

# Team Luton Swimming Club

## 2015 Development Meet

Licensed by the ASA for entry into County & Regional Championships at Level 3  
3ER150707

Sunday 13 December 2015

**Inspire: Luton Sports Village, Luton**

<b>Venue</b>	Inspire: Luton Sports Village, Hitchin Road, Luton, LU2 8DD
<b>Pool</b>	8 Lane, 50m Pool, Electronic Timing, Anti-turbulence lane ropes
<b>Events</b>	50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM
<b>Age Groups</b>	9, 10, 11, 12, 13, 14, 15/over Ages as at 31 December 2015
<b>Fees</b>	Race Entry Fee: £6.00 per event Spectator Entry: £3.00 per session or £6.00 all day. Free Parking
<b>Entries &amp; Enquiries to</b>	<a href="mailto:galas@teamluton.com">galas@teamluton.com</a>
<b>Closing Date for Entries</b>	12.00 Noon on Thursday 19 November 2015



# Team Luton Swimming Club 2015 Development Meet

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER150707

Team Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA

**Ages as at 31 December 2015**

**Sunday 13 December 2015**

**at Inspire: Luton Sports Village**

**Butterfield Green Road, off Hitchin Road, Luton, LU2 8DD**

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## COMPETITION RULES AND CONDITIONS

1. The meet will take place at Inspire: Luton Sports Village on Sunday 13 December 2015 and is licensed by the ASA at Level 3 under Licence No. 3ER150707. The meet will be run in accordance with ASA Laws and Technical Rules and the rules and conditions of this competition.
2. Ages are as at 31 December 2015. Age bands for awards are 9, 10, 11, 12, 13, 14, 15/over. Awards will be available for collection to the first 3 placed swimmers in each event, in each age group.
3. The competition pool will be configured as 25m and the competition will be swum short course. Anti-wave devices will be in place, starting platforms have an adjustable setting back plate (Omega OSB11) and electronic timing/placing will be used wherever possible. Over the top starts may be used at the promoter's discretion.
4. Competitors must be members of an affiliated club, eligible to compete and registered in accordance with ASA laws and technical rules, and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of the ASA, SASA or WASA or competitors from a country affiliated to FINA. Team Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA.
5. Upper limit qualifying times are provided; swimmers may enter with no recorded time.
6. Where entry times are provided they must be within the qualifying standards, and should be short course times; converted times will be accepted. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In the event that entries are rejected, fees will be refunded by a single cheque made payable to club in question.
7. Swimmers in possession of an ASA Certificate of Swimming Disability or those swimmers whose ASA membership details record a disability Sport Class are welcome to enter the competition.
8. Entry shall be by an Individual Entry Form or using SPORTSYSTEMS Entry Manager and sending the Entry file to the Promoter. Use of the Entry Manager is mandatory where five or more competitors enter from the same club. The Entry Manager software may be downloaded free of charge from the SPORTSYSTEMS website <http://www.sportsys.co.uk/entry/index.php> and the required Entry File Set for this competition will be available on the Team Luton website.
9. Valid entries (which must include payment) will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are required together with a single cheque. Later individual entries may not be accepted. Late entries, day of meet entries and day of meet alterations will not be accepted, unless due to administrative error.
10. The closing date for entries inclusive of payment is 12 noon on Thursday 19 November 2015. Entries should be emailed to [galas@teamluton.com](mailto:galas@teamluton.com) with payment by bank transfer, or posted to Simon Gee, 15 Rueley Dell Road, Lilley, Luton LU2 8LR. Accepted and rejected entries will be posted on the Team Luton website within 1 week of the closing date. No individual notification will be made unless a stamped address envelope is provided for accepted entries to be posted back.
11. Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a

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schedule of their accepted entries. Withdrawal may be made on the day, or can be e-mailed in advance. All withdrawals must be made 45 minutes prior to the start of the first event in each session. Refunds are not available for withdrawals, other than for medical reasons.

12. Entries to this meet will be held on a computer and consent, as required by the Data Protection Act 1998, to the holding of personal information will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.
13. Coaches' passes will be issued at a cost of £20. This will entitle the holder to admission to all sessions, a programme, session start lists, refreshments and meals between sessions. There will be no entry poolside without a pass and passes must be worn at all times.
14. Clubs entering more than 8 swimmers are requested to supply at least two licensed officials for the relevant sessions.
15. All participants must observe the safety precautions in operation at Inspire: Luton Sports Village. Neither the Promoter nor Team Luton Swimming Club will be responsible for any loss or damage occurring during this Meet.
16. Coaches are responsible for managing the lanes that their swimmers use during the warm up sessions.
17. Under ASA child protection guidelines all spectators wishing to use cameras, video or digital capturing devices (including mobile phones) must first register their details on the form provided at the spectator entrance. An identification label will be issued which must be on show at all times. This policy will be vigorously enforced and any person found to be contravening this policy will be asked to leave the gala without refund.
18. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Promoter. The Promoter reserves the right to amend the Meet Conditions at their discretion.
19. The Promoter of this Meet is Team Luton Swimming Club, e-mail: [galas@teamluton.com](mailto:galas@teamluton.com)

Information regarding this meet can also be obtained from Team Luton Swimming Club's website:

[www.teamluton.com](http://www.teamluton.com)

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## PROGRAMME OF EVENTS

### Sunday 13 December 2015

#### Session 1: Start 0900

Boys	Open	400m Freestyle
Girls	Open	400m Freestyle
Boys	Open	100m Breaststroke
Girls	Open	100m Breaststroke
Boys	Open	50m Backstroke
Girls	Open	50m Backstroke
Boys	Open	100m Butterfly
Girls	Open	100m Butterfly
Boys	Open	200m Backstroke
Girls	Open	200m Backstroke

#### Session 2: Start TBA

Boys	Open	200m Freestyle
Girls	Open	200m Freestyle
Boys	Open	200m Butterfly
Girls	Open	200m Butterfly
Boys	Open	50m Breaststroke
Girls	Open	50m Breaststroke
Boys	Open	200m Ind Medley
Girls	Open	200m Ind Medley
Boys	Open	50m Freestyle
Girls	Open	50m Freestyle

#### Session 3: Start TBA

Boys	Open	400m Ind Medley
Girls	Open	400m Ind Medley
Boys	Open	200m Breaststroke
Girls	Open	200m Breaststroke
Boys	Open	100m Backstroke
Girls	Open	100m Backstroke
Boys	Open	50m Butterfly
Girls	Open	50m Butterfly
Boys	Open	100m Freestyle
Girls	Open	100m Freestyle



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## PASSES FOR ENTRY TO POOLSIDE

**PLEASE NOTE THAT PASSES MUST BE ORDERED IN ADVANCE AND WILL BE ISSUED ON THE DAY  
PASSES MUST BE WORN AT ALL TIMES AS ENTRY TO THE POOLSIDE WILL NOT BE PERMITTED WITHOUT THEM**

The cost of a pass including a programme, a full set of results and lunch will be £20. Requests for passes should be sent with entries with a cheque for the relevant amount made payable to Team Luton Swimming Club.

### REQUEST FOR POOLSIDE PASSES – PLEASE COMPLETE DETAILS AND TICK BOXES FOR PASSES REQUIRED

Name of pass holder	Dietary Requirements	Sunday 13 December

Name of Club .....

Cheque in favour of Team Luton Swimming Club for £ .....

Signed .....

Position in Club.....

# Team Luton Swimming Club 2015 Development Meet

## Sunday 13 December 2015

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### Qualifying Times

Ages as at 31 December 2015

#### SHORT COURSE TIMES

BOYS		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/ov
50m Freestyle	Upper	33.0	31.5	30.0	28.5	27.0	26.0	25.0
	Lower	-	-	-	-	-	-	-
100m Freestyle	Upper	1:11.3	1:11.3	1:06.5	1:01.2	57.2	55.5	53.8
	Lower	-	-	-	-	-	-	-
200m Freestyle	Upper	2:42.0	2:30.0	2:19.0	2:10.8	2:04.5	2:00.2	1:57.2
	Lower	-	-	-	-	-	-	-
400m Freestyle	Upper	6:06.0	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:15.2
	Lower	-	-	-	-	-	-	-
50m Backstroke	Upper	35.9	34.8	33.5	32.8	31.6	30.8	29.5
	Lower	-	-	-	-	-	-	-
100m Backstroke	Upper	1:19.4	1:19.4	1:12.5	1:09.0	1:04.7	1:02.4	1:00.3
	Lower	-	-	-	-	-	-	-
200m Backstroke	Upper	2:57.8	2:46.7	2:35.9	2:26.4	2:19.0	2:14.0	2:10.1
	Lower	-	-	-	-	-	-	-
50m Breaststroke	Upper	38.9	37.8	36.7	35.8	34.7	33.6	32.8
	Lower	-	-	-	-	-	-	-
100m Breaststroke	Upper	1:27.3	1:27.3	1:20.5	1:17.7	1:13.0	1:10.7	1:08.2
	Lower	-	-	-	-	-	-	-
200m Breaststroke	Upper	3:29.0	3:15.0	3:01.0	2:48.5	2:39.2	2:33.4	2:28.7
	Lower	-	-	-	-	-	-	-
50m Butterfly	Upper	35.1	34.0	32.9	31.8	30.4	29.3	28.1
	Lower	-	-	-	-	-	-	-
100m Butterfly	Upper	1:18.1	1:18.1	1:11.0	1:08.5	1:04.1	1:01.6	59.4
	Lower	-	-	-	-	-	-	-
200m Butterfly	Upper	3:10.3	2:56.3	2:43.2	2:31.9	2:22.8	2:16.3	2:12.0
	Lower	-	-	-	-	-	-	-
200m Individual Medley	Upper	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1
	Lower	-	-	-	-	-	-	-
400m Individual Medley	Upper	6:13.3	6:13.3	5:40.5	5:17.1	5:00.6	4:51.1	4:37.2
	Lower	-	-	-	-	-	-	-

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### Qualifying Times

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#### SHORT COURSE TIMES

GIRLS		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/ov
50m Freestyle	Upper	34.0	32.9	31.7	30.7	29.3	27.9	27.6
	Lower	-	-	-	-	-	-	-
100m Freestyle	Upper	1:12.1	1:12.1	1:07.2	1:02.3	1:01.0	59.4	58.8
	Lower	-	-	-	-	-	-	-
200m Freestyle	Upper	2:37.5	2:28.8	2:20.4	2:13.9	2:10.2	2:07.5	2:06.4
	Lower	-	-	-	-	-	-	-
400m Freestyle	Upper	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
	Lower	-	-	-	-	-	-	-
50m Backstroke	Upper	37.9	36.3	35.7	34.5	33.7	32.4	32.0
	Lower	-	-	-	-	-	-	-
100m Backstroke	Upper	1:24.1	1:24.1	1:15.4	1:09.6	1:07.6	1:06.0	1:05.4
	Lower	-	-	-	-	-	-	-
200m Backstroke	Upper	2:54.2	2:45.7	2:36.1	2:28.5	2:24.5	2:21.4	2:19.9
	Lower	-	-	-	-	-	-	-
50m Breaststroke	Upper	41.9	40.7	39.3	38.4	37.2	36.3	35.6
	Lower	-	-	-	-	-	-	-
100m Breaststroke	Upper	1:33.5	1:33.5	1:25.9	1:19.3	1:16.8	1:15.1	1:14.4
	Lower	-	-	-	-	-	-	-
200m Breaststroke	Upper	3:22.0	3:10.5	2:58.7	2:49.4	2:44.8	2:41.4	2:40.7
	Lower	-	-	-	-	-	-	-
50m Butterfly	Upper	36.9	35.9	34.3	33.1	32.3	31.1	30.2
	Lower	-	-	-	-	-	-	-
100m Butterfly	Upper	1:24.5	1:24.5	1:15.7	1:09.7	1:07.6	1:05.8	1:05.2
	Lower	-	-	-	-	-	-	-
200m Butterfly	Upper	3:05.0	2:54.0	2:43.4	2:33.9	2:27.8	2:24.0	2:22.4
	Lower	-	-	-	-	-	-	-
200m Individual Medley	Upper	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:26.2
	Lower	-	-	-	-	-	-	-
400m Individual Medley	Upper	6:12.5	6:12.5	5:38.2	5:20.2	5:11.0	5:00.4	5:00.0
	Lower	-	-	-	-	-	-	-



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## ENTRY FORM

Full Name				DoB		Male / Female
Age at 31 December 2015		Club				
e-Mail						
Tel No				ASA No.		

EVENT	ENTRY TIME
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m Ind Medley	
400m Ind Medley	
<b>TOTAL ENTRY FEE ENCLOSED @ £6 per Event</b>	<b>£.....</b>

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by Team Luton Swimming Club for this competition.	
Signature of competitor .....	Date .....
I certify that the above information is correct ..... Club Official	

Entry Fee is £6.00 for all events

Cheques made payable to: Team Luton Swimming Club (see below for BACS details).

Closing date for entries is 12 noon on Thursday 19 November 2015, inclusive of payment.

Late or incomplete entries WILL NOT be accepted.

In the event of over-subscription entries will be accepted on a first come, first served basis.





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## SUMMARY OF ENTRIES

(to be submitted with club entries)

Club Name .....

		Total
No. of entries @ £6.00		
No. of coach passes @ £20.00		
	GRAND TOTAL £	

Cheques made payable to: Team Luton Swimming Club.

Closing date for entries is 12 noon on Thursday 19 November 2015, inclusive of payment.

Late or incomplete entries WILL NOT be accepted.

**E-mail electronic entry files to:** [galas@teamluton.com](mailto:galas@teamluton.com)

**Payment by BACS to:** Co-op bank, 2-6 Alma Street, Luton LU12PL

Team Luton Swimming Club, Sort Code 08-90-13, Account number 50352724

(Please use WD15 and your Club or Surname as reference)

**or post with a cheque to:** Simon Gee, 15 Rueley Dell Road, Lilley, Luton LU2 8LR