

AQUAE SULIS PERFORMANCE SWIMMING CLUB
www.aquaesuliswimming.co.uk

PRESENTS

THE AQUAE SULIS SPRING GRAND PRIX



L1 LONG COURSE OPEN MEET (LICENCE NO 1SW160100)

Under ASA Laws and Regulations and ASA Technical Rules of Racing

On

Saturday 27th February 2016

And

Sunday 28th February 2016

At

Hengrove Leisure Centre
The Boulevard, Hengrove Park, Bristol

50 Metre 10 Lane Pool
Swim Down Pool
Electronic Timing
Seating for 400

Boy & Girls (Ages on the 28th February 2016)
50m, 100m & 200m all strokes
400m Freestyle
200m & 400m Individual Medley
Plus Top Boy, Top Girl and Top Visiting Club Prizes

For meet entry pack, please email: aquaesulisopenmeet@hotmail.co.uk
Or send A4 SAE to: Mr. S.Grothier, 5 Stonehouse Close, Bath, BA2 5DP
Telephone 07467306392

AQUAE SULIS PERFORMANCE SWIMMING CLUB

PRESENTS

AQUAE SULIS SPRING GRAND PRIX

PROGRAMME OF EVENTS

SATURDAY 27th February 2016

Session 1	Warm up	8.00AM	Start	8.30AM
Event No				
1	Girls	11/Over	400 Freestyle	HDW
2	Boys	11/Over	400 IM	HDW
Warm up approx. 9.30 until 10.30				
3	Girls	9/Over	200 IM	HDW
4	Boys	9/Over	100 Freestyle	HDW
5	Girls	9/Over	200 Back	HDW
6	Boys	9/Over	200 Fly	HDW
7	Girls	9/Over	100 Fly	HDW
8	Boys	9/Over	50 Back	HDW
9	Girls	9/Over	50 Breast	HDW
Session 2	Warm Up	2.00 pm	Starts	3.00 pm
Times to be confirmed				
10	Girls	9/Over	50 Freestyle	HDW
11	Boys	9/Over	50 Fly	HDW
12	Girls	9/Over	100 Back	HDW
13	Boys	9/Over	100 Breast	HDW
14	Girls	9/Over	200 Breast	HDW
15	Boys	9/Over	200 Freestyle	HDW

SUNDAY 28th February 2016

Session 3	Warm up	8. 00 am	Starts	8.30 am
Event No				
16	Boys	11/Over	400 Freestyle	HDW
17	Girls	11/Over	400 IM	HDW
Warm up approx. 9.30 am until 10.30 am				
18	Boys	9/Over	200 IM	HDW
19	Girls	9/Over	100 Freestyle	HDW
20	Boys	9/Over	200 Back	HDW
21	Girls	9/Over	200 Fly	HDW
22	Boys	9/Over	100 Fly	HDW
23	Girls	9/Over	50 Back	HDW
24	Boys	9/Over	50 Breast	HDW
Session 4	Warm up	2.00pm	Starts	3.0 pm
Times to be confirmed				
25	Boys	9/Over	50 Free	HDW
26	Girls	9/Over	50 Fly	HDW
27	Boys	9/Over	100 Back	HDW
28	Girls	9/Over	100 Breast	HDW
29	Boys	9/Over	200 Breast	HDW
30	Girls	9/Over	200 Freestyle	HDW

MEDALS AWARDED TO THE TOP 3 IN EACH AGE GROUP.

AQUAE SULIS PERFORMANCE SWIMMING CLUB
THE AQUAE SULIS SPRING GRAND PRIX CONDITION
PROMOTERS CONDITIONS
Saturday 27th February 2016
Sunday 28th February 2016

1. The Meet will be held under ASA Laws and Regulations and ASA Technical Rules of Racing, and has been licensed Level 1 (1SW160100) by the ASA.
2. All entries must be made on the understanding that the promoter's conditions are accepted.
3. All Competitors must be members of an affiliated club, registered with the ASA, and may compete in the name of one club only. It is important that swimmers enter under the exact name by which they are known to the ASA, so that our computer software identifies the correct swimmers. Entering by electronic means is therefore recommended.
- 3A This meet is within the 'county block' dates within the ASA calendar as such the ASA imposes limitations on who we are allowed to accept entries from. To clarify, no entries will be accepted from individual swimmers or clubs affiliated to Somerset ASA and Gloucester ASA nor from counties adjacent to Somerset & Gloucestershire, if those County associations are holding their County Championships on 27th and 28th February 2016. The relevant counties are Somerset, Gloucestershire, Wiltshire, Dorset, Devon, Worcestershire, Herefordshire, Warwickshire and Oxfordshire.
4. The promoters reserve the right to accept or reject entries at their discretion, and to restrict entries in order that the Meet may be completed within the time available. If the Meet is oversubscribed, entries will be accepted based on the times submitted but ensuring an equal balance of swimmers across **all** the age groups. A list of rejected swimmers and refund cheque will be sent direct to the club that entered the swimmer or to the individual, in the case of individual entries. Incorrect or incomplete entries will be rejected and entry fees will not be refunded. There will be no refunds for withdrawals after the closing date.
In order to clarify the criteria should the event be over-subscribed the following guidelines will be used. Preference will be given to:
 - a) Aquae Sulis Performance Swimming Club and its affiliated club where the swimmer of a parent-helper has entered the gala.
 - b) Where the Meet organiser has been given notice that a visiting official has a swimmer entering the gala.Preference will only be given for the sessions in which the parents-helpers or the official is on duty.
 - c) Swimmers from clubs situated in Scotland, Ireland and off-shore locations.In all cases the swimmer must have achieved the minimum qualifying time for their age and event.
5. Awards will be made for the top three in each age group: - 9, 10, 11/12, 13/14 and 15 over.
6. Entry times should be those for a 50m pool, conversions of Short Course times is necessary. Entry times must have been achieved in a licensed meet and the meet organisers will spot check entries against the GB Swimming Rankings. We reserve the right to reject entries if such times are not listed. Ages at 28th February 2016. All events will be HDW.
7. Entries of 10 or more swimmers from the same club **MUST** be made electronically; Entries of 9 or less swimmers from the same club may be made using the official meet entry form, but a 50p charge will be made per event.
Unless arranged and agreed in advance with the Meet organiser, entries must reach the Meet Secretary on or before midnight on **7th February 2016**. No late entries will be accepted, except as in Condition 18 and 20. All accepted entries will be notified via EMAIL. Please ensure you supply one. Where entry is made by hy-tec file it is **NOT** necessary to submit individual entry forms to the promoter
8. Entry fees are **£7.00** per event if submitted electronically or **£7.50** per event if submitted in paper format and this includes the levy per accepted entry made by the ASA for licensed events. Coaches passes (maximum 2 per club) **are £20.00** each and include a program per pass and one full set of results per club only if requested at sign in. Where clubs wish to bring a large team, and in order to comply with the ASA supervision guidelines, require additional coaches to attend the meet organiser should be contacted regarding additional coaches passes. Entry fees should be paid on ONE consolidated cheque, made payable to AQUAE SULIS PERFORMANCE SWIMMING CLUB.

If payment by internet banking is required please contact the meet organiser for account details.

9. Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.
10. There will be no entry cards or signing sheets. Any withdrawals from the events **MUST** be emailed to promoter by **Tuesday 23rd February 2016**. Failure to do so will result in the club receiving a £10 fine should any swimmer not swim on the day without notification.
11. Entries will be seeded into heats based on entry times; the slowest heats will be swum first.
12. Swimmers must report to the competitors' stewards' eight heats prior to their own.
13. Only Swimmers, Coaches with a pass and Officials will be allowed on poolside during the Meet. Coaches in possession of a coach pass are allowed on poolside during warm ups. Any Coach without a pass will be asked to leave the poolside or to purchase an extra pass. Wet swimmers are not allowed in the spectator area.
14. In line with child protection policies, any person wishing to use video or photographic equipment (including mobile phones with photographic facility) are required to sign the authorization book available at the entry desk and must display a camera pass. Any person not complying will be asked to leave the pool complex. **You are reminded that Flash photograph is NOT permitted at the start of any heat.**
15. Neither the promoters nor Hengrove Leisure Centre accept any liability for any loss or damage to personal belongings.
16. The promoters reserve the right to alter these conditions if necessary, any alterations, being announced during the Meet, any matter not covered by these conditions shall be at the promoter's discretion if not covered by ASA Laws or Technical Rules.
17. Clubs entering 5 or more swimmers are required to supply a minimum of ONE licensed official per 10 swimmers. We reserve the right to reject entries from those clubs not complying with this.
18. Deck entries may be taken on the day of the meet, should spaces be available, but will be at the discretions of the organizer. All Deck entries must comply with the meet QT. Deck entries will be announced after withdrawals have been done and will be announced in warm up. Deck entries will be allocated on a first come first serve bases and payment must be made at the time of entry. Swimmers may be allocated unused lanes in the slowest heats.
19. A swim down pool will be provided and will be available for swimmers to use during the meet and up to 15 minutes after the last heat of a session. It will not be available for use during the warm-up period when only the main pool will be in use. Coaches are asked to remind their swimmers to respect this facility and use it for the intended purpose. The Meet organisers reserve the right to withdraw the facility should it be misused.
20. **If the meet is undersubscribed the promoters will, at their discretion, accept entries submitted after the closing date but only if the swimmer has achieved the minimum qualifying time for their age and event.**
21. **If the meet is undersubscribed or for any other reason, the promoters reserve the right to cancel the meet. In which case all entry fees paid will be refunded.**
22. A top boy and top girl prize will be awarded. This will be based on points awarded in each age group (11, 12, 13, 14, 15, 16 and 17 and over). This represents different age bands to the main galas. Points will be awarded based on 5 points for a 1st place to 1 point for a 5th place.
The top overall male and female swimmer will be awarded £50.
A top visiting club prize of £125 will be awarded based on the accumulation of points scored. Where a draw has occurred the most 1st places will be used to determine the winner.
To clarify these awards are NOT open to ANY swimmer that is registered with AQUAE SULIS PERFORMANCE SWIMMING CLUB.
To clarify TOP BOY and TOP GIRL prizes are only open to swimmers aged 11 and over.

Minimum Qualifying Times for The Aquae Sulis Spring Grand Prix 2016**Based on ASA Minimum Qualifying Times for L1 Gala****Please use long course times. Conversions from short course to long course will be accepted**

Boys										
Event	9	10	11	12	13	14	15	16	17	Open
50m Free	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70	28.40	27.40
100m Free	1:20.8	1:20.8	1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5	1:00.5
200M Free	3:23.4	3:03.6	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7	2:13.7
400Free			5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:49.1	4:44.6	4:43.4
50m Breast	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80	35.80	34.90
100m Breast	1:43.5	1:43.5	1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9	1:17.0	1:15.8
200 Breast	4:20.5	3:57.2	3:39.1	3:25.20	3:12.5	3:02.5	2:55.4	2:51.6	2:47.0	2:43.9
50 Fly	48.60	43.50	40.80	38.10	35.90	34.0	32.20	31.40	30.60	29.70
100 Fly	1:29.7	1:29.7	1:27.7	1:21.5	1:16.8	1:12.8	1:09.80	1:07.8	1:06.5	1:05.0
200 Fly	4:03.7	3:32.3	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4	2:27.6	2:24.7
50 Back	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50	32.70	31.70
100 Back	1:31.8	1:31.8	1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3	1:07.5
200 Back	3:46.7	3:25.8	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:31.4	2:28.6	2:26.7
200 IM	3:52.0	3:29.6	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0	2:29.2
400IM			6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:27.6	5:22.6	5:17.2
Girls										
Events	9	10	11	12	13	14	15	16	17	Open
50m Free	42.80	39.80	37.30	35.40	34.0	32.90	32.20	31.90	31.80	30.50
100m Free	1:26.2	1:26.2	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1	1:07.3
200m Free	3:29.1	3:04.4	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8	2:25.8
400m Free			5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:09.2	5:06.3	5:06.3
50m Breast	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10	39.80	38.60
100m Breast	1:50.3	1:50.3	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1	1:25.2	1:23.6
200m Breast	4:27.3	3:55.5	3:36.6	3:24.6	3:15.5	3:09.5	3:06.7	3:05.8	3:04.0	2:59.8
50m Fly	48.20	44.0	40.70	38.60	36.70	35.70	34.80	34.20	34.20	32.60
100m Fly	1:37.1	1:37.1	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0	1:12.1
200m Fly	3:56.6	3:34.6	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:43.3	2:41.3	2:38.3
50 Back	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60	36.30	35.30
100m Back	1:37.5	1:37.5	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3	1:14.6
200m Back	3:52.7	3:26.3	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:43.9	2:42.8	2:39.9
200 IM	3:55.2	3:29.6	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5	2:43.7
400 IM			6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:50.8	5:48.7	5:43.9

Payment Form

Club Name	
Contact Address	
Tel. No	
E-mail	

Total Number of Swimmers Entries _____

Total Cost of Swimmers Entries

- Electronic @ £7.00 each _____
- Manual @ £7.50 each _____

Number of Coaches Pass @ £20 each _____

Total Cheque Enclosed _____

(All cheques payable to Aquae Sulis Performance Swimming Club)
(If clubs wish to pay by internet banking please contact organiser for bank details and reference)

Please email hy-tek files (or clerical entry form) to address below.
Please follow up with payment, a copy of this form and copy of entries.

aquaesulisopenmeet@hotmail.co.uk

Please send paperwork and payment to:

Mr.S.Grothier
5 Stonehouse Close,
Bath
BA2 5DP

Aquae Sulis Spring Open Meet

February 2016

Individual Entry Form

Times may be checked against ASA Rankings
ALL Entry times to be converted to long course times

Please complete all details in full

Name				Male/Female	
Address					
Telephone No:					
Email Address:					
Date of Birth:					
Club:					
ASA registration No.:					
Events					
Freestyle	50m	100m	200m	400m	
Backstroke	50m	100m	200m		
Breaststroke	50m	100m	200m		
Butterfly	50m	100m	200m		
IM			200m	400m	
Total No. Entries @£7.50 per event				Total Cost £	
Number of Coaches Passes @£20.00 Each				Total Cost £	

CLOSING DATE : 7th February 2016

Please return to :

**Mr S.Grothier
5 Stonehouse Close
Bath
BA2 5DP
Tel: 07467306392**

AQUAESULISS SPRING GRAND PRIX

REQUEST FOR OFFICIALS

Level 1 Meet - Licence number 1SW160100
Hengrove Leisure Centre, Hengrove, Bristol
27th and 28th February 2016

Please Return Form to:

Email : officials@aquaesulisswimming.org.uk

If you are a qualified Licensed ASA official and would be willing to help at the above meet, we would be grateful for any assistance that you can offer. Please complete this form or provide the equivalent information by email, contact details as above. In addition Clubs with 5 swimmers or more are asked to provide one official for each 5 swimmers for all sessions, up to a maximum of 4.

Name: Club:

Address: Qualification: *please tick where applicable*

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Referee

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Starter

Tel:

Judge 2

Judge 1

Email:

Licence number

I WOULD BE WILLING TO HELP AT THE FOLLOWING SESSIONS

Please refer to the programme of events for start times etc.

Session 1 Sat

Session 2 Sat

Session 3 Sun

Session 4 Sun

A lunch will be provided after the morning sessions for those officials remaining for the afternoon sessions