

Northampton Swimming Club Ltd 1st Level 2 Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

Corby East Midlands, International Swimming Pool Saturday 8th and Sunday 9th May 2010

Level 2 Meet 2EM0352

To Club Entries Officers!

Thank you for your interest in our Open Meet. It's a great pleasure to send you the Meet Information Pack. You should find enclosed:

- **Programme of Events (below)**
- **Meet information**
- **Official entry forms**
- **Coaches Pass Application form**

Programme of Events					
Session 1 - Sat 8th May 2010- Warm up 0800					
101	Male 200m IM	All ages	102	Female 400m IM	All ages
103	Male 200m Butterfly	All ages	104	Female 100m Butterfly	10/over
105	Male 100m Freestyle	10/over	106	Female 50m Freestyle	Open
Session 2 – Sat 8th May 2010- Warm up TBC					
201	Female 200m Freestyle	All ages	202	Male 400m Freestyle	All ages
203	Female 100m Breaststroke	10/over	204	Male 200m Breaststroke	All ages
205	Female 200m Backstroke	All ages	206	Male 100m Backstroke	10/over
Session 3 – Sun 9th May 2010- Warm up 0800					
301	Female 200m IM	All ages	302	Male 400m IM	All ages
303	Female 200m Butterfly	All ages	304	Male 100m Butterfly	10/over
305	Female 100m Freestyle	10/over	306	Male 50m Freestyle	Open
Session 4 - Sun 9th May 2010- Warm up TBC					
401	Male 200m Freestyle	All ages	402	Female 400m Freestyle	All ages
403	Male 100m Breaststroke	10/over	404	Female 200m Breaststroke	All ages
405	Male 200m Backstroke	All ages	406	Female 100m Backstroke	10/over

Northampton Swimming Club Ltd 1st Level 2 Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

Corby East Midlands, International Swimming Pool Saturday 8th and Sunday 9th May 2010

Level 2 Meet 2EM0352

Meet Information and Competition Rules

- 1) The competition is open to amateurs only as defined by the ASA and will be swum under ASA Laws and ASA Technical Rules. The promoter is Northampton Swimming Club Ltd.
- 2) The competition will be open to age groups 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15/Over and Open. Ages will be **age at date of gala** i.e. **age on 9th May 2010**. 9 Year olds are not permitted to enter 100m events.
- 3) This is a first come first served meet. The promoter reserves the right to limit entries.
- 4) All events will be heat declared winners.;
- 5) The pool is 25 metres long and 8 lanes wide. We reserve the right to have "Over the top" starts.
- 6) Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads.
- 7) An award will be made to the fastest 3 swimmers in each age group
- 8) All entry times should be converted to a 25m pool. Entries without entry times will be refused. No poolside entries will be accepted
- 9) The promoter reserves the right to limit entries.
- 10) This meet will operate as a cardless meet. Swimmers must register their intent to swim 45 minutes before the start of the session. This is to avoid heats with empty lanes. Swimmers failing to register in time **may** be excluded.
- 11) Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time **may** be excluded.
- 12) Competitors will only be allowed on the poolside for the session in which they are competing and will only be allowed into the spectator area if wearing appropriate footwear and clothing.
- 13) Coaches packs are available for £20 for the weekend or £15 per day. They include programme, results sheets, food and refreshments. If a club has 10 or more swimmers entered, it is recommended that there is one pass per 10 swimmers.
- 14) There will be a charge for spectators. Programmes will be extra.
- 15) Result sheets will be posted after each event. A full set of results will also be available on our website www.n-s-c.org.uk
- 16) Entries are to be made on the official entry form (photocopies accepted) and returned by the closing date of 9th April 2010. Entry fees are £5.00 per event. Please make cheques payable to "Northampton Swimming Club Ltd". Please enclose a S.A.E for acceptance slips.
- 17) A swim shop will be in attendance.
- 18) Any point not covered in these rules is at the discretion of the organisers

Northampton Swimming Club Ltd 1st Level 2 Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

Corby East Midlands, International Swimming Pool Saturday 8th and Sunday 9th May 2010

Level 2 Meet 2EM0352

MALE ENTRY FORM

REGISTRATION NUMBER																			
----------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Forename.....**Surname****D.O.B.**...../...../.....

Age at 9th May 2010.....

CLUB.....

TELEPHONE NUMBER.....

e-mail address.....@.....

Event	Sat	Sun	Male	Entry Time Short Course	Cost @ £5 per event
200m Individual Medley	1		101		
200m Butterfly	1		103		
100m Freestyle	1		105		
400m Freestyle	2		201		
200m Breaststroke	2		202		
100m Backstroke	2		203		
400m Individual Medley		3	301		
100m Butterfly		3	303		
50m Freestyle		3	305		
200m Freestyle		4	401		
100m Breaststroke		4	403		
200m Backstroke		4	405		

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 Northampton SC for this competition.

Signature of competitor.....(If Under 18).....Counter signature.....Date.....

I certify that the above information is correct.....Club Official

CLOSING DATE For entries is **Friday 9th April** Cheques made payable to 'Northampton Swimming Club Ltd' **Late or incomplete entries may be rejected.**

Northampton Swimming Club Ltd 1st Level 2 Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

Corby East Midlands, International Swimming Pool Saturday 8th and Sunday 9th May 2010

Level 2 Meet 2EM0352

FEMALE ENTRY FORM

REGISTRATION NUMBER																			
---------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Forename.....SurnameD.O.B...../...../.....

Age at 9th May 2010.....

CLUB.....

TELEPHONE NUMBER.....

e-mail address.....@.....

Event	Sat	Sun	Female	Entry Time Short Course	Cost @ £5 per event
400m Individual Medley	1		102		
100m Butterfly	1		104		
50m Freestyle	1		106		
200m Freestyle	2		202		
100m Breaststroke	2		204		
200m Backstroke	2		206		
200m Individual Medley		3	302		
200m Butterfly		3	304		
100m Freestyle		3	306		
400m Freestyle		4	402		
200m Breaststroke		4	404		
100m Backstroke		4	406		

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 Northampton SC for this competition.

Signature of competitor.....(If Under 18).....Counter signature.....Date.....

I certify that the above information is correct.....Club Official

CLOSING DATE For entries is **Friday 9th April 2010** Cheques made payable to 'Northampton Swimming Club Ltd' **Late or incomplete entries may be rejected.**

Northampton Swimming Club Ltd 1st Level 2 Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

Corby East Midlands, International Swimming Pool Saturday 8th and Sunday 9th May 2010

Level 2 Meet 2EM0352

Coaches Pass Application Form and Club Contact Information

Club			
Contact details for entries			
Address			
Telephone			
e-mail			
Contact info for Coach /results if different			
Address			
Telephone			
e-mail			
	1 day Sat	1 day Sun	Two day Pass
No. Passes Required			
	@ £ 15	@ £ 15	@ £ 20
Amount Due			
Names of Coaches using passes			

Applications for coaches passes please by closing date for entries : Fri 9th April 2010

Return the completed forms, together with the entry fees to:

Northampton Swimming Club 78 Robert Street, Northampton NN1 3BJ

Cheques made payable to 'Northampton Swimming Club Limited'

Northampton Swimming Club Ltd 1st Level 2 Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

Corby East Midlands, International Swimming Pool Saturday 8th and Sunday 9th May 2010

Level 2 Meet 2EM0352

Male Lower Limit times

Event	9 years	10 years	11 years	12 years	13 years	14 years	15/Over	Open
50m Freestyle	*****	*****	*****	*****	*****	*****	*****	27.4
100m Freestyle	*****	1.30.5	1.20.6	1.15.7	1.11.1	1.07.3	1.04.6	*****
200m Freestyle	3.22.8	3.06.0	2.54.8	2.44.7	2.35.0	2.26.6	2.20.8	*****
400m Freestyle	7.20.6	6.31.8	6.06.0	5.46.0	5.26.8	5.10.4	4.57.5	*****
100m Breaststroke	*****	1.58.0	1.43.4	1.36.9	1.30.1	1.25.1	1.21.0	*****
200m Breaststroke	4.17.8	3.59.0	3.42.4	3.29.2	3.15.3	3.03.9	2.55.8	*****
100m Butterfly	*****	1.45.0	1.30.4	1.24.6	1.19.1	1.14.4	1.10.7	*****
200m Butterfly	4.08.3	3.37.3	3.18.2	3.06.6	2.54.7	2.44.7	2.35.5	*****
100m Backstroke	*****	1.40.0	1.30.5	1.25.2	1.19.7	1.15.0	1.11.5	*****
200m Backstroke	3.43.8	3.26.7	3.13.3	3.02.6	2.51.1	2.41.4	2.34.3	*****
200m IM	3.49.7	3.32.2	3.17.6	3.06.8	2.55.8	2.45.3	2.38.2	*****
400m IM	8.15.6	7.35.6	6.59.7	6.34.3	6.12.0	5.50.3	5.34.6	*****

Northampton Swimming Club Ltd 1st Level 2 Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

Corby East Midlands, International Swimming Pool Saturday 8th and Sunday 9th May 2010

Level 2 Meet 2EM0352

Female Lower Limit times

Event	9 years	10 years	11 years	12 years	13 years	14 years	15/Over	Open
50m Freestyle	*****	*****	*****	*****	*****	*****	*****	30.5
100m Freestyle	*****	1.27.6	1.21.3	1.16.6	1.13.5	1.11.3	1.09.9	*****
200m Freestyle	3.284.5	3.06.8	2.55.4	2.44.9	2.38.0	2.33.5	2.30.2	*****
400m Freestyle	7.25.4	6.35.7	6.04.9	5.43.7	5.29.8	5.20.8	5.13.8	*****
100m Breaststroke	*****	1.52.5	1.43.5	1.37.3	1.32.3	1.28.7	1.27.1	*****
200m Breaststroke	4.20.0	3.59.5	3.42.1	3.28.8	3.18.2	3.11.5	3.07.9	*****
100m Butterfly	*****	1.39.3	1.30.9	1.24.9	1.21.2	1.18.3	1.16.9	*****
200m Butterfly	4.11.0	3.40.0	3.20.2	3.06.4	2.57.3	2.51.0	2.46.9	*****
100m Backstroke	*****	1.38.5	1.31.0	1.25.3	1.21.4	1.19.0	1.17.1	*****
200m Backstroke	3.46.2	3.28.7	3.12.5	3.01.7	2.54.3	2.49.2	2.44.8	*****
200m IM	3.51.6	3.32.7	3.17.9	3.06.3	2.58.8	2.53.1	2.49.5	*****
400m IM	8.12.3	7.35.3	6.57.3	6.32.0	6.14.4	6.03.1	5.55.8	*****