



Hillingdon SC Winter Open Meet 2015 (2LR152215R)
LEVEL 2 SHORT COURSE MEET
Hillingdon Sports & Leisure Complex
Gatting Way, Uxbridge UB8 1ES
Programme of Events

Saturday 19th December		
Session 1		
M	400m IM	10/Over
F	400m Freestyle	10/Over
M	100m Breaststroke	10/Over
F	100m Butterfly	10/Over
M	50m Backstroke	10/Over
F	200m Breaststroke	10/Over
Session 2		
M	100m Freestyle	10/Over
F	100m Backstroke	10/Over
M	50m Butterfly	10/Over
F	50m Breaststroke	10/Over
M	200m Backstroke	10/Over
F	200m Freestyle	10/Over
Session 3		
F	100m Butterfly Finals	14/U, 15/O
M	100m Breaststroke Finals	14/U, 15/O
F	100m Backstroke Finals	14/U, 15/O
M	100m Freestyle Finals	14/U, 15/O
F	200m Freestyle Final	Open
M	200m Butterfly	10/Over
F	50m Freestyle	10/Over
M	200m IM	10/Over

Sunday 20th December		
Session 4		
F	400m IM	10/Over
M	400m Freestyle	10/Over
F	100m Breaststroke	10/Over
M	100m Butterfly	10/Over
F	50m Backstroke	10/Over
M	200m Breaststroke	10/Over
Session 5		
F	100m Freestyle	10/Over
M	100m Backstroke	10/Over
F	50m Butterfly	10/Over
M	50m Breaststroke	10/Over
F	200m Backstroke	10/Over
M	200m Freestyle	10/Over
Session 6		
M	100m Butterfly Finals	14/U, 15/O
F	100m Breaststroke Finals	14/U, 15/O
M	100m Backstroke Finals	14/U, 15/O
F	100m Freestyle Finals	14/U, 15/O
M	200m Freestyle Final	Open
F	200m Butterfly	10/Over
M	50m Freestyle	10/Over
F	200m IM	10/Over

Age groups 12 & under, 13/14, 15/16, 17 & over



Qualifying times for Hillingdon SC Level 2 Winter Open Meet 19th & 20th December 2015 (2LR152215R)
 Short Course Times or Long Course converted to SC please. For conversions please use www.pullbuoy.co.uk
 Entry times must have been achieved at a licensed meet and appear on ASA rankings. There is no upper limit.

Hillingdon Level 2 Meet - Minimum Qualifying Times				
BOYS				
EVENT	12 / under	13 / 14	15/ 16	17 / Over
50m Freestyle	35.1	31.3	29.0	27.4
100m Freestyle	01:15.7	01:07.3	01:02.6	01:00.2
200m Freestyle	02:44.7	02:26.6	02:16.3	02:12.9
400m Freestyle	05:46.0	05:10.4	04:48.7	04:42.5
50m Breaststroke	45.1	39.6	36.4	34.4
100m Breaststroke	01:36.9	01:25.1	01:18.4	01:15.0
200m Breaststroke	03:29.2	03:03.9	02:50.7	02:42.3
50m Butterfly	38.8	34.3	31.5	29.6
100m Butterfly	01:24.6	01:14.4	01:08.8	01:05.1
200m Butterfly	03:06.6	02:44.7	02:31.7	02:24.4
50m Backstroke	40.3	35.8	32.6	30.4
100m Backstroke	01:25.2	01:15.0	01:09.3	01:05.4
200m Backstroke	03:02.6	02:41.4	02:29.8	02:22.9
200m IM	03:06.8	02:45.3	02:33.7	02:27.6
400m IM	06:34.3	05:50.3	05:25.4	05:14.9
GIRLS				
EVENT	12 / under	13 / 14	15 / 16	17 / Over
50m Freestyle	35.7	33.3	32.0	30.5
100m Freestyle	01:16.6	01:11.3	01:08.7	01:07.1
200m Freestyle	02:44.9	02:33.5	02:28.0	02:26.1
400m Freestyle	05:43.7	05:20.8	05:10.2	05:07.2
50m Breaststroke	45.4	41.8	40.3	38.5
100m Breaststroke	01:37.3	01:28.7	01:26.2	01:23.2
200m Breaststroke	03:28.8	03:11.5	03:05.8	02:58.7
50m Butterfly	39.1	36.1	34.7	32.7
100m Butterfly	01:24.9	01:18.3	01:15.8	01:12.2
200m Butterfly	03:06.4	02:51.0	02:44.8	02:39.0
50m Backstroke	40.5	37.5	36.1	34.4
100m Backstroke	01:25.3	01:19.0	01:16.1	01:13.6
200m Backstroke	03:01.7	02:49.2	02:42.4	02:38.3
200m IM	03:06.3	02:53.1	02:47.2	02:44.2
400m IM	06:32.0	06:03.1	05:50.5	05:44.5



Hillingdon Swimming Club Winter Open Meet (2LR152215R) 19th & 20th December 2015 Rules and Conditions

1. The competition will be swum under ASA Laws and FINA Technical Rules of Swimming and is licensed at Level 2 for entry into National and Regional Championships subject to the relevant conditions of the respective Championships.
2. All swimmers must be ASA registered and provide a membership number.
3. The Meet will be held at Hillingdon Sports & Leisure Complex, Gating Way Uxbridge UB8 1ES. The centre has an eight lane 25m pool, swim down pool plus electronic timing with scoreboard
4. All entries must meet the qualifying times, entries may be restricted to ensure smooth running of the meet. Time trials will be at the promoter's discretion.
5. Entries may be restricted in order to keep the session times within appropriate timescales. Slowest times in each age group will be rejected in oversubscribed events. *Acceptance into all events applied for cannot therefore be guaranteed.* Details of accepted and rejected entries will be published on our website as soon as possible after the closing date. To ensure that there is enough licensed officials for the smooth running of the Meet priority **may** be given to entries from swimmers who meet the qualifying criteria and whose parents are an ASA licensed official and agree to officiate in all sessions in which their swimmers compete.
6. **Clubs with 10 or more swimmers entered in the Meet are required, as a condition of entry, to provide a minimum of one official for all sessions in which the club has swimmers.**
7. Names and contact details for officials should be completed by the person responsible for submitting the entries and forwarded together with confirmation of entries and payment.
8. The entry fee is £7.00 per event. No refunds will be given except for rejected swims.
9. Coaches' passes are available at a cost of £30.00 for the Meet. Passes will include admittance to all sessions, food/refreshments and a programme.
10. Swim meet entries will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be publicly available during the meet.
11. A designated officer must make all club entries and that same person must make all communications with the meet organisers.
12. Age groups: 12&U, 13/14, 15/16 and 17/over. Minimum Age for this Meet is 10. **Age as at midnight 31st December 2015.**
13. Finals will be swum in all 100m Events for 14 & Under, 15 & Over. An Open "Grand Final" will be swum in the Male and Female 200m Freestyle events.
14. Awards will be given to the first 3 in each age group, male and female, in each event.



15. An award will be given to the top visiting club.
16. Swimmers **must sign in at least 1 hour before the start of each session** for each event in which they wish to take part. A swimmer who is late to sign in may be placed in an unoccupied lane at the discretion of the meet organiser, but this is not guaranteed.
17. The **closing date** for entries is **Monday 23rd November 2015**. Hillingdon SC reserves the right to extend the entry closing date.
18. Entries should be made using Hy-Tek Team Manager software and paid for by bank transfer. Details will be on the entry summary form.
19. All competitors and spectators shall observe the rules of the Hillingdon Sports and Leisure Complex and comply with any instructions given by their staff.
20. Competitors are requested not to bring large bags poolside for safety reasons. Lockers are available for £1 (refundable). Hillingdon Sports and Leisure Complex and Hillingdon Swimming Club shall not be responsible for loss of property for any reason.
21. During **warm-up** swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated. Sprint lanes will be announced.
22. A **swim down** pool will be available for use throughout the duration of the event, except whilst warm-up is available in the main competition pool. Swimmers are expected to respect other swimmers in and around the surrounding area whilst using this facility. The instructions of the pool lifeguard and/or Hillingdon SC Meet Management Staff must be followed. Hillingdon SC Meet Management Staff and the Leisure Centre Management reserve the right to close this facility.
23. Anything not covered by these rules shall be at the discretion of the meet organiser.

In line with ASA child protection policy, anyone wishing to engage in photography including use of cameras, video cameras or mobile phones, must register at the spectator entrance and must wear a pass. We request no flash photography at the start of each event as well as complete silence including mobile phones.



Hillingdon SC Short Course Winter Open Meet 2015 (2LR152215R)

ENTRY FORM

Full Name		D.o.B		Male/Female
Age as at 31/12/15		Club		
Address				
Tel No		ASA No.		

£7.00 per EVENT	ENTRY TIME (SHORT COURSE)
• 50m FREESTYLE	
• 100M FREESTYLE	
• 200M FREESTYLE	
• 400M FREESTYLE	
• 50M BACKSTROKE	
• 100M BACKSTROKE	
• 200M BACKSTROKE	
• 50M BREASTSTROKE	
• 100M BREASTSTROKE	
• 200M BREASTSTROKE	
• 50M BUTTERFLY	
• 100M BUTTERFLY	
• 200M BUTTERFLY	
• 200M INDIVIDUAL MEDLEY	
• 400M INDIVIDUAL MEDLEY	
TOTAL ENTRY FEE ENCLOSED	£.....

BY COMPLETING THIS FORM, THE SWIMMER AGREES TO ABIDE BY THE RULES AND CONDITIONS CLUBS – PLEASE RETURN THIS FORM WITH AN ENTRIES SUMMARY FORM TO HARRY MCGOWAN

CLOSING DATE FOR ENTRIES MONDAY 23 November 2015



Entries Summary Form

HILLINGDON SC WINTER OPEN MEET 2015

One of these forms must accompany club entries or any individual entry form(s)

CLUB:		
CONTACT NAME:		
ADDRESS:		
POST CODE:		
TELEPHONE:		
EMAIL:		
NUMBER OF ENTRIES AT £7.00 EACH =		£
NUMBER OF COACH PASSES @ £30.00 = () (Includes programme and poolside refreshments for both days)		£
NAME(S) OF COACH(ES) AND ASA NUMBER(S)		
TOTAL REMITTANCE =		£
<u>No entries will be processed without full and complete payment</u>		
<p>Cheques should be made payable to: Hillingdon Swimming Club. Payment by bank transfer to: Account: Hillingdon Swimming Club; Sort code: 20 73 53; A/C No 63210219 with a Reference <Club Name>. In the event of any refunds please supply Club Bank Account details:</p>		
Sort Code:	Account Number	

All Entry Summary Forms should be sent to: harry.mcgowan@mac.com

CLOSING DATE FOR ENTRIES: MONDAY 23 NOVEMBER 2015