

Tigersharks ASC

(Affiliated to ASA South West Region)

XMAS OPEN MEET Level 3 Licensed Meet

(Held under ASA law & Technical Rules)
Licensed by the ASA for entry into County & District Competitions

4th & 5th December 2010

**LINK CENTRE
SWINDON**

**25M DECK LEVEL POOL
ANTI WAVE ROPES
ELECTRONIC TIMING**

**INDIVIDUAL AGE GROUPS FOR AWARDS
Age groups 10/U, 11/12, 13/14, 15&OV**

**FOR FURTHER DETAILS CONTACT
DIANE LEE ON 01793-873128
Or diane.lee22@ntlworld.com**

Future Dates of Tigershark Open Meets:

Tigersharks Winter Level 2 Open Meet

22/23rd January 2011

Tigersharks Xmas Level 3 Licensed Open Meet

(Under ASA law and ASA technical rules)

4th & 5th December 2010

MEET RULES

1. The meet will be held under ASA laws and ASA technical rules
2. All competitors must be registered with the ASA.
3. Age groups are based on ages at **5th December 2010**
4. A competitor may compete under the name of one club only.
5. Applications for entry must be correctly submitted by the specified date, **Saturday 20th November 2010**. Late entries may be accepted at the discretion of the promoter, but not to the detriment of entries received on time. Entries received without payment will not be processed.
6. The promoter will limit the number of entries should the events be oversubscribed; the slowest entries in each of the relevant events & grades will be rejected. Strictly no refunds on accepted entries.
7. Age groups/events; 10/U, 11/12, 13/14, 15 & Over - All events will be heat declared.
8. This event will NOT run with the use of entry cards
9. The heats will be seeded on entry times. All swimmers must have achieved times within the entry criteria applied in the attached table.
10. The first three in each age group will receive an award. Awards can be collected when results are posted. Swimmers who exceed the upper limit qualifying times will be awarded speeding tickets
11. Competitors must report to the marshals, one event before their own event. Failure to do so may mean exclusion from the event.
12. All starts will be at the deep end of the pool. All starts will be over the top, except backstroke races.
13. The entries will not be accepted without the purchase of a Coaches pass. COACHES are responsible for their swimmers at all time.
14. Warm up times. As listed in program details. Diving is only permitted in sprint lanes. Warm up procedures will be listed prior to the start of the meet.
15. The promoter reserves the right to refuse admission to any competitor or spectator.
16. Result sheets will be forwarded via email.
17. Anything not covered in the above rules and associated literature will be at the discretion of the promoter.
18. The Tigersharks Open meet organisers will amend the rules where necessary to ensure the meet runs smoothly.
19. The promoter's decision is final, subject to ASA Law.
20. * Girls under 11 & Boys under 12 are not eligible for 100m events at this competition.

Note: The electronic timing is provisional and may be over ruled by the referee.

Disabilities must be reported to the referee before the session of their event. A copy of their ASA certificate of permanent disability must be produced if requested. Failure to comply could result in disqualification from their events.

Closing date for entries is midnight on 20th November 2010. Failure to return entries will result in swimmers being excluded from the event.

TIGERSHARKS Xmas Level 3 licensed Open Meet

PROGRAMME OF EVENTS

4th & 5th December 2010

Programme of events Warm up times are provisional & may be subject to change once the entries have been received. Swimmers will be notified accordingly.

Saturday 4th December

Session 1 warm up 11.15	start 12.00 finish time 14:30
Boys 200m Butterfly	All
Girls 100m Individual Medley	All
Boys 100m Breaststroke	11*/12/13/14OV
Girls 100m Frontcrawl	10*/11/12/13/14OV
Boys 200m Backstroke	All
Girls 50m Breaststroke	9/10 Years

Saturday 4th December

Session 2 warm up 15:00	start 16:30 finish time 18:00
Boys 200m Individual Medley	All
Girls 50m Backstroke	9/10 Years
Boys 50m Frontcrawl	All
Girls 100m Butterfly	10*/11/12/13/14OV
Boys 100m Backstroke	11*/12/13/14OV
Girls 50m Butterfly	9/10 Years
Boys 200m Breaststroke	All

Sunday 5th December

Session 3 warm up 10.15	start 11.00 finish time 14:00
Girls 200m Butterfly	All
Boys 100m Individual Medley	All
Girls 100m Breaststroke	10*/11/12/13/14OV
Boys 100m Frontcrawl	11*/12/13/14OV
Girls 200m Backstroke	All
Boys 50m Breaststroke	9/10/11 Years

Sunday 5th December

Session 4 warm up 14:30	start 14:45 finish time 17:30
Girls 200m Individual Medley	All
Boys 50m Backstroke	9/10/11 Years
Girls 50m Frontcrawl	All
Boys 100m Butterfly	11*/12/13/14OV
Girls 100m Backstroke	10*/11/12/13/14OV
Boys 50m Butterfly	9/10/11 Years
Girls 200m Breaststroke	All

Sunday 5th December

Session 5 Warm Up 18:00	Start 18:30 finish time 19:30
Girls 200m Frontcrawl	9/10/11/12/13/14OV
Boys 200m Frontcrawl	9/10/11/12/13/14OV

*** Girls under 11 & Boys under 12 are not eligible for 100m events unless they qualify for & enter the 200m event in that stroke and will be eligible to swim the 100m event at the National Competition in 2010.**

Qualifying Times Boys (No faster or slower than upper / lower limit)

BOYS - EVENT	9	10	11	12	13	14	15/OV	Limit
50m Freestyle	33.00	32.00	30.50	29.50	28.20	27.50	26.50	Upper
	50.00	48.50	47.50	46.50	45.50	44.50	42.00	Lower
100m Freestyle			1:07.50	1:02.30	1:00.80	58.00	56.00	Upper
			1:40.00	1:25.50	1:24.40	1:23.30	1:18.00	Lower
200m Freestyle	2:50.00	2:38.00	2:28.50	2:20.50	2:12.00	2:05.00	2:02.00	Upper
	4:00.00	3:58.00	3:56.00	3:54.00	3:52.00	3:50.00	3:45.00	Lower
50m Breaststroke	46.00	42.50	40.10					Upper
	1:18.00	1:16.00	1:14.00					Lower
100m Breaststroke			1:28.00	1:23.70	1:20.80	1:17.00	1:14.50	Upper
			2:10.00	1:54.70	1:51.70	1:48.00	1:42.00	Lower
200m Breaststroke	4:10.00	3:50.00	3:30.00	3:05.00	2:50.00	2:43.00	2:38.00	Upper
	5:15.00	5:05.00	4:55.00	4:45.00	4:35.00	4:25.00	4:15.00	Lower
50m Butterfly	39.00	37.00	35.00					Upper
	1:15.00	1:10.00	1:05.00					Lower
100m Butterfly			1:19.00	1:17.00	1:12.00	1:10.00	1:07.00	Upper
			2:05.00	1:55.00	1:53.00	1:51.00	1:45.00	Lower
200m Butterfly	3:05.00	3:00.00	2:50.00	2:45.00	2:40.00	2:30.00	2:20.00	Upper
	5:15.00	5:10.00	5:05.00	5:00.00	4:55.00	4:50.00	4:20.00	Lower
50m Backstroke	43.00	38.00	35.00					Upper
	59.50	58.20	57.50					Lower
100m Backstroke			1:18.50	1:16.40	1:10.60	1:07.50	1:04.00	Upper
			2:00.00	1:56.00	1:50.00	1:46.00	1:40.00	Lower
200m Backstroke	3:50.00	3:25.00	3:16.00	3:05.00	2:55.00	2:40.00	2:20.00	Upper
	5:00.00	4:50.00	4:40.00	4:30.00	4:20.00	4:10.00	3:50.00	Lower
100m Ind Medley	1:28.00	1:24.00	1:20.00	1:16.00	1:12.50	1:10.00	1:05.00	Upper
	2:00.00	1:50.00	1:40.00	1:35.00	1:30.00	1:28.00	1:25.00	Lower
200m Ind Medley	3:00.00	2:50.70	2:40.90	2:30.20	2:20.00	2:10.90	2:03.79	Upper
	3:55.00	3:50.00	3:35.00	3:25.00	3:15.00	3:05.00	2:50.00	Lower

*** Girls under 11 & Boys under 12 are not eligible for 100m events at this competition.**

Qualifying Times Girls (No faster or slower than upper / lower limit)

GIRLS - EVENT	9	10	11	12	13	14	15/OV	Limit
50m Freestyle	33.00	32.00	31.00	30.20	29.00	28.50	28.00	Upper
	50.00	48.50	48.00	47.00	46.25	45.70	40.00	Lower
100m Freestyle		1:11.50	1:09.50	1:06.00	1:04.50	1:02.00	1:00.30	Upper
		1:58.00	1:50.00	1:42.50	1:35.50	1:25.50	1:21.30	Lower
200m Freestyle	2:45.00	2:30.00	2:27.00	2:21.00	2:16.00	2:12.00	2:09.50	Upper
	4:00.00	3:58.00	3:57.00	3:55.00	3:54.00	3:52.00	3:48.00	Lower
50m Breaststroke	46.00	42.50						Upper
	1:18.00	1:16.00						Lower
100m Breaststroke		1:32.00	1:28.50	1:26.00	1:23.00	1:21.00	1:17.00	Upper
		2:15.00	2:00.00	1:56.50	1:55.00	1:52.00	1:50.00	Lower
200m Breaststroke	4:10.00	3:50.00	3:35.00	3:20.00	3:07.00	2:54.00	2:48.00	Upper
	6:10.00	6:00.00	5:50.00	5:40.00	5:30.00	5:20.00	5:10.00	Lower
50m Butterfly	39.00	37.00						Upper
	1:15.00	1:10.00						Lower
100m Butterfly		1:26.50	1:23.50	1:21.00	1:19.00	1:16.50	1:12.50	Upper
		2:25.00	2:15.00	2:10.00	2:05.00	1:55.00	1:45.00	Lower
200m Butterfly	3:15.00	3:05.00	2:55.00	2:46.00	2:40.00	2:35.00	2:30.00	Upper
	5:15.00	5:10.00	5:08.00	5:06.00	5:04.00	5:00.00	4:45.00	Lower
50m Backstroke	43.00	38.00						Upper
	59.50	58.20						Lower
100m Backstroke		1:27.00	1:23.50	1:18.50	1:14.50	1:10.50	1:07.00	Upper
		2:15.00	2:05.00	1:59.50	1:56.40	1:54.20	1:42.50	Lower
200m Backstroke	3:15.00	3:05.00	2:58.00	2:50.00	2:44.00	2:38.00	2:28.00	Upper
	5:00.00	4:50.00	4:45.00	4:40.00	4:35.00	4:30.00	4:15.00	Lower
100m Ind Medley	1:37.00	1:30.00	1:25.00	1:20.50	1:16.50	1:13.50	1:10.00	Upper
	2:15.00	2:05.00	2:00.00	1:55.00	1:45.00	1:35.00	1:28.00	Lower
200m Ind Medley	3:00.00	2:50.80	2:40.30	2:32.00	2:26.40	2:22.60	2:18.67	Upper
	4:05.00	3:55.00	3:40.80	3:28.80	3:22.50	3:10.00	3:00.00	Lower

*** Girls under 11 & Boys under 12 are not eligible for 100m events at this competition.**

Tigersharks ASC – Xmas - Level 3 Licensed Open Meet 2010

ENTRY FORM

Please use separate form for boys & girls

Name _____ Male/Female _____

Club _____ Date of Birth _____

ASA ID Number _____ **Closing Date – Midnight 20th November 2010**

50 FC	100 FC	200 FC
50 BR	100 BR	200m BR
50 BK	100 BK	200m BK
50 FLY	100 FLY	200m FLY
	100 IM	200m IM

No: of entries @ £5.00/event = No _____ Total £ _____

Club Total Entries

Total number of Club entries @ £5.00 / event = No: _____ Total £'s: _____

Coaches Passes @ £10.00 for day = No: _____ Total £'s _____

Total amount Cheque made payable to 'TASC' = £'s _____

Return Address:

Tel: _____ E-Mail _____

Tigersharks ASC

Affiliated to the: ASA South West Region

Mrs Diane Lee
14 Sidney Close, Grange Park,
Swindon SN5 6BN
Telephone: 01793- 873128
Email: diane.lee22@ntlworld.com

Confirmation of entries

Dear Coach / Administrator

Thank you for your entries to our Open Meet. As this meet is running without cards you will be sent a draft programme when all entries are processed. Last year our meets were heavily oversubscribed so early entries are advised

We are asking visiting Clubs if they are able to offer help with qualified officials. We will be giving visiting Clubs an allowance for each travelling qualified official that they are able to bring, in addition the officials will be given a full lunch and free entry/programme. This payment will be made on the day either to the individual official or to the club if they prefer, however we would need the details of any travelling officials as we need to register them with the meet referee prior to the event.

Thank you for your help, Diane Lee

-----please tear off-----

CLUB

OFFICIALS NAME.....
Available and qualified as Timekeeper/ Starter/ Judge/Turn Judge/ Chief Timekeeper/Referee
(please circle)
TELEPHONE NUMBER.....
HOME ADDRESS

OFFICIALS NAME.....
Available and qualified as Timekeeper/ Starter/ Judge/Turn Judge/ Chief Timekeeper/Referee
(please circle)
TELEPHONE NUMBER.....
HOME ADDRESS

OFFICIALS NAME.....
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