



# The Borough of Harrow Swimming Club



Affiliated to ASA London Region

Website: [www.harrowswim.com](http://www.harrowswim.com) Email: [events@harrowswim.com](mailto:events@harrowswim.com)

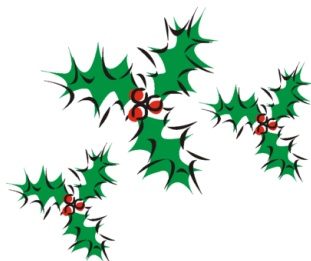
## BOROUGH OF HARROW CHRISTMAS CRACKER COUNTY QUALIFIER LEVEL 3 MEET 2016

Under ASA Laws & FINA Technical Rules of Swimming  
LICENSED MEET NUMBER – 3LR161184

Saturday 3 December & Sunday 4 December 2016

BARNET COPTHALL LEISURE CENTRE CHAMPIONS WAY HENDON LONDON NW4 1PX

Timings are approximate and may be adjusted



### SESSION 1

Saturday 3<sup>rd</sup> December 2016  
Warm Up: 2pm - Start 2.45pm

### SESSION 2

Saturday 3<sup>rd</sup> December 2016  
Warm Up & Start TBC

### SESSION 3

Sunday 4<sup>th</sup> December 2016  
Warm Up: 1pm – Start 1.45pm

### SESSION 4

Sunday 4<sup>th</sup> December 2016  
Warm Up & Start TBC

Venue: Barnet Copthall Leisure Centre  
25m Pool, 8 Lanes, full Electronic Timing

Age Groups: 9, 10/11, 12/13, 14/15, 16&over

Events: 50m 100m 200m ALL STROKES, 400m Freestyle, 100m & 200m IM,

Entries: For Hy-Tek file and Electronic entries please email  
[events@harrowswim.com](mailto:events@harrowswim.com)

Promoter reserves the right to amend session times and limit entries to ensure the meet runs smoothly





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## BHSC CHRISTMAS CRACKER L3 MEET INFORMATION

Under ASA Laws & FINA Technical Rules of Swimming

**LICENSED MEET NUMBER – 3LR161184**

**BARNET COPTHALL LEISURE CENTRE CHAMPIONS WAY HENDON LONDON NW4 1PX**

**Saturday 3 and Sunday 4 December 2016**

1. Barnet Cophall Main Competition Pool – 25 metres – 8 lanes – Anti-Wave Lane Ropes. Colorado Electronic Timing and Hy-Tek Meet Management.
2. Ages are as at 4<sup>th</sup> DECEMBER 2016.
3. All events will have Heat Declared Winners - there will be no finals.
4. Age Groups – 9, 10/11, 12/13, 14/15, 16+. Awards will be made to the first 3 in each stroke for each age group. These will be available for collection from the presentation table. No medals will be forwarded after the meet.
5. 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. This consent gives permission for details to be published both during and after the Meet and Personal data will be available for inspection during the Meet on application to the Promoters.

### ENTRIES

6. The entry fee is £5.75 per event (£6.50 for 400m). Cheques made payable to: **THE BOROUGH OF HARROW SWIMMING CLUB**
7. The closing date for entries is **Sunday 13 November 2016 or sooner if the meet capacity is reached.** (The organisers would be grateful if clubs are able to send in entries prior to this date.)
8. **This meet is First Come First Served Entry.**
9. Entries must be made electronically using the Hy-Tek Team Manager file – request file from [events@harrowswim.com](mailto:events@harrowswim.com)
10. If your club does not use Team Manager a lite version can be downloaded and instructions can be found at <http://www.hy-tek ltd.com/updates/tftm%20lite.pdf>
11. Send your completed entry file to [events@harrowswim.com](mailto:events@harrowswim.com)
12. The promoter reserves the right to limit the number of entries if necessary to allow the Meet to be run in the allotted pool time.
13. Any entry not accepted due to oversubscription will be refunded in full. No other monies will be refunded.
14. Lists of individual accepted / rejected entries will be sent to clubs.
15. No swimmer should have swum faster than the time stated. NT Entries will not be accepted.
16. Time Trials may be accepted on the day of the meet only if there are spaces available to fill lanes at a cost of £6.50 per time trial.
17. Clubs entering more than 12 swimmers are requested to supply 1 qualified official per day (2 officials if more than 20 swimmers)
18. Coaches Passes are available at a cost of £10 per day / £15 per weekend. This will entitle the holder to admission to both sessions, a programme, session start lists and food and refreshments between sessions. There will be no entry poolside without a pass and passes must be worn at all times.

## MEET PROCEDURE

19. This is a cardless meet. Entries will be pre seeded before the meet. Withdrawal information should be forwarded to [events@harrowswim.com](mailto:events@harrowswim.com) or to the administrator on the day prior to warm up.

## MEET SAFETY

20. All swimmers must observe the pool and ASA Safety Rules. The Depth of the water at the Shallow end of Main Pool is 1 metre deep (End where the timing display board is). The Deep End of Main pool is 1.5 Meters Deep (starting block end) The starting blocks are 72cm above the level of the water. Only those swimmers who have reached the standard of the ASA Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water. Swimmers must not go in to the main foyer without drying down and wearing the suitable clothes and foot wear. Failure to comply may result in expulsion from the meet.

## SPECTATORS

21. Poolside entry and seating is available. There is parking on site.
22. A copy of the result sheets will be provided to clubs at the end of the gala and will be available from our website as soon as possible after the gala.
23. Photographs/Videos are only permitted on registration with the promoter prior to the meet. Registration details can be given upon entry to the meet.
24. Anything not covered in these notes will be at the discretion of the promoter.

## UPPER LIMIT TIMES

### SWIMMERS MUST NOT BE FASTER THAN THE TIMES SHOWN

BOYS					Events	GIRLS				
9yr	10/11yr	12/13yr	14/15	16/over		9yr	10/11yr	12/13yr	14/15	16/over
33.00	30.80	27.70	25.0	24.00	50m Free	34.00	31.70	29.30	27.60	26.00
1:10.60	1:06.60	58.61	54.47	53.80	100m Free	1:12.10	1:08.20	1:01.4	59.40	58.20
2:42.00	2:20.00	2:05.57	1:57.20	1:54.00	200m Free	2:37.10	2:24.50	2:10.20	2:06.40	2:05.00
6:06.00	5:00.40	4:30.90	4:15.20	4:11.00	400m Free	6:12.50	5:00.10	4:37.20	4:29.30	4:27.00
42.50	37.50	34.70	32.80	30.79	50m Breast	42.70	40.10	37.20	35.20	34.00
1:32.00	1:26.00	1:13.00	1:08.00	1:06.60	100m Breast	1:33.00	1:25.90	1:17.00	1:14.80	1:12.00
3:29.00	3:04.70	2:40.00	2:28.70	2:24.24	200m Breast	3:22.00	2:59.70	2:45.00	2:40.66	2:38.10
36.40	34.10	30.50	28.10	26.40	50m Fly	36.80	34.50	32.30	30.40	29.00
1:23.00	1:15.40	1:04.94	59.40	59.00	100m Fly	1:22.50	1:15.70	1:08.39	1:05.60	1:03.10
3:10.50	2:44.70	2:23.05	2:12.10	2:08.04	200m Fly	3:05.10	2:45.20	2:28.51	2:22.40	2:20.00
37.40	35.50	31.60	29.50	28.40	50m Back	37.60	35.70	33.70	32.00	31.30
1:21.40	1:15.30	1:05.63	1:00.3	59.00	100m Back	1:21.40	1:15.40	1:08.41	1:05.78	1:04.10
2:57.80	2:40.10	2:19.00	2:10.10	2:07.20	200m Back	2:54.20	2:39.10	2:24.88	2:19.57	2:18.00
1:22.40	1:18.20	1:09.80	1:04.50	1:02.00	100 Medley	1:20.80	1:18.00	1:12.70	1:10.80	1:08.60
3:10.80	2:43.40	2:26.60	2:16.00	2:09.80	200 Medley	3:12.50	2:43.20	2:30.90	2:24.80	2:22.00





## SCHEDULE

<b>SESSION 1 – SATURDAY 3 DECEMBER</b>	
1. 9 & Over Girls	400M FREESTYLE
2. 9 & Over Boys	200M INDIVIDUAL MEDLEY
3. 9 & Over Girls	50M BREASTSTROKE
4. 9 & Over Boys	50M BREASTSTROKE
5. 9 & Over Girls	100M BUTTERFLY
6. 9 & Over Boys	100M BUTTERFLY
7. 9 & Over Girls	200M FREESTYLE
8. 9 & Over Boys	200M FREESTYLE

<b>SESSION 2 – SATURDAY 3 DECEMBER</b>	
9. 9 & Over Girls	200M BUTTERFLY
10. 9 & Over Boys	200M BUTTERFLY
11. 9 & Over Girls	50M BACKSTROKE
12. 9 & Over Boys	50M BACKSTROKE
13. 9 & Over Girls	100M BREASTSTROKE
14. 9 & Over Boys	100M BREASTSTROKE
15. 9 & Over Girls	100 INDIVIDUAL MEDLEY

<b>SESSION 3 – SUNDAY 4 DECEMBER</b>	
16. 9 & Over Boys	400M FREESTYLE
17. 9 & Over Girls	200IM INDIVIDUAL MEDLEY
18. 9 & Over Boys	50M BUTTERFLY
19. 9 & Over Girls	50M BUTTERFLY
20. 9 & Over Boys	200M BACKSTROKE
21. 9 & Over Girls	200M BACKSTROKE
22. 9 & Over Boys	100M FREESTYLE
23. 9 & Over Girls	100M FREESTYLE

<b>SESSION 4 – SUNDAY 4 DECEMBER</b>	
24. 9 & Over Boys	200M BREASTSTROKE
25. 9 & Over Girls	200M BREASTSTROKE
26. 9 & Over Boys	50M FREESTYLE
27. 9 & Over Girls	50M FREESTYLE
28. 9 & Over Boys	100M BACKSTROKE
29. 9 & Over Girls	100M BACKSTROKE
30. 9 & Over Boys	100M INDIVIDUAL MEDLEY

