**LEVEL 3 LONG COURSE MEET**

**June 20th & 21st 2015**

**AT THE HENGROVE PARK LEISURE CENTRE, BRISTOL**

(Held under ASA Laws and Regulations and Asa Technical Rules of racing) (**License Number 3SW150881)**

 Level 3 for entry into local and regional competitions. 50m, 10 lane pool with anti-wave ropes and electronic timing. Large spectator seating area and spacious Cafeteria.

**All events from 50m to 400m**

**All events are heat declared winners**

**All events are subject to entry times being achieved.**

**Club entries of over 5 to be via HY-TEK entry file (see website for details)**

**Clubs will be expected to supply one qualified official for every 5 swimmers entered.**

**Age as 21st June 2015**

Awards will be given in the following age groups:

9&10yrs, 11&12yrs, 13&14yrs, 15/over

There will also be awards for top girl and top boy in each age group.

Open meet information/entry pack can be downloaded from the website **www.torfaendolphins.co.uk** or e-mail us at competition@torfaendolphins.com

Entries will be on a “first come, first served” basis.

Entry Fee - £6.50 per event

**ENTRIES WILL CLOSE 20.00 Sunday 10th May 2015**

**PROGRAMME OF EVENTS**

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park Bristol, United Kingdom, BS14 0JZ

**SATURDAY 20th June 2015**

**Session 1**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| --- | --- | --- | --- |
| **Event No** | **Event** | **Gender** | **Age Groups** |
| 1 | 400m Freestyle | Female |  11&12yrs, 13&14yrs, 15/over |
| 2 | 200m IM | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 3 | 50m Breaststroke | Female | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |
| 4 | 100m Breaststroke | Male |  10yrs, 11&12yrs, 13&14yrs, 15/over |
| 5 | 200m Butterfly | Female |  9&10yrs, 11&12yrs, 13&14yrs, 15/over |
| 6 | 200m Freestyle | Male | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |
| 7 | 100m Backstroke | Female |  10yrs, 11&12yrs, 13&14yrs, 15/over |
| 8 | 50m Butterfly | Male | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |

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**Session 2**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event No** | **Event** | **Gender** | **Age Groups** |
| 9 | 400m IM | Male |  11&12yrs, 13&14yrs, 15/over |
| 10 | 200m Backstroke | Female |  9&10yrs, 11&12yrs, 13&14yrs, 15/over |
| 11 | 200m Breaststroke | Male |  9&10 yrs,11&12yrs, 13&14yrs, 15/over |
| 12 | 100m Butterfly | Female |  10yrs, 11&12yrs, 13&14yrs, 15/over |
| 13 | 100m Freestyle | Male |  10yrs, 11&12yrs, 13&14yrs, 15/over |
| 14 | 50m Freestyle | Female | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |
| 15 | 50m Backstroke | Male | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |

**PROGRAMME OF EVENTS**

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park Bristol, United Kingdom, BS14 0JZ

**SUNDAY 13th JULY 2014**

**Session 3**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event No** | **Event** | **Gender** | **Age Groups** |
| 16 | 400m Freestyle | Male |  11&12yrs, 13&14yrs, 15/over |
| 17 | 200m IM | Female | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |
| 18 | 50m Breaststroke | Male | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |
| 19 | 100m Breaststroke | Female |  10yrs, 11&12yrs, 13&14yrs, 15/over |
| 20 | 200m Butterfly | Male |  9&10yrs 11&12yrs, 13&14yrs, 15/over |
| 21 | 200m Freestyle | Female |  9&10yrs, 11&12yrs, 13&14yrs, 15/over |
| 22 | 100m Backstroke | Male |  10yrs, 11&12yrs, 13&14yrs, 15/over |
| 23 | 50m Butterfly | Female | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |

**Session 4**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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|  |  |  |  |
| --- | --- | --- | --- |
| **Event No** | **Event** | **Gender** | **Age Groups** |
| 24 | 400m IM | Female |  11&12yrs, 13&14yrs, 15/over |
| 25 | 200m Backstroke | Male |  9&10yrs,11&12yrs, 13&14yrs, 15/over |
| 26 | 200m Breaststroke | Female |  9&10yrs,11&12yrs, 13&14yrs, 15/over |
| 27 | 100m Butterfly | Male |  10yrs, 11&12yrs, 13&14yrs, 15/over |
| 28 | 100m Freestyle | Female |  10yrs, 11&12yrs, 13&14yrs, 15/over |
| 29 | 50m Freestyle | Male | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |
| 30 | 50m Backstroke | Female | 9&10yrs, 11&12yrs, 13&14yrs, 15/over |

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**Long Course Meet 2015**

**Cut Off Times – Female**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Event |  | **10/U** | **11** | **12** | **13** | **14** | **15+** | **16** | **17+** |
| 50 FC | Slower Than | 33.50 | 29.0 | 29.0 | 28.0 | 28.00 | 27.74 |  |  |
| 100 FC | Slower Than | 1.08.00 | 1.02.64 | 1.02.64 | 59.94 | 59.94 | 57.36 |  |  |
| 200 FC | Slower Than | 2.23.00 | 2.14.88 | 2.14.88 | 2.09.06 | 2.09.06 | 2.01.85 |  |  |
| 400 FC | Slower Than | N/A | 4.43.2 | 4.43.2 | 4.31.06 | 4.31.06 | 4.21.59 |  |  |
| 50 BC | Slower Than | 39.00 | 34.5 | 34.50 | 32.50 | 32.50 | 30.00 |  |  |
| 100 BC | Slower Than | 1.19.00 | 1.11.3 | 1.11.3 | 1.07.85 | 1.07.85 | 1.04.26 |  |  |
| 200 BC | Slower Than | 2.47.00 | 2.34.32 | 2.34.32 | 2.26.87 | 2.26.87 | 2.21.84 |  |  |
| 50 BRS | Slower Than | 42.00 | 38.0 | 38.00 | 37.00 | 37.00 | 34.50 |  |  |
| 100 BRS | Slower Than | 1.24.00 | 1.19.89 | 1.19.89 | 1.16.96 | 1.16.96 | 1.12.33 |  |  |
| 200 BRS | Slower Than | 3.05.00 | 2.51.67 | 2.51.67 | 2.44.13 | 2.44.13 | 2.36.74 |  |  |
| 50 Fly | Slower Than | 37.00 | 33.00 | 33.00 | 30.50 | 30.50 | 30.00 |  |  |
| 100 Fly | Slower Than | 1:16.00 | 1.09.28 | 1.09.28 | 1.05.25 | 1.05.25 | 1.03.43 |  |  |
| 200 Fly | Slower Than | 2.40.00 | 2.35.79 | 2.35.79 | 2.24.06 | 2.24.06 | 2.20.60 |  |  |
| 200 IM | Slower Than | 2.41.00 | 2.31.56 | 2.31.56 | 2.25.02 | 2.25.02 | 2.21.29 |  |  |
| 400 IM | Slower Than | N/A | 5.20.72 | 5.20.72 | 5.06.73 | 5.06.73 | 5.00.71 |  |  |

**Long Course Meet 2015**

**Cut Off Times –Male**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Event |  | **10/U** | **11** | **12** | **13** | **14** | **15+** | **16** | **17+** |
| 50 FC | Slower Than | 33.00 | 28.5 | 28.50 | 25.70 | 25.70 | 24.53 |  |  |
| 100 FC | Slower Than | 1.06.00 | 1.00.99 | 1.00.99 | 55.67 | 55.67 | 53.21 |  |  |
| 200 FC | Slower Than | 2.21.00 | 2.10.32 | 2.10.32 | 1.59.22 | 1.59.22 | 1.54.32 |  |  |
| 400 FC | Slower Than | N/A | 4.39.12 | 4.39.12 | 4.16.81 | 4.16.81 | 4.00.58 |  |  |
| 50 BC | Slower Than | 37.50 | 33.50 | 33.50 | 30.00 | 30.00 | 28.00 |  |  |
| 100 BC | Slower Than | 1:16.00 | 1.09.38 | 1.09.38 | 1.02.73 | 1.02.73 | 59.03 |  |  |
| 200 BC | Slower Than | 2.35.00 | 2.26.52 | 2.26.52 | 2.11.15 | 2.11.15 | 2.06.45 |  |  |
| 50 BRS | Slower Than | 40.00 | 37.00 | 37.00 | 33.5 | 33.5 | 29.5 |  |  |
| 100 BRS | Slower Than | 1.26.00 | 1.17.19 | 1.17.19 | 1.10.94 | 1.10.94 | 1.04.36 |  |  |
| 200 BRS | Slower Than | 2.58.00 | 2.51.32 | 2.51.32 | 2.34.76 | 2.34.76 | 2.21.95 |  |  |
| 50 FLY | Slower Than | 36.00 | 31.00 | 31.00 | 28.00 | 28.00 | 26.00 |  |  |
| 100 FLY | Slower Than | 1:13.00 | 1.08.53 | 1.08.00 | 1.00.18 | 1.00.18 | 56.19 |  |  |
| 200 FLY | Slower Than | 2.37.00 | 2.30.61 | 2.30.61 | 2.15.60 | 2.15.60 | 2.04.07 |  |  |
| 200 IM | Slower Than | 2.37.00 | 2.32.92 | 2.32.92 | 2.20.07 | 2.20.07 | 2.12.22 |  |  |
| 400 IM | Slower Than | N/A | 5.18.28 | 5.18.28 | 4.52.36 | 4.52.36 | 4.34.81 |  |  |

**Level 3 Open Meet**

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park, Bristol, United Kingdom, BS14 0JZ

1. The meet will be held under ASA Laws and ASA Technical Rules and has been Licensed Level 3 by the ASA for entry into District Competitions.
2. Cut off times will be applied to all events. Entries of 6 or more swimmers from the same Club must be made electronically (HY Tek). Entries of 5 or less swimmers from the same club may be made using the official meet entry form. Entries (including summary and cheque) must reach the Meet Secretary by the closing date – No late entries will be accepted.
3. All competitors must be members of an affiliated club, registered Category 2 with the ASA and may compete in the name of one club only.
4. The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a first come first served basis, allowing for an equal balance of swimmers across the age groups
5. As soon as possible after the closing date, club list sheets will be emailed to club secretary for accepted entries, together with any information in respect of entries not accepted. All refunds will be made ‘en block’ to the club submitting the entries, these will be sent by post or available for collection by Clubs on the day.
6. Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date.
7. The age groups are: 9&10, 11&12, 13&14, 15 and over - ages as at the last day of the meet
8. The pool is 50m and the meet will be swum long course. Anti-wave devices will be in place and electronic timing/placing will be used.
9. Entry includes the levy per accepted entry made by the ASA for licensed events. Coach/team manager passes (maximum of 4 per club) entitle the holder to admission to all sessions, a programme, a light lunch on both days and a full set of results per club. Entry fees should be made in one consolidated payment, payable to Torfaen Dolphins Long Course Meet.
10. Weekend Event programme £5.00 (£3.00 Sunday) adult spectator entry fee (per session) £3, all day pass £5.00
11. 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.
12. The one start rule will be in operation during this event.
13. The meet will be run without cards. Heats will be pre-seeded.
14. Swimmers must report to the competitors’ stewards’ eight heats prior to their own. In events of 200m or over this drops to 6 heats before.
15. Wet swimmers are not allowed in the spectator areas. The small pool may be used at the discretion of the lifeguards and is for swim down only.
16. All events are HDW..
17. In accordance with recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance.
18. Neither the promoter or Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
19. The promoter reserves 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.
20. Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoters discretion.
21. The promoter reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by ASA laws or technical rules will be at the promoter’s discretion.
22. Any swimmer breaking these conditions will be liable to disqualification from any or all events.
23. There will be medals in every event for the first three overall swimmers in each age group i.e. 9/10, 11/12 etc. Any disqualified swimmer will not receive awards.
24. Awards will be made to the top boy and top girl swimmer using a points system based on swimmers achieving 1 to 10th places in each event
25. Refunds will also be given for medical reasons on production of a Doctor’s note only.
26. The promoters reserve the right to refuse admission to any competitor or spectator.
27. Coaches Passes will not be sold on the day. No pass - no admission to poolside
28. **Teams are required to provide one licensed official for every 10 swimmers entered. Any team that is unable to meet this requirement should email the meet secretary (details below) as soon as possible so we can ensure the meet is adequately staffed**
29. Entry times shall be converted at the time of entry by the clubs to 50m Pool times. All times submitted must be truthful and correct as define by the ASA Code of Conduct. Entry times may be checked against ASA rankings.
30. Over the top starts may be used at the promoter’s discretion.

Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags (lockers are available in the changing village -£1 refundable) and report any issues immediately to a member of the pool staff or to the Open Meet Promoter

**WARNING TO ALL COACHES, TEAM MANAGERS & SWIMMERS**

ANY SWIMMER UNABLE TO EXECUTE A SAFE DIVE FROM THE BLOCKS INTO SHALLOW WATER ARE REMINDED THAT THEY MAY START FROM THE SIDE OF THE POOL OR IN THE WATER

**Hengrove Park will be open from 08.00 on both days, Parkwood will not allow earlier entry. Warm Up and Start Times will be confirmed after the closing date.**

**Long Course Open Meet Entry Form**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Male/Female D.O.B­\_\_\_\_\_\_\_\_\_ Age at (last day of Meet)\_\_\_\_\_ ASA No\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 1 | 400m Freestyle | Female |  |
| 2 | 200m IM | Male |  |
| 3 | 50m Breaststroke | Female |  |
| 4 | 100m Breaststroke | Male |  |
| 5 | 200m Butterfly | Female |  |
| 6 | 200m Freestyle | Male |  |
| 7 | 100m Backstroke | Female |  |
| 8 | 50m Butterfly | Male |  |
|  |  |  |  |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 9 | 400m IM | Male |  |
| 10 | 200m Backstroke | Female |  |
| 11 | 200m Breaststroke | Male |  |
| 12 | 100m Butterfly | Female |  |
| 13 | 100m Freestyle | Male |  |
| 14 | 50m Freestyle | Female |  |
| 15 | 50m Backstroke | Male |  |
|  |  |  |  |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 16 | 400m Freestyle | Male |  |
| 17 | 200m IM | Female |  |
| 18 | 50m Breaststroke | Male |  |
| 19 | 100m Breaststroke | Female |  |
| 20 | 200m Butterfly | Male |  |
| 21 | 200m Freestyle | Female |  |
| 22 | 100m Backstroke | Male |  |
| 23 | 50m Butterfly | Female |  |
|  |  |  |  |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 24 | 400m IM | Female |  |
| 25 | 200m Backstroke | Male |  |
| 26 | 200m Breaststroke | Female |  |
| 27 | 100m Butterfly | Male |  |
| 28 | 100m Freestyle | Female |  |
| 29 | 50m Freestyle | Male |  |
| 30 | 50m Backstroke | Female |  |

Total number of entries @ £6.50 = No:\_\_\_\_\_\_\_\_\_ Total £’s:\_\_\_\_\_\_\_\_\_\_\_

**Note:** This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 6 swimmers are being entered. Entry forms should be sent with a completed payment form as per the payment form instruction.

**PAYMENT FORM**

|  |  |
| --- | --- |
| **Club** |  |
| **Contact Address** |  |
|  |
|  |
|  |
|  |
| **Tel:** |  |
| **E-Mail** |  |

Total Number of Swimmer Entries \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Cost of Entries @ £6.50 each \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Cost of Coaches Passes @ £20.00 each \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Cheque enclosed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (All Cheques should be made payable to ‘Torfaen Dolphins LC Meet)

Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to competition@torfaendolphins.com

Clerical entry forms, Completed summary form, and cheques should be sent to:

Mrs Claire Rosser

Ty Camlas

Maesderwen Rd

Pontypool

Torfaen

NP4 5LF

Email : competition@torfaendolphins.com

***Coach / Chaperone Pass***

***Please complete in block capitals.***

|  |
| --- |
| **Full Name …………………………………………………………****Name of Club ……………………………………………………..****Position (e.g Club Coach) ………………………………………****Address…………………………………………………………….****………………………………………………………………………****Postcode …………………………………………………………...****Telephone Number ……………………………………………….****WASA/ASA Affiliation Number ………………………………………...****CRB Number ……………………………………………………..** |

Please enclose a cheque for £20 made payable to ‘Torfaen Dolphins LC Meet’ for EACH pass required. The pass includes refreshments. Passes will not be available to be purchased on the day they must be purchased beforehand. There will be No access to the changing village or poolside without a coach pass.

Please include a passport size photo for each coach/chaperone pass

All completed forms to be returned to:

Mrs Claire Rosser

Ty Camlas

Maesderwen Rd

Pontypool

Torfaen

NP4 5LF

Email : competition@torfaendolphins.com

**Open Meet Entry Checklist**

Your entry envelope should contain the following:-

Summary sheet completed

HyTek reports (fees and event entries) or clerical forms if <5 swimmers

Cheque for entries

Post to Meet Secretary by first class mail DO NOT send by recorded delivery as this can delay your entry reaching the secretary if no-one is available to sign for it!

This completes the entry. Acknowledgement of receipt of paperwork will be sent by email.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries are NOT accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.