



ATLANTIS SWIMMING CLUB, HORSHAM

(Affiliated to South-East Region A.S.A.)

The Pavilions in the Park

Hurst Road

Horsham

West Sussex RH12 2DF

CHRISTMAS CRACKER 2016

LEVEL 3

LICENSED OPEN MEET

(Licence No. 3SExxxxx)

Saturday & Sunday 26th & 27th November 2016

Promoter's Conditions

1. This meet is a Level 3 meet in accordance with the ASAs Open Meet Licensing Criteria (valid from 1 March 2015) and will be run under ASA law & ASA technical rules and these promoter's conditions. The meet will be run as "age on the day" for swimmers 9 years to 18 years of age and over on 27th November 2016
2. The competition will be held in an 8 lane, 25 metre deck level pool with anti-wave lane ropes. Electronic placing and timing will be in operation.
3. There will be 50 metre, 100 metre and 200 metre events in all four strokes, plus 100m, 200m and 400m Individual Medley and 400m Freestyle.
4. **SWIMMERS MUST BE REGISTERED WITH THE A.S.A. AND THEIR REGISTRATION DETAILS TO FORM PART OF THE ENTRY APPLICATIONS. ENTRIES WITHOUT THE RELEVANT INFORMATION WILL BE REJECTED.**
5. Entries will be by Hy-Tek Meet Manager[®] software only and will be accepted on the basis of first come first served in each age group. Entries will open on 10th September 2016. The closing date is 9th October 2016 or when the meet is fully subscribed, whichever is earlier. Late entries may be considered. Individual entries not using Hy-Tek may be considered at the discretion of the promoters and will attract an administration fee.
6. The entry fees including ASA Regional Levy are as follows:
 - 50m events at £6.00 each or £20 for all 4
 - 100m and 200m events at £6.00 each
 - 400m events at £9.00 each

Coaches passes are £20.00 per day including lunch & refreshments or £8 without. There is a maximum of 1 pass per 10 entrants. All passes include entry to the pool; a programme of events for each day; start lists at the start of each session; and a full set

of results which we will send to you within 2 days (in Hy-Tek Meet Manager Report format).

Only swimmers, officials and those displaying an appropriate pass will be allowed on poolside.

7. Results will be on a heat declared basis. There will be no finals. The final heat of each event will be spearheaded. Medals will be presented for the top 3 places and ribbons for places 4-6 (where applicable) in each event/individual age group 9, 10, 11, 12, 13, 14, 15, 16+
8. The **PENNINGTON TROPHY** will be awarded to the the **TOP CLUB** on an accumulated points basis, using Hy-Tek Meet Manager[®] scoring on age group basis: 1st–24pts; 2nd–21pts; 3rd–20pts; 4th–19pts etc. All swims to count towards the cumulative total.
9. There will be individual **TOP GUN** medals for the top boy and girl in each age group **across all four 50m events** on an accumulated points basis, using Hy-Tek Meet Manager[®] scoring on age group basis: 1st–24pts; 2nd–21pts; 3rd–20pts; 4th–19pts etc.
10. Data Protection. The meet entries will be managed on a computer. Your consent to the holding of personal information for the purposes of the meet is deemed to have been given by the submission of your entries to Atlantis Swimming Club.
11. Qualifying times: Qualifying times and upper limit times for this meet are as shown in Appendix 1. The upper limit times apply at the time entries are submitted. There is no requirement to withdraw a swimmer if he or she subsequently goes faster than the upper limit time.
10. There will be a maximum of 7.5 hours swimming each day over three sessions with **approximate** timing as follows.
Session times will be confirmed after entries have closed.

| | | | |
|----------------|---------------|-------------|--------------|
| Sessions 1 & 4 | 07.30 Warm up | 08:15 Start | 09:45 Finish |
| Sessions 2 & 5 | 10.00 Warm up | 11:00 Start | 14.00 Finish |
| Sessions 3 & 6 | 14.10 Warm up | 15:00 Start | 18.00 Finish |
11. **We will be using Hy-Tek Meet Manager software therefore THERE WILL BE NO CARDS ISSUED.** We will be operating a '**Sign-Out**' system. Coaches/Team Manager should lodge their club's attendance list before the start of each session's warm-up to confirm the attendance or withdrawal of their swimmers. The promoters reserve the right to allow entries outside the qualifying time if the meet is not full, or if gaps occur.
12. Competitors for the first event in each session must report to the whipping area immediately after each warm-up. For other events, competitors should report when called. **It is the swimmers and their coaches' responsibility that they report to the whips on time. There will be NO announcements calling late swimmers.**
13. Results will be posted at the gala. A full set of results will be e-mailed to participating clubs within 2 working days of the gala in Hy-Tek report format. Reports in pdf format will also be available by e-mail or by visiting our web site.
14. Personal possessions and articles should not be left unattended. Lockers are available for the use of swimmers at a cost of £1.00, redeemable at the locker. Apart

from potential loss of personal belongings, stray keys do have a redeemable value; you therefore should ensure your locker key is kept safely at all times.

15. The promoter reserves the right to refuse admission to any spectator, coach or swimmer whom they judge is not upholding appropriate standards of behaviour.
16. The leisure waters will be in operation and available to the general public throughout the competition. These areas of the centre are out of bounds to all competitors, unless the appropriate admission fee has been paid to the Pavilions-in-the-Park.
17. Spectator Entry will be **£2.50 for the first session each day, £4.00 each for sessions 2 & 3 or £7.00 for both**. The Pavilions-in-the-Park has seating for over 300 spectators. There is ample parking at the Pavilions, which is £1.50 on Sunday and “pay and display” on Saturday. Information on other car parks will be shown on the website and included with acceptance forms returned to participating clubs. Low cost all-day parking will be arranged within 5 minutes walk on Saturday (if possible).
18. There are café facilities at Pavilions in the Park and at the Conservatory Café close by in Horsham Park. Food is not permitted poolside. Drinks are permitted poolside though **no cans or glass bottles** should be brought poolside.
19. Due to the hazard of wet, tiled steps, there will be no DIRECT access allowed from pool side to the spectator areas. As the centre will be open to the general public, all swimmers should wear suitable clothing and footwear when not on pool side or in the changing areas.
20. Coaches and/or Spectators wishing to use **video, zoom or flash photography** must record their personal details at the spectator entry point. The use of mobile phones, or any other device capable of taking and/or transmitting still or video photographs is PROHIBITED in the changing areas in the Pavilions-in-the-Park. All mobile phones should be set to silent during the actual competition to avoid disrupting the starts.
21. All entries must be made via affiliated Swimming Clubs. Payment for entries and coach passes should be on a single club cheque, made payable to “Atlantis Swimming Club” or by transfer to our bank account as follows:

Bank: Lloyds TSB
Acc Name: Atlantis Swimming Club Horsham
Acc No. 00589045
Sort Code: 30-94-41
Please add Ref: XC Gala and name of Club.

21. Programme order:

Saturday 26 November

| Session 1 | | Session 2 | | Session 3 | |
|---------------|-------------------------------|---------------|------------------------------|---------------|--------------------------------|
| Event Details | | Event Details | | Event Details | |
| 1 | Boys 9 years + 400m Free | 5 | Girls 9 years + 200m Fly | 11 | Girls 9 years + 200m Free |
| 2 | Girls 9 years + 400m IM | 6 | Boys 9 years + 100m Back | 12 | Boys 9 years + 100 IM |
| 3 | Boys 9 years + 200m Breast | 7 | Girls 9 years + 50m Back | 13 | Girls 9 years + 50m Fly |
| 4 | Girls 9 years + 200m Back | 8 | Boys 9 years + 200m IM | 14 | Boys 9 years + 100m Fly |
| | | 9 | Girls 9 years+ 100m Free | 15 | Girls 9 years + 100m Breast |
| | | 10 | Boys 9 years + 50m Breast | 16 | Boys 9 years + 50m Free |

Sunday 27 November

| Session 4 | | Session 5 | | Session 6 | |
|---------------|--------------------------------|---------------|-------------------------------|---------------|-------------------------------|
| Event Details | | Event Details | | Event Details | |
| 17 | Girls 9 years + 400m Free | 21 | Boys 9 years + 200m Fly | 27 | Boys 9 years + 200m Free |
| 18 | Boys 9 years + 400m IM | 22 | Girls 9 years + 100m Back | 28 | Girls 9 years + 100 IM |
| 19 | Girls 9 years + 200m Breast | 23 | Boys 9 years + 50m Back | 29 | Boys 9 years + 50m Fly |
| 20 | Boys 9 years + 200m Back | 24 | Girls 9 years + 200m IM | 30 | Girls 9 years + 100m Fly |
| | | 25 | Boys 9 years+ 100m Free | 31 | Boys 9 years + 100m Breast |
| | | 26 | Girls 9 years + 50m Breast | 32 | Girls 9 years + 50m Free |

Any conditions not covered in these competition rules will be dealt with in accordance with the laws of the sport and at the discretion of the promoter. Questions can be dealt with by writing to:

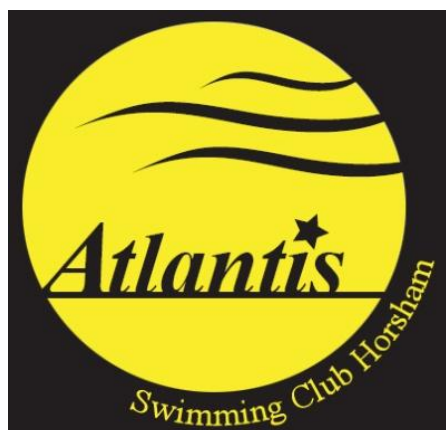
Address: Atlantis Swimming Club
C/o 16 Richmond Road
Horsham
West Sussex RH12 2EG

Tel: 07899 792904

E-mail: atlantis.galas@gmail.com

Meet Promoter: Giles Hundleby/Kerry Porter/Gary Templar

Meet Administration: Giles Hundleby, Caroline Dedman, Gary Templar
Kerry Porter, Andy Lobleby



APPENDIX 1
MINIMUM QUALIFYING TIMES

| BOYS | | 9 | 10 | 11 | 12 | 13 | 14 | 15+ | 16+ |
|-------|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Back | 0:55.20 | 51.75 | 42.55 | 41.40 | 40.25 | 39.10 | 37.95 | 36.80 |
| | Breast | 1:03.25 | 0:58.65 | 49.45 | 48.30 | 47.15 | 46.00 | 44.85 | 43.70 |
| | Fly | 0:54.05 | 49.45 | 41.40 | 40.25 | 39.10 | 37.95 | 36.80 | 35.65 |
| | Free | 48.30 | 44.85 | 36.80 | 35.65 | 34.50 | 33.35 | 32.20 | 31.05 |
| 100m | Back | 2:00.23 | 1:51.32 | 1:41.20 | 1:35.45 | 1:32.00 | 1:26.25 | 1:20.50 | 1:18.20 |
| | Breast | 2:23.45 | 2:12.82 | 2:00.75 | 1:52.70 | 1:43.50 | 1:37.75 | 1:32.00 | 1:29.70 |
| | Fly | 2:05.69 | 1:56.38 | 1:45.80 | 1:37.75 | 1:32.00 | 1:26.25 | 1:20.50 | 1:18.20 |
| | Free | 1:45.20 | 1:37.40 | 1:28.55 | 1:22.80 | 1:18.20 | 1:13.60 | 1:11.30 | 1:10.15 |
| | IM | 2:06.50 | 1:51.55 | 1:42.35 | 1:36.60 | 1:30.85 | 1:28.55 | 1:23.95 | 1:20.50 |
| 200m | Back | 4:13.00 | 3:50.00 | 3:36.20 | 3:24.70 | 3:09.75 | 3:02.85 | 2:55.95 | 2:52.50 |
| | Breast | 4:59.00 | 4:36.00 | 4:13.00 | 4:01.50 | 3:50.00 | 3:38.50 | 3:27.00 | 3:21.25 |
| | Fly | 4:36.00 | 4:18.75 | 4:01.50 | 3:44.25 | 3:27.00 | 3:09.75 | 2:58.25 | 2:53.65 |
| | Free | 3:50.00 | 3:27.00 | 3:15.50 | 3:04.00 | 2:52.50 | 2:41.00 | 2:35.25 | 2:29.50 |
| | IM | 4:18.75 | 4:07.25 | 3:38.50 | 3:27.00 | 3:15.50 | 3:04.00 | 2:58.25 | 2:52.50 |
| 400m | Free | 7:54.38 | 7:11.25 | 6:54.00 | 6:19.50 | 6:02.25 | 5:45.00 | 5:39.25 | 5:33.50 |
| | IM | 8:51.30 | 8:03.00 | 7:45.75 | 7:28.50 | 7:05.50 | 6:42.50 | 6:31.00 | 6:19.50 |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| GIRLS | | 9 | 10 | 11 | 12 | 13 | 14 | 15+ | 16+ |
| 50m | Back | 0:55.20 | 51.75 | 43.70 | 42.55 | 41.40 | 40.25 | 39.10 | 37.95 |
| | Breast | 1:03.25 | 0:58.65 | 50.60 | 49.45 | 48.30 | 47.15 | 46.00 | 44.85 |
| | Fly | 0:54.05 | 49.45 | 42.55 | 41.40 | 40.25 | 39.10 | 37.95 | 36.80 |
| | Free | 47.15 | 43.70 | 39.10 | 37.95 | 36.80 | 35.65 | 34.50 | 33.35 |
| 100m | Back | 1:57.49 | 1:48.79 | 1:38.90 | 1:33.15 | 1:29.70 | 1:28.55 | 1:27.40 | 1:26.25 |
| | Breast | 2:16.62 | 2:06.50 | 1:55.00 | 1:46.95 | 1:43.50 | 1:41.20 | 1:40.05 | 1:38.90 |
| | Fly | 2:02.96 | 1:53.85 | 1:43.50 | 1:37.75 | 1:32.00 | 1:29.70 | 1:28.55 | 1:27.40 |
| | Free | 1:45.20 | 1:37.40 | 1:28.55 | 1:23.95 | 1:20.50 | 1:18.20 | 1:17.05 | 1:15.90 |
| | IM | 2:00.75 | 1:49.25 | 1:41.20 | 1:36.60 | 1:32.00 | 1:29.70 | 1:27.40 | 1:25.10 |
| 200m | Back | 4:13.00 | 3:51.15 | 3:33.90 | 3:22.40 | 3:14.35 | 3:10.90 | 3:08.60 | 3:06.30 |
| | Breast | 4:53.25 | 4:24.50 | 4:06.10 | 3:50.00 | 3:44.25 | 3:38.50 | 3:35.05 | 3:32.75 |
| | Fly | 4:36.00 | 4:18.75 | 4:01.50 | 3:44.25 | 3:27.00 | 3:21.25 | 3:17.80 | 3:15.50 |
| | Free | 3:50.00 | 3:21.25 | 3:09.75 | 2:58.25 | 2:52.50 | 2:50.20 | 2:47.90 | 2:46.75 |
| | IM | 4:07.25 | 3:55.75 | 3:38.50 | 3:27.00 | 3:15.50 | 3:13.20 | 3:10.90 | 3:09.75 |
| 400m | Free | 7:41.73 | 6:59.75 | 6:42.50 | 6:19.50 | 6:08.00 | 6:04.55 | 6:01.10 | 5:56.50 |
| | IM | 8:51.30 | 8:03.00 | 7:45.75 | 7:17.00 | 7:05.50 | 6:48.25 | 6:44.80 | 6:42.50 |

UPPER LIMIT TIMES

| BOYS | | 9 | 10 | 11 | 12 | 13 | 14 | 15+ | 16+ |
|-------|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Back | 0:40.80 | 38.25 | 31.45 | 30.60 | 29.75 | 28.90 | 28.05 | 27.20 |
| | Breast | 0:46.75 | 0:43.35 | 36.55 | 35.70 | 34.85 | 34.00 | 33.15 | 32.30 |
| | Fly | 0:39.95 | 36.55 | 30.60 | 29.75 | 28.90 | 28.05 | 27.20 | 26.35 |
| | Free | 35.70 | 33.15 | 27.20 | 26.35 | 25.50 | 24.65 | 23.80 | 22.95 |
| 100m | Back | 1:28.86 | 1:22.28 | 1:14.80 | 1:10.55 | 1:08.00 | 1:03.75 | 0:59.50 | 0:57.80 |
| | Breast | 1:46.03 | 1:38.18 | 1:29.25 | 1:23.30 | 1:16.50 | 1:12.25 | 1:08.00 | 1:06.30 |
| | Fly | 1:32.90 | 1:26.02 | 1:18.20 | 1:12.25 | 1:08.00 | 1:03.75 | 0:59.50 | 0:57.80 |
| | Free | 1:17.75 | 1:11.99 | 1:05.45 | 1:01.20 | 0:57.80 | 0:54.40 | 0:52.70 | 0:51.85 |
| | IM | 1:33.50 | 1:22.45 | 1:15.65 | 1:11.40 | 1:07.15 | 1:05.45 | 1:02.05 | 0:59.50 |
| 200m | Back | 3:07.00 | 2:50.00 | 2:39.80 | 2:31.30 | 2:20.25 | 2:15.15 | 2:10.05 | 2:07.50 |
| | Breast | 3:41.00 | 3:24.00 | 3:07.00 | 2:58.50 | 2:50.00 | 2:41.50 | 2:33.00 | 2:28.75 |
| | Fly | 3:24.00 | 3:11.25 | 2:58.50 | 2:45.75 | 2:33.00 | 2:20.25 | 2:11.75 | 2:08.35 |
| | Free | 2:50.00 | 2:33.00 | 2:24.50 | 2:16.00 | 2:07.50 | 1:59.00 | 1:54.75 | 1:50.50 |
| | IM | 3:11.25 | 3:02.75 | 2:41.50 | 2:33.00 | 2:24.50 | 2:16.00 | 2:11.75 | 2:07.50 |
| 400m | Free | 5:50.63 | 5:18.75 | 5:06.00 | 4:40.50 | 4:27.75 | 4:15.00 | 4:10.75 | 4:06.50 |
| | IM | 6:32.70 | 5:57.00 | 5:44.25 | 5:31.50 | 5:14.50 | 4:57.50 | 4:49.00 | 4:40.50 |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| GIRLS | | 9 | 10 | 11 | 12 | 13 | 14 | 15+ | 16+ |
| 50m | Back | 0:40.80 | 38.25 | 32.30 | 31.45 | 30.60 | 29.75 | 28.90 | 28.05 |
| | Breast | 0:46.75 | 0:43.35 | 37.40 | 36.55 | 35.70 | 34.85 | 34.00 | 33.15 |
| | Fly | 0:39.95 | 36.55 | 31.45 | 30.60 | 29.75 | 28.90 | 28.05 | 27.20 |
| | Free | 34.85 | 32.30 | 28.90 | 28.05 | 27.20 | 26.35 | 25.50 | 24.65 |
| 100m | Back | 1:26.84 | 1:20.41 | 1:13.10 | 1:08.85 | 1:06.30 | 1:05.45 | 1:04.60 | 1:03.75 |
| | Breast | 1:40.98 | 1:33.50 | 1:25.00 | 1:19.05 | 1:16.50 | 1:14.80 | 1:13.95 | 1:13.10 |
| | Fly | 1:30.88 | 1:24.15 | 1:16.50 | 1:12.25 | 1:08.00 | 1:06.30 | 1:05.45 | 1:04.60 |
| | Free | 1:17.75 | 1:11.99 | 1:05.45 | 1:02.05 | 0:59.50 | 0:57.80 | 0:56.95 | 0:56.10 |
| | IM | 1:29.25 | 1:20.75 | 1:14.80 | 1:11.40 | 1:08.00 | 1:06.30 | 1:04.60 | 1:02.90 |
| 200m | Back | 3:07.00 | 2:50.85 | 2:38.10 | 2:29.60 | 2:23.65 | 2:21.10 | 2:19.40 | 2:17.70 |
| | Breast | 3:36.75 | 3:15.50 | 3:01.90 | 2:50.00 | 2:45.75 | 2:41.50 | 2:38.95 | 2:37.25 |
| | Fly | 3:24.00 | 3:11.25 | 2:58.50 | 2:45.75 | 2:33.00 | 2:28.75 | 2:26.20 | 2:24.50 |
| | Free | 2:50.00 | 2:28.75 | 2:20.25 | 2:11.75 | 2:07.50 | 2:05.80 | 2:04.10 | 2:03.25 |
| | IM | 3:02.75 | 2:54.25 | 2:41.50 | 2:33.00 | 2:24.50 | 2:22.80 | 2:21.10 | 2:20.25 |
| 400m | Free | 5:41.28 | 5:10.25 | 4:57.50 | 4:40.50 | 4:32.00 | 4:29.45 | 4:26.90 | 4:23.50 |
| | IM | 6:32.70 | 5:57.00 | 5:44.25 | 5:23.00 | 5:14.50 | 5:01.75 | 4:59.20 | 4:57.50 |