



## **BEXLEY SWIMMING CLUB**

FOUNDED 1968 • AFFILIATED A.S.A.L.R

### **BEXLEY LONG COURSE OPEN MEET - Level 1 (Licence no.)**

At Crystal Palace National Sports Centre, Ledrington Rd London SE19  
On 26<sup>th</sup> & 27<sup>th</sup> April 2014

### **Competition Rules and Meet Information**

#### **FACILITIES:**

Eight Lane 50 metre Pool  
Swim Down Pool  
Electronic timing with display  
Results will be published on BSC website.

#### **RULES:**

The meet will be held under ASA Laws and FINA Technical Rules of Swimming. All events will be on a heat declared winner basis.

#### **INFORMATION:**

Bexley Opens Manager  
49 Burns Avenue  
Sidcup  
Kent  
DA15 9HT  
Email [meetmanager@bexleyswimmingclub.com](mailto:meetmanager@bexleyswimmingclub.com)

#### **WEBSITE:**

[www.bexleyswimmingclub.com](http://www.bexleyswimmingclub.com)

#### **AGE GROUPS:**

11/Under, 12/13, 14/15, 16/Over  
Age as at 26<sup>th</sup> April 2014

Age 9 - The 50m event and 200m events

Age 10 and over - The 50m, 100m, and 200m and 400m events



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**ENTRIES:** Closing date for entries is 21<sup>st</sup> March 2014.

All submitted times must be long course times, we will accept converted short course times. All entries must be legible and on the correct entry form (photo copies acceptable). For clubs entering more than 3 swimmers electronic entries will be required. The following 3 ways are available to you (1) view the web site [www.bexleyswimmingclub.com](http://www.bexleyswimmingclub.com) and go to the Long Course Open page, (2) contact the Bexley Opens Manager at the following address 49 Burns Avenue, Sidcup, Kent, DA15 9HT requesting details (3) email [meetmanager@bexleyswimmingclub.com](mailto:meetmanager@bexleyswimmingclub.com) for the appropriate electronic entry files. All entries must show the swimmer's name, full date of birth and ASA registration number along with the events they wish to enter.

Paper entries and email entries carry an additional £5 administration charge. Entries will be considered provided they are inside our set qualifying times. If the event is oversubscribed, and in order to keep the time of each session within the appropriate time period, the slowest entries from each individual age group (this being 9, 10, 11,12,13,14,15 and 16 and over) will be rejected. Improved times will not be accepted once we have received a swimmers original entry time.

Bexley Swimming Club reserves the right to reject entries that fall outside the guidelines. Either the promoter or Bexley Swimming Club has the right to reject any swimmer or club from the event before or after the closure date and refund their entry fee.

By submitting entries on the official entry forms or on photocopy forms, clubs and competitors accept the rules of the competition.

### **DATA PROTECTION:**

Swim meet entries and results will be managed on a computer. 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 & recorded times, may be made public during the meet.

### **ENTRY FEES**

£5.50 for the 100m, and 200m and 400m events.

£5.00 for the 50m event

Cheques payable to [Bexley Swimming Club](#)



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### **AWARDS:**

Awards will be made to the first three placed swimmers in each age group for each event (presentations will not be made; medals can be collected from the awards table).

**COACHES PASSES:** £20.00 per day - to include admittance to pool side in all sessions, programme, food/refreshments. Only pass holders, swimmers and officials will be allowed on poolside.

### **SIGNING IN SHEETS:**

Swimmers must report to the appropriate desk one for boys and one for girls and sign against their name in each event that is being swum in that particular session. This must be at least 45 minutes before the start of each session. The signing in sheets will be by event number and then alphabetical order by first name. Swimmers must only sign themselves in. Swimmers/Parents/Coaches etc must not sign in on behalf of swimmers. Heat start lists will be posted on the lower concourse in the marshalling area (near the diving pit) as soon as possible after signing in has closed. Swimmers are advised to check the lists, prior to the event being swum, to ensure that they have been accepted into the event. It is the swimmers responsibility to ensure that their name appears on the heat start list. Swimmers must report to the stewards at the marshalling area when instructed to do so by their coach. Any competitor not reporting in time may be excluded. The organisers reserve the right to amend the running order of events. Over the top starts will operate where applicable. As soon as possible after the closing date, confirmation bearing details of each swimmer will be e-mailed for the entries accepted. Any refund in respect of entries not accepted will be made 'en-bloc' to the official named on the resume sheet. Swimmers may enter any number of individual events in their own age group.



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### **TIME TRIALS:**

No time trials will be offered on the day.

### **SEEDING:**

All events are seeded, slowest to fastest, based on submitted entry times and the last heat in each event will be spearheaded.

### **SAFETY AND SECURITY GUIDELINES FOR SWIMMERS, COACHES, OFFICIALS AND SPECTATORS.**

### **STARTS:**

It is the responsibility of the competitors, coaches and clubs, to ensure that all swimmers are competent to the standard of the ASA competitive start award, to perform a shallow racing dive into the water. In the event of a false start, swimmers should perform a safe entry with a shallow racing dive and not fall into the water. Swimmers are reminded that they are permitted to start in the water for all events, but must advise the referee of this prior to the start of their heat.

### **WARM UP:**

During the warm up, swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others. The instructions of the pool lifeguards or others in authority must be obeyed immediately.



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### **SWIM DOWN:**

Any swimmers in the swim down pool must be supervised by their club coach or club representative.

### **SAFETY:**

Everyone attending the event must familiarise themselves with the location of the emergency exits, which must be kept clear at all times. Everyone is asked to observe all normal precautions in the pool area and when moving around the sports centre, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to one of the meet director's representatives.

The pool depths are 2.06 metres at the starting end of the pool and 1.8 metres at the teaching end of the pool.

Swimmers must not leave the poolside unless wearing shoes and having dried themselves.

### **BEHAVIOUR:**

The organisers and the pool management reserve the right to remove any swimmer or spectator from the pool area whose behaviour is either against the pool rules or the efficient running of the meet. Stewards will be patrolling the sports centre and anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building.

### **SECURITY:**

Competitors are advised not to leave their belongings unattended and to ensure valuables are placed in a locked locker or deposited with someone for safekeeping. Neither Bexley Swimming Club nor the pool management will be held responsible for the property that is lost.



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### **PHOTOGRAPHY:**

In line with the recommendation in the ASA Child Protection Policy, the Meet Director of this event insists that any person wishing to engage in any video, zoom or close range photography and using a mobile phone with photographic capability should register their details in the book provided at the information desk on the lower concourse, before carrying out any such photography.

### **DE Photos:**

They will operate during this meet. If you want your child to be photographed, please see DE Photos, with your child's event, heat and lane number.

### **LITTER:**

Competitors and spectators are asked to place all litter in the receptacles provided and not to leave it on the floor, particularly in the spectator gallery, where it may become a safety hazard.

### **SWIMSHOP:**

We are pleased to confirm that **MAILSPORTS** will again be providing a swimshop with a full range of products, during the meet.

### **CAR PARKING:**

There is ample car parking on site, for which charges may be levied, by the pool operator.

ANY SITUATION NOT COVERED BY THE ABOVE MEET RULES AND INFORMATION, WILL BE AT THE DISCRETION OF THE MEET DIRECTOR, WHO ALSO RESERVES THE RIGHT TO MAKE ANY CHANGES THAT MAY BE CONSIDERED NECESSARY FOR THE SMOOTH RUNNING AND DISCIPLINE OF THE EVENT.

# BEXLEY SWIMMING CLUB QUALIFYING TIMES 2014

<i>GIRLS</i>							<i>Event</i>	<i>BOYS</i>						
<i>9/10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16+</i>		<i>9/10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16+</i>
39.80	37.30	35.40	34.00	32.90	32.00	31.90	50 FREE	39.00	37.00	34.90	33.00	31.30	29.70	28.70
1.26.20	1.19.30	1.15.20	1.12.70	1.10.70	1.09.60	1.08.80	100 FREE	1.18.80	1.18.80	1.13.70	1.09.80	1.06.90	1.04.40	1.02.60
3.04.40	2.51.30	2.42.50	2.36.20	2.32.10	2.29.10	2.27.50	200 FREE	3.03.60	2.51.30	2.40.80	2.32.60	2.25.60	2.20.70	2.16.30
6.27.40	5.56.40	5.38.80	5.26.30	5.18.00	5.12.80	5.09.20	400 FREE	6.26.40	5.56.00	5.38.10	5.21.80	5.07.00	4.57.60	4.49.10
1.50.30	1.41.60	1.35.20	1.30.80	1.28.50	1.27.50	1.26.10	100 BREAST	1.41.50	1.41.50	1.34.70	1.28.80	1.24.60	1.21.40	1.18.90
3.55.50	3.36.60	3.24.90	3.15.50	3.09.50	3.06.70	3.05.80	200 BREAST	3.57.20	3.39.10	3.25.20	3.12.50	3.02.50	2.55.40	2.51.60
1.37.10	1.27.90	1.22.60	1.19.10	1.17.20	1.15.60	1.14.80	100 FLY	1.27.70	1.27.70	1.21.50	1.16.80	1.12.80	1.09.80	1.07.80
3.34.60	3.12.60	3.01.70	2.53.50	2.48.00	2.45.70	2.43.30	200 FLY	3.32.30	3.12.50	2.59.90	2.49.90	2.40.90	2.34.40	2.30.40
1.37.50	1.29.90	1.24.50	1.21.70	1.19.60	1.17.90	1.17.10	100 BACK	1.29.80	1.29.80	1.24.10	1.19.10	1.15.00	1.12.20	1.10.30
3.26.30	3.11.00	3.00.60	2.54.30	2.49.80	2.45.80	2.43.90	200 BACK	3.25.80	3.12.00	3.00.70	2.50.30	2.42.30	2.36.00	2.31.40
3.29.60	3.14.30	3.03.30	2.56.80	2.52.30	2.48.90	2.46.90	200 IM	3.29.60	3.14.30	3.02.80	2.52.70	2.44.80	2.38.40	2.33.90
7.26.20	6.43.30	6.24.90	6.10.60	6.02.00	5.55.20	5.50.80	400 IM	7.26.30	6.50.80	6.26.70	6.06.40	5.49.30	5.36.20	5.27.60

\*Times achieved must be faster than or equal to the stated qualifying times.

\* Qualifying times are Long Course times.