.80	5.25.20
18	200m Fly	Upper QT	2.45.05	2.42.49	2.33.71	2.28.96	2.24.45	2.20.76	2.16.30
		Lower QT	4.05.00	3.45.20	3.28.40	3.16.30	3.08.00	2.59.90	2.54.80
20	100m Breast	Upper QT	1.28.55	1.21.86	1.18.86	1.16.69	1.14.11	1.13.74	1.10.97
		Lower QT	2.05.00	1.58.50	1.52.30	1.42.30	1.38.70	1.34.10	1.31.20
22	50m Fly	Upper QT	35.30	32.10	31.30	30.10	29.90	29.70	29.70
		Lower QT	53.90	51.30	49.10	45.30	42.60	38.20	37.70
24	200m Free	Upper QT	2.24.77	2.17.10	2.15.17	2.13.00	2.09.11	2.06.46	2.05.18
		Lower QT	3.29.30	3.17.80	3.03.70	2.52.00	2.46.00	2.40.20	2.38.00
26	100m Fly	Upper QT	1.20.00	1.15.64	1.11.21	1.08.50	1.06.74	1.05.08	1.04.42
		Lower QT	1.52.00	1.45.90	1.39.90	1.31.20	1.25.30	1.23.90	1.20.80
28	200m Back	Upper QT	2.42.67	2.35.76	2.28.07	2.24.65	2.20.12	2.18.84	2.17.39
		Lower QT	3.53.70	3.37.50	3.26.70	3.09.30	3.04.20	2.54.80	2.52.40
30	50m Free	Upper QT	32.10	29.00	28.00	27.80	27.00	26.50	26.30
		Lower QT	47.10	45.00	43.00	40.80	37.60	35.40	35.00