

BRACKNELL AND WOKINGHAM SWIMMING CLUB

Affiliated to ASA South East Region



THE BRACKNELL SPRING LEVEL 3 OPEN MEET 2015

18th April 2015
Long Course at
Aldershot Garrison Sports Centre GU11 2LQ

Licensed – Level 3 – (License # 3SE150574)

INFORMATION PACK & ONLINE ENTRY INSTRUCTIONS

Entries accepted on a first come, first served basis

Promoter: Bracknell & Wokingham Swimming Club
(queries should be addressed to the Entries Secretary)
Entries Secretary: Vicki Richardson
Telephone: 07824 469678; email: L3meet@bwsc.org.uk

PROMOTER'S CONDITIONS AND GENERAL INFORMATION

Entry Procedure

All entries must be **made online and paid for at the same time using the payment link to PayPal/ credit/debit card**. The charge per event is £5.25. Please visit www.bwsc.org.uk for further details and the web entry link. There is an additional one-off, non-refundable admin fee of £1.00 per swimmer.

1. All entry times should be short course (either short course, or converted long course), and must be achieved on/after 01/04/14.
2. The on-line entry system will import your fastest qualifying time since 1 April 2014 (either short course or converted long course) from ASA Rankings. You enter this by clicking the green "PB".
3. Where you have achieved a faster time (but still slower than the Upper Limit Time) since 1 April 2014 at a non-licensed meet you should overwrite the imported time with this achieved time.
4. If you have no qualifying time on ASA Rankings you will be able to enter a time achieved at a non-licensed meet (provided that it falls between the Qualifying and Upper Limit Time).
5. Where you have a time achieved since 1 April 2014 (either short course, or converted long course) on ASA Rankings that is faster than the Upper Limit Time, you are not eligible to enter and the on-line entry system will prevent you from entering.

The promoter reserves the right to seek confirmation of submitted times from non-licensed meets.

Entries made and paid for in the on-line system will be accepted on a first come first served basis but must be made by midnight on **Wednesday 25th March 2015**. No entries will be accepted until the on-line payment process has been completed.

Entries may be restricted in order to keep the session times within appropriate timescales and this will be done by accepting those entries received earliest until the event is full. The meet may be closed to new entrants if it is filled prior to the published closing date of Wednesday 25th March 2015.

All persons making entries in the on-line system are deemed to be confirming that:

- all entrants are ASA registered swimmers,
- the swimmers have all read and understood the Promoter's Conditions and accept them,
- all entrants are Club members and the swimmers wish to swim in the name of that Club,
- the dates of birth declared and entry times have been checked and found to be correct,
- all entrants' details, i.e. Name, Date of Birth and Club are the same as is recorded on their ASA Registration. This is necessary to facilitate the compilation of National Rankings.

As soon as possible after the closing date, a list of accepted/rejected entries, together with key swimmer information will be posted at www.bwsc.org.uk.

Qualifying and Upper Limit Times

In accordance with the ASA guidelines for licensed meets, swimmers must have achieved a "Qualifying Time" to enter all events. Also, as the meet is a Level 3 meet, there are Upper Limit Times and swimmers may not enter times faster than the Upper Limit Time. The Qualifying and Upper Limit Times are attached and are all short course times. Please note that the Qualifying Times shown are consideration times and it may be necessary to reject entries from swimmers who have achieved Qualifying Times to keep the meet running time within the limits imposed by the ASA, however we have designed our programme of events to ensure we can accept as many swimmers as possible.

Meet officials

BWSC strive to provide a professionally run Open Meet and rely on the valuable contribution of officials who volunteer their time to support us. With this in mind, we require **any club with a cumulative total of 6 or more swimmers to provide suitably qualified & licensed officials at the ratio of 1 official per 6 swimmers for each session.** Dependant on the volume of officials available for this meet, we also reserve the right to give priority to entries from individual swimmers for the session(s) in which their parent/carer volunteers to officiate. Please indicate the details online.

Coaches' passes

Coaches' passes are available for bona-fide coaches. They cost £12.00 per person, and cover pre-meet reports, admission to poolside, a programme, heat sheets and buffet lunch served between sessions 1 & 2. Please indicate your requirement online and include the appropriate payment. **Clubs entering more than 6 swimmers are required to purchase at least 1 coach pass. The ASA recommends a minimum ratio of 1 coach per 10 swimmers.**

ASA law

The meet will be held under ASA Laws & ASA Technical Rules of Racing. No jury of appeal will be appointed.

Over the top starts will be used wherever possible. Swimmers must remain in their lane after finishing their race until the next race has started, or instructed to leave the pool by the referee. Swimmers should leave the pool promptly by the sides, so as not to interfere with the timing equipment.

Recognition of times

This Meet has been licensed at Level 3 by the ASA. Times recorded at the meet will be accepted for entry into County and Regional Competitions and Championships, and other meets licensed at Levels 1 & 2, and will be sent to the ASA for inclusion in the National Rankings database.

Time Trials

Time Trials will be offered, especially where there would otherwise be empty lanes. Time trials will be swum in the appropriate seeding order (but not in the final heat) based on submitted times which must fall within the qualifying times criteria. Time trials will be initially offered to rejected swimmers on a first come first served basis, and competitors wishing to swim time trials should call the entries secretary prior to the meet (07824 469678) or go to the Competitors' Helpdesk upon arrival at the event. There will be a charge of £7.50 per time trial swim.

Programme of events

The programme of events for the meet is attached. All events are open to all ages, except 9 year old swimmers may not enter 100m events.

All age groups will be swum together, and the Age Groups for awards are:

Girls and Boys: 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years & over.

Ages are at 18th April 2015. Swimmers under 9 at 18th April may not enter.

The Promoter reserves the right to amend the Programme of Events to ensure the smooth running of the Meet.

Awards

All events are Heat Declared Winner (HDW). Heats will be seeded from submitted entry times with slowest swimmers first. The final heat will be spearheaded. Awards will be made to the fastest three swimmers in each age group.

Other conditions

Competitors in the first event of each session must report to the Stewards 10 minutes before the scheduled start time. Competitors in other events must report to the Stewards one clear event before the event in which they are swimming.

Registration for competitors will be situated in the entrance foyer and will be closed at the times stated. Only competitors intending to swim should register. If a competitor does not register, that competitor will be deemed to have retired from all other events at the meet.

Any dispute related to a matter not covered in these conditions shall be determined by the Promoter.

The Promoter reserves the right to amend any of the conditions in this document to ensure the smooth running of the Meet.

Warm-up facilities

The Pool will be available for warm-up before the start of each session; see the summary programme for warm up timings.

Spectators

The viewing area provides ample room for spectators and as usual an entry fee will be applicable, plus meet programmes will be available to purchase. There are vending machines in the foyer; availability of mobile food units will be advised closer to the event.

SUMMARY PROGRAMME OF EVENTS

Saturday 18th April 2015

Session 1 – Registration by 07.50

Warm-up: 08.00 Start: 08.30

Event

1	Girls	200m Backstroke
2	Boys	200m Backstroke
3	Girls	100m Butterfly
4	Boys	100m Butterfly
5	Girls	200m Breaststroke
6	Boys	200m Breaststroke
7	Girls	100m Freestyle
8	Boys	100m Freestyle
9	Girls	200m Individual Medley
10	Boys	200m Individual Medley
11	Girls	50m Backstroke
12	Boys	50m Backstroke
13	Girls	50m Breaststroke
14	Boys	50m Breaststroke

Session 2 – Registration by 12.20*

Warm-up: 12.30 Start: 13.00

Event

15	Girls	200m Butterfly
16	Boys	200m Butterfly
17	Girls	100m Backstroke
18	Boys	100m Backstroke
19	Girls	200m Freestyle
20	Boys	200m Freestyle
21	Girls	100m Breaststroke
22	Boys	100m Breaststroke
23	Girls	50m Butterfly
24	Boys	50m Butterfly
25	Girls	50m Freestyle
26	Boys	50m Freestyle

*Final timings will be confirmed after all entries are processed.

BWSC LEVEL 3 OPEN MEET SPRING 2015

QUALIFYING AND UPPER LIMIT TIMES

BOYS

All times are short course i.e. a 25m pool:

<u>Event</u>		<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15+</u>	
10	200m Individual Medley	Upper time	3:00.85	3:00.85	2:48.98	2:39.67	2:31.51	2:24.42	2:20.03
	200m Individual Medley	Qualifying time	4:24.01	4:24.01	4:00.01	3:43.46	3:26.37	3:08.96	2:57.52
12	50m Backstroke	Upper time	38.61	38.61	36.61	34.72	32.62	31.46	30.18
	50m Backstroke	Qualifying time	55.76	55.76	51.15	47.88	43.86	40.65	37.87
8	100m Freestyle	Upper time	N/A	1:13.01	1:08.88	1:04.63	1:01.17	58.77	57.2
	100m Freestyle	Qualifying time	N/A	1:46.88	1:37.66	1:30.79	1:23.55	1:16.99	1:12.42
6	200m Breaststroke	Upper time	3:24.76	3:24.76	3:10.92	2:59.46	2:48.64	2:40.98	2:35.77
	200m Breaststroke	Qualifying time	4:56.12	4:56.12	4:28.87	4:09.72	3:48.96	3:29.94	3:16.89
18	100m Backstroke	Upper time	N/A	1:23.96	1:17.75	1:13.23	1:08.92	1:05.79	1:03.45
	100m Backstroke	Qualifying time	N/A	2:01.02	1:49.07	1:41.61	1:33.25	1:25.53	1:20.08
14	50m Breaststroke	Upper time	43.92	43.92	41.33	38.77	36.27	34.79	33.5
	50m Breaststroke	Qualifying time	1:03.40	1:03.40	57.91	53.71	49.08	45.18	42.19
16	200m Butterfly	Upper time	3:06.64	3:06.64	2:50.27	2:40.26	2:31.09	2:24.24	2:17.73
	200m Butterfly	Qualifying time	4:28.31	4:28.31	3:59.33	3:42.76	3:24.45	3:07.80	2:54.18
20	200m Freestyle	Upper time	2:37.71	2:37.71	2:29.06	2:20.34	2:13.14	2:07.88	2:04.39
	200m Freestyle	Qualifying time	3:52.36	3:52.36	3:32.70	3:17.95	3:02.39	2:47.87	2:38.02
24	50m Butterfly	Upper time	37.51	37.51	35.25	33.41	31.49	30.12	28.85
	50m Butterfly	Qualifying time	54.17	54.17	49.4	46.19	42.46	39.02	36.35
2	200m Backstroke	Upper time	2:56.32	2:56.32	2:45.61	2:36.35	2:27.65	2:21.20	2:16.66
	200m Backstroke	Qualifying time	4:16.49	4:16.49	3:54.13	3:38.48	3:20.64	3:04.40	2:52.83
22	100m Breaststroke	Upper time	N/A	1:35.84	1:28.90	1:23.20	1:17.76	1:14.48	1:11.80
	100m Breaststroke	Qualifying time	N/A	2:18.03	2:04.96	1:55.64	1:45.63	1:37.13	1:30.79
4	100m Butterfly	Upper time	N/A	1:25.18	1:17.87	1:12.72	1:08.35	1:05.14	1:02.69
	100m Butterfly	Qualifying time	N/A	2:02.08	1:49.13	1:41.06	1:32.45	1:24.75	1:19.15
26	50m Freestyle	Upper time	33.44	33.44	31.86	30.04	28.62	27.43	26.48
	50m Freestyle	Qualifying time	48.93	48.93	44.96	41.93	38.73	35.67	33.41

Ages are at 18 April 2015

BWSC LEVEL 3 OPEN MEET SPRING 2015

QUALIFYING AND UPPER LIMIT TIMES

GIRLS

All times are short course i.e. a 25m pool:

<u>Event</u>		<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15+</u>	
9	200m Individual Medley	Upper time	3:01.04	3:01.04	2:49.05	2:40.07	2:35.53	2:32.17	2:30.07
	200m Individual Medley	Qualifying time	4:18.65	4:18.65	3:55.69	3:38.35	3:25.15	3:15.40	3:09.74
11	50m Backstroke	Upper time	38.69	38.69	36.7	34.96	33.85	33.08	32.67
	50m Backstroke	Qualifying time	55	55	50.58	47.12	44.19	42.11	41
7	100m Freestyle	Upper time	N/A	1:14.57	1:09.56	1:05.87	1:04.05	1:02.72	1:01.95
	100m Freestyle	Qualifying time	N/A	1:46.25	1:36.70	1:29.64	1:24.25	1:20.44	1:18.22
5	200m Breaststroke	Upper time	3:25.07	3:25.07	3:10.66	3:00.20	2:52.84	2:48.68	2:46.75
	200m Breaststroke	Qualifying time	4:49.60	4:49.60	4:23.14	4:03.42	3:46.76	3:35.79	3:29.90
17	100m Backstroke	Upper time	N/A	1:24.15	1:18.00	1:13.54	1:11.02	1:09.60	1:08.37
	100m Backstroke	Qualifying time	N/A	1:59.06	1:47.88	1:39.64	1:33.24	1:29.02	1:26.19
13	50m Breaststroke	Upper time	44.2	44.2	41.49	39.2	37.81	36.89	36.21
	50m Breaststroke	Qualifying time	1:02.42	1:02.42	57.12	52.83	49.43	47.02	45.53
15	200m Butterfly	Upper time	3:09.03	3:09.03	2:52.20	2:40.96	2:34.91	2:30.78	2:28.02
	200m Butterfly	Qualifying time	4:24.49	4:24.49	3:56.66	3:37.18	3:22.89	3:12.56	3:06.58
19	200m Freestyle	Upper time	2:38.58	2:38.58	2:29.69	2:21.63	2:17.33	2:14.86	2:12.86
	200m Freestyle	Qualifying time	3:47.61	3:47.61	3:28.68	3:13.27	3:01.35	2:53.36	2:48.22
23	50m Butterfly	Upper time	37.55	37.55	35.61	33.83	32.7	31.92	31.31
	50m Butterfly	Qualifying time	53.03	53.03	48.89	45.41	42.55	40.54	39.21
1	200m Backstroke	Upper time	2:58.17	2:58.17	2:44.85	2:36.50	2:31.95	2:28.94	2:26.09
	200m Backstroke	Qualifying time	4:12.90	4:12.90	3:48.79	3:32.50	3:19.79	3:10.64	3:04.46
21	100m Breaststroke	Upper time	N/A	1:36.45	1:28.93	1:24.03	1:20.58	1:18.09	1:17.25
	100m Breaststroke	Qualifying time	N/A	2:15.80	2:02.68	1:53.44	1:45.65	1:40.03	1:37.42
3	100m Butterfly	Upper time	N/A	1:25.18	1:18.19	1:13.39	1:11.01	1:09.01	1:08.28
	100m Butterfly	Qualifying time	N/A	1:59.22	1:47.55	1:38.97	1:32.84	1:28.04	1:25.74
25	50m Freestyle	Upper time	33.95	33.95	32.37	30.85	29.94	29.37	28.87
	50m Freestyle	Qualifying time	48.37	48.37	44.75	41.66	39.14	37.43	36.26

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