**Website:** [**www.harrowswim.com**](http://www.harrowswim.com/) **Email:** [**events@harrowswim.com**](mailto:events@harrowswim.com%20)

BOROUGH OF HARROW REGIONAL QUALIFIER 2016 – Level 3 Licence

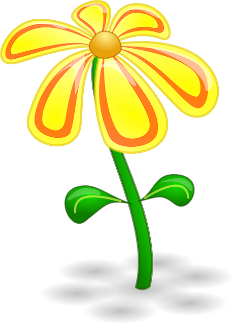
**Under ASA Laws & FINA Technical Rules of Swimming**

**LICENSED MEET NUMBER –**

Saturday 5 March & Sunday 6 March 2015

**BARNET COPTHALL LEISURE CENTRE CHAMPIONS WAY HENDON LONDON NW4 1PX**

**Timings are approximate and may be adjusted**

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| **SESSION 1** | **SESSION 2** |
| **Saturday 5th March 2016** | **Saturday 5th March 2016** |
| **Warm Up: 2pm - Start 2.45pm** | **Warm Up & Start TBC** |
|  |  |
| **SESSION 3** | **SESSION 4** |
| **Sunday 6th March 2016** | **Sunday 6th March 2016** |
| **Warm Up: 1pm – Start 1.45pm** | **Warm Up & Start TBC** |

**Venue: Barnet Copthall Leisure Centre**

**25m Pool, 8 Lanes, full Electronic Timing**

**Age Groups: 9, 10, 11, 12, 13, 14, 15 & over**

**Events: 50m 100m 200m ALL STROKES, 200m IM, 400m Freestyle**

**Entries: For Hy-Tek file and Electronic entries please email**

**events@harrowswim.com**

**Promoter reserves the right to amend session times and limit entries to ensure the meet runs smoothly**



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BHSC REGIONAL QUALIFIER 2016 OPEN MEET INFORMATION

Under ASA Laws & FINA Technical Rules of Swimming **LICENSED MEET NUMBER –**

**BARNET COPTHALL LEISURE CENTRE CHAMPIONS WAY HENDON LONDON NW4 1PX**

**Saturday 5 and Sunday 6 March 2016**

1. Barnet Copthall Main Competition Pool – 25 metres – 8 lanes – Anti-Wave Lane Ropes. Colorado Electronic Timing and Hy-Tek Meet Management.
2. Ages are as at 6th March 2016.
3. All events will have Heat Declared Winners - there will be no finals.
4. Age Groups – 9, 10, 11, 12, 13, 14, 15+. Awards will be made to the first 3 in each stroke for each age group. These will be available for collection from the presentation table. No medals will be forwarded after the meet.
5. Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. This consent gives permission for details to be published both during and after the Meet and Personal data will be available for inspection during the Meet on application to the Promoters.

ENTRIES

1. The entry fee is £5.75 per event (£6.50 for 400m freestyle – only available for 11 years old and over). Cheques made payable to: **THE BOROUGH OF HARROW SWIMMING CLUB**
2. The closing date for entries is **Monday 8 February 2016 or sooner if the meet capacity is reached**. (The organi**s**ers would be grateful if clubs are able to send in entries prior to this date.)
3. **This meet is First Come First Served Entry.** A maximum of three heats (boys & girls) for 400m Freestyle will be accommodated.
4. Entries must be made electronically using the Hy-Tek Team Manager file – request file from [events@harrowswim.com](mailto:events@harrowswim.com)
5. If your club does not use Team Manager a lite version can be downloaded and instructions can be found at <http://www.hy-tekltd.com/updates/tftm%20lite.pdf>
6. Send your completed entry file to [events@harrowswim.com](mailto:events@harrowswim.com)
7. The promoter reserves the right to limit the number of entries if necessary to allow the Meet to be run in the allotted pool time.
8. Any entry not accepted due to oversubscription will be refunded in full. No other monies will be refunded.
9. List**s** of individual accepted / rejected entries will be sent to clubs.
10. Swimmers must have times no faster than the upper qualifying times and no slower than the minimum qualifying times where these are identified. NT Entries will not be accepted.
11. Time Trials may be accepted on the day of the meet only if there are spaces available to fill lanes at a cost of £6.50 per time trial.
12. Clubs entering more than 12 swimmers must supply 1 qualified official (2 officials if more than 20 swimmers)
13. Coaches Passes are available at a cost of £10 per day / £15 per weekend. This will entitle the holder to admission to both sessions, a programme, session start lists and food and refreshments between sessions. There will be no entry poolside without a pass and passes must be worn at all times.

MEET PROCEDURE

1. This is a cardless meet. Entries will be pre seeded before the meet. Withdrawal information should be forwarded to [events@harrowswim.com](mailto:events@harrowswim.com) or to the administrator on the day prior to warm up.

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MEET SAFETY

1. All swimmers must observe the pool and ASA Safety Rules. The Depth of the water at the Shallow end of Main Pool is 1 metre deep (End where the timing display board is).The Deep End of Main pool is 1.5 Meters Deep (starting block end) The starting blocks are 72cm above the level of the water. Only those swimmers who have reached the standard of the ASA Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water. Swimmers must not go in to the main foyer without drying down and wearing the suitable clothes and foot wear. Failure to comply may result in expulsion from the meet.

SPECTATORS

1. Poolside entry and seating is available. There is parking on site.
2. Result sheets will be provided to clubs at the end of the gala and will be available from our website.
3. Photographs/Videos are only permitted on registration with the promoter prior to the meet. Registration details can be given upon entry to the meet.
4. Anything not covered in these notes will be at the discretion of the promoter.

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SCHEDULE

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| --- | --- |
| **SESSION 1 – SATURDAY 5 MARCH** | |
| 1. 11 &Over Girls | 400M FREESTYLE |
| 1. 9 & Over Boys | 200M INDIVIDUAL MEDLEY |
| 1. 9 & Over Girls | 50M BREASTSTROKE |
| 1. 9 & Over Boys | 50M BREASTSTROKE |
| 1. 9 & Over Girls | 100M BUTTERFLY |
| 1. 9 & Over Boys | 100M BUTTERFLY |
| 1. 9 & Over Girls | 200M FREESTYLE |
| 1. 9 & Over Boys | 200M FREESTYLE |

|  |  |
| --- | --- |
| **SESSION 2 – SATURDAY 5 MARCH** | |
| 1. 9 &Over Girls | 200M BUTTERFLY |
| 1. 9 & Over Boys | 200M BUTTERFLY |
| 1. 9 & Over Girls | 50M BACKSTROKE |
| 1. 9 & Over Boys | 50M BACKSTROKE |
| 1. 9 & Over Girls | 100M BREASTSTROKE |
| 1. 9 & Over Boys | 100M BREASTSTROKE |

|  |  |
| --- | --- |
| **SESSION 3 – SUNDAY 6 MARCH** | |
| 1. 11 & Over Boys | 400M FREESTYLE |
| 1. 9 & Over Girls | 200IM INDIVIDUAL MEDLEY |
| 1. 9 & Over Boys | 50M BUTTERFLY |
| 1. 9 & Over Girls | 50M BUTTERFLY |
| 1. 9 & Over Boys | 200M BACKSTROKE |
| 1. 9 & Over Girls | 200M BACKSTROKE |
| 1. 9 & Over Boys | 100M FREESTYLE |
| 1. 9 & Over Girls | 100M FREESTYLE |

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| **SESSION 4 – SUNDAY 6 MARCH** | |
| 1. 9 & Over Boys | 200M BREASTSTROKE |
| 1. 9 & Over Girls | 200M BREASTSTROKE |
| 1. 9 & Over Boys | 50M FREESTYLE |
| 1. 9 & Over Girls | 50M FREESTYLE |
| 1. 9 & Over Boys | 100M BACKSTROKE |
| 1. 9 & Over Girls | 100M BACKSTROKE |

