



# **Christmas at Dagenham 2017**

## **Level 3 Open Meet – 3LR170717**

**15<sup>th</sup> – 17<sup>th</sup> December 2017**

**Becontree Heath Leisure Centre  
Althorne Way  
Dagenham  
Essex  
RM10 7AY**

**10 lane 25m length pool with electronic timing**

**Age Groups: 9, 10, 11, 12, 13, 14, 15/o**

**Age as at 17<sup>th</sup> December 2017**

**Full Programme 50m – 1,500m**

**Closing date: 15<sup>th</sup> November 2017**

**Top 6 medals for 9 / 10 years age groups and top 3 medals for all other age groups for HDW events and 50m heats**

**Additional top 3 medals for 50m finals**

**Top boy, girl and visiting club trophy**

**One spot prize race per event**

## Rules and Conditions

1. The event will be held under ASA Laws and FINA Technical Rules and these Promoter's conditions.
2. Entries may only be accepted from competitors who are ASA Category 2 registered members.
3. Competitor's ages shall be on the last day of the competition 17<sup>th</sup> December 2017.
4. All entries must be short course times or long course times converted to short course times.
5. All entries must be slower than the cut off times listed.
6. All swimmers aged 9 and over can swim 50m – 400m events. Swimmers aged 11 and over can swim 800m / 1,500m events.
7. Club entries of more than 6 swimmers **MUST** be submitted electronically together with a summary form and paid via BACs (account details on summary form). Entry software can be obtained from [www.bdaquatics.org](http://www.bdaquatics.org)
8. All visiting clubs are encouraged to bring as many officials as possible to assist in the smooth running of the event. Officials will be provided with food and refreshments prior to the session they will be officiating.
9. All individual entries must be paid by cheque.
10. If the number of entries is high the promoter reserves the right to limit entries to enable the gala to meet licensing requirements. The promoter retains the right to accept entries on a first come first served basis. Full club entries will be acknowledged immediately by email, but must be made in full (i.e. electronic entry file, payment, club summary form, entry summary report). Partial entries and entries received after the closing date may not be accepted.
11. The list of accepted entries will be published / available to download from the club website ([www.bdaquatics.org](http://www.bdaquatics.org)) shortly after the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that may be required. Club contacts will be notified of rejections where/if appropriate.
12. **There will be no refunds of entry fees unless the entries are rejected by the organisers for any reason.**
13. This is a signing-in event – signing in will close 30 minutes before the start of session 1 and 60 minutes before sessions 2 – 5.
14. Spectator admission will be from the start of the warm up.
15. Spectator entry fees will be £4 per session or £7 per weekend day for adults. For Over 60s and under 16s the fees will be £2 per session and £3 per weekend day. Under 5s will receive free entry for all sessions.
16. Competitors must report to the marshalling area 15 minutes before the start of their event where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event.
17. HDW events and the 50m heats will be seeded with fastest swimmers swimming last. The top 10 swimmers from the heats in the combined age groups will be selected for the 50m finals.
18. The top six in the 9 and 10 years age group and top three in the other age groups will receive a medal in each HDW event and the 50m heats. The top three in each of the 50m finals will receive an additional medal. A competitor who has been disqualified will not receive an award.
19. One random heat will be selected in each event (excluding finals) for a £5 cash spot prize. The winner of the selected heat will receive the prize.
20. Once the accepted entries have been released no additional entries or time trials will be accepted.
21. The promoter reserves the right to refuse admission to any competitor or spectator.
22. The promoter does not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping for all belongings. In order to use the

locker you will need to purchase a key from reception for a fee of £1.20 – please note you will receive £1 back when the key is returned.

23. The two biggest visiting clubs will be given a storage room for their swimmers to store their bags for the weekend. Each of these clubs will be given a key to the team manager/coach for the duration of the weekend. A deposit of £20 will be required at the start of the weekend and the property in the room will be the responsibility of the team manager/coach.
24. Barking and Dagenham Aquatics Club uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data such as name, club, recorded and entered times may be made public during or after the meet.
25. The promoters reserve the right to make alterations to the above conditions if necessary. All participants will be informed of any such changes.
26. Poolside passes will not be sold on the day – no pass, no admission on poolside.
27. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways, report any issues immediately to a member of the pool staff or to the open meet promoter.
28. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter clockwise. Sprint lanes will be in lanes 0 and 9 for the duration of the warm up. Swimmers using sprint lanes must swim 15 metres before slowing up. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions.
29. Competitors must be suitably dressed and with the appropriate footwear whilst on poolside. No outdoor shoes are allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers are not allowed elsewhere in the building or in the spectator area with wet swimwear.
30. Spectators, officials and competitors must observe the safety precautions in operation at Becontree Heath Leisure Centre and are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management. Neither the meet management, the promoters nor BDAC will be responsible for any loss or damage during this Meet.
31. Coaches or Team Managers are responsible for the swimmers' conduct at all times.
32. By submitting an entry, competitors and coaches are agreeing to be bound by these rules.
33. Results will be available on the club website as soon as possible after the meet.
34. Any issues not covered by the above will be dealt with according to the laws of the Sport and subject to the discretion of the meet management and the promoter Scott Denham who also reserves the right to make changes that may be considered necessary for the smooth running and discipline of the event.

## Financial Summary Form

Club .....

	Amount	Entry price	Total
No. of 800m entries		@ £10	
No. of 1,500m entries		@ £10	
No. of female entries 50m – 400m		@ £5.50	
No of male entries 50m – 400m		@ £5.50	
No. of poolside passes		@ £20	

**Please note:** All coaches/team managers on poolside must have a poolside pass which must be worn at all times. Poolside passes include food on Saturday and Sunday.

Name.....

Address.....

.....  
.....  
.....  
.....

Mobile.....

Email.....

**All club payments must be made via BACs.**

**BDAC / Sort code 20-72-91 / Account No. 93450236 / REF: S@D 'CLUB NAME'**

## Officials Form

Club.....

No of swimmers competing.....

Club contact email.....

Officials Name	Qualification (J1, J2 etc.)	Sessions covered	Mentoring Requested (Yes / No)

Please note you DO NOT have to be a licensed official for Level 3 meets, although you are required to be a J1 trainee qualified to a minimum of timekeeper.

This form must be emailed with HyTek file to  
**scott.bdaquatics@gmail.com**

## Individual Entry Form

**First Name**..... **Surname**.....

**Email**..... **Tel**.....

**Date of Birth**..... **ASA No**.....

**Male / Female** (delete)

Event	Please Tick	Entry Time	Event	Please Tick	Entry Time
50m freestyle			50m breaststroke		
100m freestyle			100m breaststroke		
200m freestyle			200m breaststroke		
400m freestyle			50m butterfly		
800m freestyle			100m butterfly		
1,500m freestyle			200m butterfly		
50m backstroke			100m medley		
100m backstroke			200m medley		
200m backstroke			400m medley		

Total number of entries ..... @ £10 per event (**800m & 1,500m**)

Total number of entries ..... @ £5.50 per event (**50m – 400m**)

Total entry fee enclosed .....

Cheques made payable to '**Barking and Dagenham Aquatics Club**' and posted to  
**54 Lawns Way, Romford, Essex, RM5 3TH.**

## Schedule of Events

Friday 15 <sup>th</sup> December	Saturday 16 <sup>th</sup> December	Sunday 17 <sup>th</sup> December
<p><b>Session One (3hrs)</b></p> <p><b>Sign-in deadline @ 18:30</b>  <b>Combined warm up @ 18:30</b>  <b>Start @ 19:00</b></p> <p>Girls 11/o 800m freestyle HDW  Boys 11/o 1,500m freestyle HDW</p>	<p><b>Session Two (3hrs)</b></p> <p><b>Sign-in deadline @ 08:00</b>  <b>Boys warm up @ 08:00</b>  <b>Girls warm up @ 08:25</b>  <b>Start @ 09:00</b></p> <p>Boys 400m medley HDW  Girls 50m breaststroke  Boys 50m backstroke  Girls 200m butterfly HDW  Boys 200m freestyle HDW  Girls 100m backstroke HDW  Boys 100m breaststroke HDW  Girls 100m medley HDW</p> <p style="text-align: center;"><b>Finals</b></p> <p>Girls 11/u 50m breaststroke  Girls 12-14 50m breaststroke  Girls 15/o 50m breaststroke  Boys 11/u 50m backstroke  Boys 12-14 50m backstroke  Boys 15/o 50m backstroke</p>	<p><b>Session Four (3hrs)</b></p> <p><b>Sign-in deadline @ 08:00</b>  <b>Girls warm up @ 08:00</b>  <b>Boys warm up @ 08:25</b>  <b>Start @ 09:00</b></p> <p>Girls 400m medley HDW  Boys 50m breaststroke  Girls 50m backstroke  Boys 200m butterfly HDW  Girls 200m freestyle HDW  Boys 100m backstroke HDW  Girls 100m breaststroke HDW  Boys 100m medley HDW</p> <p style="text-align: center;"><b>Finals</b></p> <p>Boys 11/u 50m breaststroke  Boys 12-14 50m breaststroke  Boys 15/o 50m breaststroke  Girls 11/u 50m backstroke  Girls 12-14 50m backstroke  Girls 15/o 50m backstroke</p>
	<p><b>Session Three (3hrs)</b></p> <p><b>Sign-in deadline @ 13:00</b>  <b>Boys warm up @ 13:00</b>  <b>Girls warm up @ 13:25</b>  <b>Start @ 14:00</b></p> <p>Boys 400m freestyle HDW  Girls 50m freestyle  Boys 50m butterfly  Girls 200m medley HDW  Boys 100m freestyle HDW  Girls 100m butterfly HDW  Boys 200m backstroke HDW  Girls 200m breaststroke HDW</p> <p style="text-align: center;"><b>Finals</b></p> <p>Girls 11/u 50m freestyle  Girls 12-14 50m freestyle  Girls 15/o 50m freestyle  Boys 11/u 50m butterfly  Girls 12-14 50m butterfly  Boys 15/o 50m butterfly</p>	<p><b>Session Five (3hrs)</b></p> <p><b>Sign-in deadline @ 13:00</b>  <b>Girls warm up @ 13:00</b>  <b>Boys warm up @ 13:25</b>  <b>Start @ 14:00</b></p> <p>Girls 400m freestyle HDW  Boys 50m freestyle  Girls 50m butterfly  Boys 200m medley HDW  Girls 100m freestyle HDW  Boys 100m butterfly HDW  Girls 200m backstroke HDW  Boys 200m breaststroke HDW</p> <p style="text-align: center;"><b>Finals</b></p> <p>Boys 11/u 50m freestyle  Boys 12-14 50m freestyle  Boys 15/o 50m freestyle  Girls 11/u 50m butterfly  Girls 12-14 50m butterfly  Girls 15/o 50m butterfly</p>

## Upper Limit Qualifying Time

BOYS							Event	GIRLS						
9	10	11	12	13	14	15/o		9	10	11	12	13	14	15/o
00:31.41	00:29.16	00:27.72	00:26.19	00:24.93	00:23.94	00:22.50	<b>50m free</b>	00:31.8	00:29.5	00:28.2	00:26.9	00:26.1	00:25.6	00:25.1
01:11.01	01:03.54	00:59.94	00:56.25	00:53.28	00:51.30	00:48.51	<b>100m free</b>	01:12.0	01:04.9	01:00.5	00:57.3	00:55.8	00:54.8	00:53.6
02:31.11	02:17.07	02:09.60	02:02.04	01:55.83	01:51.42	01:45.66	<b>200m free</b>	02:32.7	02:17.8	02:10.0	02:03.2	01:59.6	01:57.8	01:54.5
05:29.40	04:48.45	04:30.36	04:15.60	04:03.81	03:55.71	03:42.84	<b>400m free</b>	05:35.2	04:52.4	04:30.1	04:16.1	04:09.5	04:05.8	04:00.1
							<b>800m free</b>							
		18:16.92	16:49.89	16:04.35	15:33.75	14:47.49	<b>1,500m free</b>							
00:41.40	00:38.25	00:36.00	00:33.75	00:31.59	00:30.33	00:28.26	<b>50m breast</b>	00:42.1	00:38.4	00:36.1	00:34.2	00:32.9	00:32.2	00:31.3
01:33.60	01:23.52	01:17.40	01:12.45	01:07.77	01:04.98	01:00.66	<b>100m breast</b>	01:33.9	01:24.0	01:17.3	01:13.2	01:10.3	01:08.2	01:06.6
03:13.86	02:58.29	02:46.23	02:36.24	02:26.88	02:20.49	02:11.67	<b>200m breast</b>	03:15.7	02:58.5	02:46.0	02:36.9	02:30.7	02:27.3	02:24.5
00:35.73	00:32.76	00:30.69	00:29.07	00:27.45	00:26.28	00:24.39	<b>50m fly</b>	00:36.2	00:32.7	00:31.0	00:29.4	00:28.5	00:27.9	00:27.3
01:26.94	01:14.34	01:07.86	01:03.36	00:59.58	00:56.88	00:53.01	<b>100m fly</b>	01:27.8	01:14.2	01:08.1	01:03.9	01:01.9	01:00.3	00:58.9
03:09.09	02:42.72	02:28.23	02:19.59	02:11.67	02:05.91	01:56.19	<b>200m fly</b>	03:11.8	02:44.8	02:29.9	02:20.2	02:15.2	02:11.8	02:07.7
00:36.54	00:33.66	00:31.95	00:30.24	00:28.44	00:27.45	00:25.56	<b>50m back</b>	00:36.6	00:33.7	00:32.0	00:30.5	00:29.5	00:28.9	00:28.2
01:20.64	01:13.26	01:07.77	01:03.81	01:00.03	00:57.42	00:53.64	<b>100m back</b>	01:22.0	01:13.3	01:07.9	01:04.1	01:01.9	01:00.8	00:59.3
02:47.85	02:33.72	02:24.09	02:16.08	02:08.61	02:03.21	01:56.37	<b>200m back</b>	02:49.6	02:35.0	02:23.2	02:16.2	02:12.6	02:10.1	02:05.9
01:20.55	01:14.16	01:10.38	01:06.51	01:02.82	00:59.85	00:55.80	<b>100m IM</b>	01:21.6	01:12.7	01:10.2	01:06.9	01:04.5	01:03.7	01:01.9
02:51.72	02:37.41	02:27.06	02:18.78	02:11.94	02:05.91	01:58.98	<b>200m IM</b>	02:53.2	02:37.3	02:26.9	02:19.2	02:15.6	02:12.9	02:09.7
06:11.34	05:38.76	05:11.94	04:52.68	04:38.64	04:26.76	04:11.73	<b>400m IM</b>	06:09.1	05:38.0	05:09.9	04:53.0	04:43.8	04:38.7	04:32.6



## Poolside pass individual application form

<b>Full name:</b>	
<b>Club name:</b>	
<b>Position:</b> (e.g. coach)	
<b>Email address:</b>	
<b>Telephone no:</b>	
<b>ASA affiliation no:</b>	

The above named person is authorised to hold a pass for this club:

Signed.....Club Secretary

Poolside passes will not be available on the day. There will be no access to poolside  
without a poolside pass.

All completed forms to be returned to: [scott.bdaquatics@gmail.com](mailto:scott.bdaquatics@gmail.com)