



LEVEL 1 OPEN MEET
APRIL 10th/11th/12th 2015
AT THE HENGROVE PARK LEISURE CENTRE

(Held under ASA Laws and Technical Rules - Licence Number 1SW150403)
Licensed Level 1 for entry into local, regional and national competitions.
50m, 10 lane pool with anti-wave ropes and electronic timing.
Large spectator seating area and spacious Cafeteria.

All events from 50m to 1500m
All events are heat declared winners
All events are subject to entry times being achieved.
Club entries of over 5 to be via HY-TEK entry file (see website for details)
Clubs will be expected to supply one licensed official for every 5 swimmers entered.

Age as on 12th April 2015

Awards will be given in the following age groups, 9, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15/over.
There will also be awards for top girl and top boy.

Open meet information/entry pack can be downloaded from the website
www.cobswimmingclub.co.uk or e-mail us at cobswimmingclub@hotmail.co.uk

. If the Meet is oversubscribed, entries will be accepted based on times submitted but ensuring an equal balanced of swimmers across the age groups

Entries close midnight Sunday 1st March 2015
In partnership with



PROGRAMME OF EVENTS

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park
Bristol, United Kingdom, BS14 0JZ
Licence Number 1SW150403

Friday 10th April 2015

Session 1 – Warm Up 18:20am – Start 19:00am

Event 1	Girls	11 and over	800 Freestyle	HDW
Event 2	Boys	11 and over	1500 Freestyle	HDW

Saturday 11th April 2015

Session 2 – Warm Up 8:15am – Start 09:00am

Event 3	Girls	9 and over	400 Freestyle	HDW
Event 4	Boys	9 and over	400 IM	HDW

Session 3 – Warm Up 10:00am – Start 11:00am

Event 5	Girls	9 and over	200 IM	HDW
Event 6	Boys	11 and over	100 Backstroke	HDW
Event 7	Girls	10 and over	100 Breaststroke	HDW
Event 8	Boys	9 and over	200 Freestyle	HDW
Event 9	Girls	9 and over	50 Breaststroke	HDW
Event 10	Boys	9 and over	50 Backstroke	HDW

Session 4 – Warm Up 2.15pm – Start 3.15pm

Event 11	Girls	9 and over	200 Backstroke	HDW
Event 12	Boys	9 and over	200 Breaststroke	HDW
Event 13	Girls	9 and over	200 Freestyle	HDW
Event 14	Boys	11 and over	100 Freestyle	HDW
Event 15	Girls	10 and over	100 Butterfly	HDW
Event 16	Boys	9 and over	50 Butterfly	HDW
Event 17	Girls	9 and over	50 Freestyle	HDW

Sunday 12th April 2015

Session 5 – Warm Up 8:15am – Start 09:00am

Event 18	Boys	9 and over	400 Freestyle	HDW
Event 19	Girls	9 and over	400 IM	HDW

Session 6 – Warm Up 10:00am – Start 11:00am

Event 20	Boys	9 and over	200 IM	HDW
Event 21	Girls	10 and over	100 Backstroke	HDW
Event 22	Boys	11 and over	100 Breaststroke	HDW
Event 23	Girls	9 and over	200 Butterfly	HDW
Event 24	Boys	9 and over	200 Butterfly	HDW
Event 25	Girls	9 and over	50 Backstroke	HDW
Event 26	Boys	9 and over	50 Breaststroke	HDW

Session 7 – Warm Up 2.15pm – Start 3.15pm

Event 27	Girls	9 and over	200 Breaststroke	HDW
Event 28	Boys	9 and over	200 Backstroke	HDW
Event 29	Girls	10 and over	100 Freestyle	HDW
Event 30	Boys	11 and over	100 Butterfly	HDW
Event 31	Girls	9 and over	50 Butterfly	HDW
Event 32	Boys	9 and over	50 Freestyle	HDW

City of Bristol Level 1 Open Meet – 10th /11th /12th April 2015

Qualifying Times

Minimum Qualifying Times, Based on ASA Minimum Qualifying Times for L1 Gala
Please use long course times. Conversions from short course to long course will be accepted

Boys

Event	9	10	11	12	13	14	15	16	17	Open
50m Free	42.6	39	37	34.9	33	31.3	29.7	28.7	28.4	27.4
100m Free			01:18.8	01:13.7	01:09.8	01:06.9	01:04.4	01:02.6	01:01.5	01:00.5
200m Free	03:23.4	03:03.6	02:51.3	02:40.8	02:32.6	2:25.6	2:20.7	02:16.3	02:13.7	02:13.7
400m Free	06:26.4	06:26.4	05:56.0	05:38.1	05:21.8	05:07.0	04:57.6	04:49.1	04:44.6	04:43.4
1500m Free			24:44.70	22:20.50	21:16.60	20:19.00	19:37.10	19:07.70	18:49.00	18:49.00
50m Breast	56.8	51.6	48.2	44.6	41.8	39.7	37.8	36.8	35.8	34.9
100m Breast			01:41.5	01:34.7	01:28.8	01:24.6	01:21.4	01:18.9	01:17.0	01:15.8
200m Breast	04:20.5	03:57.2	03:39.1	3.25.20	03:12.5	03:02.5	02:55.4	02:51.6	02:47.0	02:43.9
50m Fly	48.6	43.5	40.8	38.1	35.9	34	32.2	31.4	30.6	29.7
100m Fly			01:27.7	01:21.5	01:16.8	01:12.8	1.09.80	01:07.8	01:06.5	01:05.0
200m Fly	04:03.7	03:32.3	03:12.5	02:59.9	02:49.9	02:40.9	02:34.4	02:30.4	02:27.6	02:24.7
50m Back	50.3	46	43.2	40.5	38.2	36.1	34.5	33.5	32.7	31.7
100m Back			01:29.8	01:24.1	01:19.2	01:15.0	01:12.2	01:10.3	01:09.3	01:07.5
200m Back	03:46.7	03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:36.0	02:31.4	02:28.6	02:26.7
200m IM	03:52.0	03:29.6	03:14.3	03:02.8	02:52.7	02:44.8	02:38.4	02:33.9	02:31.0	02:29.2
400m IM	07:26.3	07:26.3	06:50.8	06:26.7	06:06.4	05:49.3	05:36.2	05:27.6	05:22.6	05:17.2
Girls										
Events	9	10	11	12	13	14	15	16	17	Open
50m Free	42.8	39.8	37.3	35.4	34	32.9	32.2	31.9	31.8	30.5
100m Free		01:26.2	01:19.3	01:15.2	01:12.7	01:10.7	01:09.6	01:08.8	01:08.1	01:07.3
200m Free	03:29.1	03:04.4	02:51.3	02:42.5	02:36.2	02:32.1	02:29.1	02:27.5	02:25.8	02:25.8
400m Free	06:27.4	06:27.4	05:56.4	05:38.8	05:26.3	05:18.0	05:12.8	05:09.2	05:06.3	05:06.3
800m Free			12:19.60	11:39.00	11:10.80	10:56.00	10:45.50	10:36.00	10:36.00	10:36.00
50m Breast	57	51.2	47.8	45	43.1	41.5	40.6	40.1	39.8	38.6
100m Breast		01:50.3	01:41.6	01:35.2	01:30.8	01:28.5	01:27.5	01:26.1	01:25.2	01:23.6
200m Breast	04:27.3	03:55.5	03:36.6	03:24.6	03:15.5	03:09.5	03:06.7	03:05.8	03:04.0	02:59.8
50m Fly	48.2	44	40.7	38.6	36.7	35.7	34.8	34.2	34.2	32.6
100m Fly		01:37.1	01:27.9	01:22.6	01:19.1	01:17.2	01:15.5	01:14.8	01:14.0	01:12.1
200m Fly	03:56.6	03:34.6	03:12.6	03:01.7	02:53.5	02:48.0	02:45.7	02:43.3	02:41.3	02:38.3
50 Back	50.2	46	43.1	40.9	39.4	38	37	36.6	36.3	35.3
100m Back		01:37.5	01:29.9	01:24.5	01:21.7	01:19.6	01:17.9	01:17.1	01:16.3	01:14.6
200m Back	03:52.7	03:26.3	03:11.0	03:00.6	02:54.3	02:49.8	02:45.8	02:43.9	02:42.8	02:39.9
200 IM	03:55.2	03:29.6	03:14.3	03:03.3	02:56.8	02:52.3	02:48.9	02:46.9	02:45.5	02:43.7
400 IM	07:26.2	07:26.2	06:47.3	06:24.9	06:10.6	06:02.0	05:55.2	05:50.8	05:48.7	05:43.9

City of Bristol Level 1 Open Meet – 10th /11th /12th April 2015

CONDITIONS

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park,
Bristol, United Kingdom, BS14 0JZ

Licence Number 1SW150403

- 1 The meet will be held under ASA Laws and ASA Technical Rules and has been Licensed Level 1 by the ASA for entry into District, Regional and National Competitions.
- 2 Qualifying times will be applied to all events. Entries of 6 or more swimmers from the same Club must be made electronically (HY Tek). Entries of 5 or less swimmers from the same club may be made using the official meet entry form. Entries (including summary and cheque) must reach the Meet Secretary on or before midnight on **Sunday 1st March 2015** – No late entries will be accepted.
- 3 All competitors must be members of an affiliated club, registered with the ASA and may compete in the name of one club only.
- 4 The promoters reserve the right to accept or reject entries at their discretion, and to restrict entries in order that the Meet may be completed within the time available. If the Meet is oversubscribed, entries will be accepted based on times submitted but ensuring an equal balance of swimmers across the age groups.
- 5 In order to clarify the criteria should the event be over subscribed the following guidelines will be used. Preference will be given to:
 - a. City of Bristol Swimming Club and its affiliated clubs where the swimmer of a parent-helper has entered the gala.
 - b. Where the Meet organiser has been given notice that a visiting official has a swimmer entering the gala. In these cases the swimmer must have achieved the minimum qualifying time for their age and event. Preference will only be given for the sessions in which the parents-helpers or the official is on duty.
- 6 As soon as possible after the closing date, club list sheets will be emailed to club secretary for accepted entries, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or available for collection by Clubs on the day.
- 7 Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date.
- 8 The age groups are: 9, 10, 11, 12, 13, 14, 15 and over - **ages as at 12th April 2015**.
- 9 **100m events are open to age 10 and over for girls, and age 11 and over for boys only.**
- 10 **800m events are open to age 11 and over for girls**
- 11 **1500m events are open to age 11 and over for boys**
- 12 The pool is 50m and the meet will be swum long course. Anti-wave devices will be in place and electronic timing/placing will be used.
- 13 Entry fees are £7.00 per event (£10.00 per 800/1500m event) and include the levy per accepted entry made by the ASA for licensed events. Coach/team manager passes (maximum of 4 per club) are £15 each and entitle the holder to admission to all sessions, a programme plus a full set of results per club. Entry fees should be made in one consolidated payment, payable to **City of Bristol Swimming Club**.
- 14 Weekend Event programme **£5.00, adult spectator entry fee (per session) £2.00, all day pass £5.00 – Saturday/Sunday.**
- 15 **Friday night admission is included in the entry fee**
- 16 Entries and results for this meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.
- 17 The one start rule will be in operation during this event.
- 18 The meet will be run without cards. Heats will be pre-seeded. Swimmers do not need to sign in, other than for 400m, 800m, and 1500m events.
- 19 Swimmers must report to the competitors' stewards' eight heats prior to their own.
- 20 Wet swimmers are not allowed in the spectator areas. The small pool may be used at the discretion of the lifeguards and is for swim down only.
- 21 All events are HDW.
- 22 In accordance with recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance.
- 23 Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- 24 The promoter reserves the right to alter these conditions if necessary, any alterations being announced during the meet. Any matter not covered by these conditions shall be at the promoter's discretion if not covered by ASA Laws or Technical Rules.
- 25 Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoters discretion.

- 26 The promoter reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by ASA laws or technical rules will be at the promoter's discretion.
- 27 Any swimmer breaking these conditions will be liable to disqualification from any or all events.
- 28 There will be medals in every event for the first three overall swimmers in each age group. Any disqualified swimmer will not receive awards.
- 29 Awards will be made to the top boy and top girl swimmer using a points system based on swimmers achieving 1st to 10th places in each event
- 30 Refunds will also be given for medical reasons on production of a Doctor's note.
- 31 The promoters reserve the right to refuse admission to any competitor or spectator.
- 32 **Coaches Passes will not be sold on the day. No pass - no admission to poolside**
- 33 Teams are required to **provide one licensed official for every 5 swimmers entered**. Any team that is unable to meet this requirement should email the meet secretary (details below) as soon as possible so we can ensure the meet is adequately staffed
- 34 Entry times shall be those for 50m pool times, converted if necessary. All times submitted must be truthful and correct as define by the ASA Code of Conduct. Entry times may be checked against ASA rankings.
- 35 Over the top starts may be used at the promoter's discretion.

SIGNING IN SHEETS:

Sign in sheets will be used for all 400m, 800m, and 1500m events. Swimmers must sign in to confirm that they are swimming in these events, **before the start of the warm up for session in which the event takes place**. Failure to do so will result in the swimmer being removed from the event, and the entry fee being forfeited.

Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags (lockers are available in the changing village -£1 refundable) and report any issues immediately to a member of the pool staff or to the Open Meet Promoter

WARNING TO ALL COACHES, TEAM MANAGERS & SWIMMERS

ANY SWIMMER UNABLE TO EXECUTE A SAFE DIVE FROM THE BLOCKS INTO SHALLOW WATER ARE REMINDED THAT THEY MAY START FROM THE SIDE OF THE POOL OR IN THE WATER

Please note that the best postcode to use for Sat Nav is BS14 0DB, which will take you to the City of Bristol Skills Academy at the entrance to the hospital site. The Pool is then 400m from the Skills Academy further in Hengrove Park.

In partnership with



City of Bristol Swimming Club Level 1 Open Meet 2015
CLERICAL ENTRY FORM

Name _____ Club _____

Male / Female - Date of Birth _____ Age at 12.04.15 _____ ASA Member ID _____

Friday

Session 1			
#	Sex	Event	Entry Time (LC)
1	Female	800m Freestyle	
2	Male	1500m Freestyle	

Saturday

Session 2			
#	Sex	Event	Entry Time (LC)
3	Female	400m Freestyle	
4	Male	400m Individual Medley	
Session 3			
5	Female	200m Individual Medley	
6	Male	100m Backstroke	
7	Female	100m Breaststroke	
8	Male	200m Freestyle	
9	Female	50m Breaststroke	
10	Male	50m Backstroke	
Session 4			
11	Female	200m Backstroke	
12	Male	200m Breaststroke	
13	Female	200m Freestyle	
14	Male	100m Freestyle	
15	Female	100m Butterfly	
16	Male	50m Butterfly	
17	Female	50m Freestyle	

Sunday

Session 5			
#	Sex	Event	Entry Time (LC)
18	Male	400m Freestyle	
19	Female	400m Individual Medley	
Session 6			
20	Male	200m Individual Medley	
21	Female	100m Backstroke	
22	Male	100m Breaststroke	
23	Female	200m Butterfly	
24	Male	200m Butterfly	
25	Female	50m Backstroke	
26	Male	50m Breaststroke	
Session 7			
27	Female	200m Breaststroke	
28	Male	200m Backstroke	
29	Female	100m Freestyle	
30	Male	100m Butterfly	
31	Female	50m Butterfly	
32	Male	50m Freestyle	

Total number of entries @ £7.00 = No: _____ Total £'s: _____

Total number of entries @ £10.00 = No: _____ Total £'s: _____

Note: This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 6 swimmers are being entered. Entry forms should be sent with a completed payment form as per the payment form instruction.

City of Bristol Swimming Club Level 1 Open Meet 2015
Payment Form

CLUB	
CONTACT ADDRESS	
TEL: NO:	
E-MAIL	

Total Number of Swimmer Entries _____

Total Cost of Entries @ £7.00 each _____

Total Cost of Entries @ £10.00 each _____

Total Cost of Coaches Passes @ £15.00 each _____

Total Cheque enclosed _____

(All Cheques should be made payable to 'City of Bristol Swimming Club')

Greater than 5 swimmers

Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to cobswimmingclub@hotmail.co.uk

5 or less swimmers per club

Clerical entry forms, completed summary form, and cheque should be sent to:

Adrian Noon
67 Smyth Road, Ashton, Bristol, BS3 2DS

In partnership with





Open Meet Entry Checklist

Your entry envelope should contain the following:-

- ✓ Summary sheet completed
- ✓ HyTek reports (fees and event entries) or clerical forms if <5 swimmers
- ✓ Cheque for entries

Post to Meet Secretary by first class mail DO NOT send by recorded delivery as this can delay your entry reaching the secretary if no-one is available to sign for it!

This completes the entry. Acknowledgement of receipt of paperwork will be sent by email.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries are NOT accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.

Future Open Meets

11th / 12th July – Long Course

31st October / 1st November – Long Course

In partnership with

