



CITY OF
BRISTOL
AQUATICS

CHRISTMAS CRACKER OPEN SWIMMING MEET

Level 3 Short Course

December 17th & 18th 2016

at the Hengrove Park Leisure Centre

(Held under ASA Laws and Technical Rules - Licence Number [3SW162171](#))

Licensed Level 3 for entry into County and Regional competitions.

25m, 10 lane pool with anti-wave ropes and electronic timing.

50 to 200m events £5, 400m events £8

Age as on December 18th 2016

Age groups for awards: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over.

Open meet information/entry pack can be downloaded from the website

www.cobswimmingclub.co.uk or e-mail us at meetmanager@cobaquatics.club

Entries close 23:59 Sunday 4th December 2016

or earlier if the meet reaches capacity

In partnership with



BATH DOLPHIN



PROGRAMME OF EVENTS

Saturday 17th December 2016

Session 1	M/F	Event
Event 11	Male	200 IM
12	Female	200 Breast
13	Male	100 Fly
14	Female	100 Free
15	Male	50 Back
16	Female	50 Fly
Session 2		
21	Male	400 Free
22	Female	400 IM
23	Male	50 Breast
24	Female	100 IM
Session 3		
31	Male	200 Fly
32	Female	200 Back
33	Male	100 Back
34	Female	100 Breast
35	Male	50 Free
36	Female	200 Free

Sunday 18th December 2016

Session 4	M/F	Event
Event 41	Female	200 IM
42	Male	200 Breast
43	Female	100 Fly
44	Male	100 Free
45	Female	50 Back
46	Male	50 Fly
Session 5		
51	Female	400 Free
52	Male	400 IM
53	Female	50 Breast
54	Male	100 IM
Session 6		
61	Female	200 Fly
62	Male	200 Back
63	Female	100 Back
64	Male	100 Breast
65	Female	50 Free
66	Male	200 Free

Swimmers & coaches will be able to access the changing rooms and poolside from 8am, and first warm-up will commence at 8:15am. To be confirmed once the entries are in, the first session each day will start at 9:00am, and the last session will finish by 5pm (i.e. each session will be no more than 3 hours long, with no more than 7.5 hours each day).

BOYS' MUST NOT HAVE SWUM FASTER SHORT COURSE* IN 2016 THAN:

EVENT	9-10 YRS	11-12 YRS	13-14 YRS	15 YRS	16 YRS+
50 FREE	34.50	31.50	27.18	25.00	23.30
100 FREE	1:14.00	1:04.00	59.50	54.30	50.80
200 FREE	2:42.00	2:20.80	2:11.20	1:58.20	1:52.00
400 FREE	5:30.00	5:01.40	4:34.90	4:12.30	3:59.80
50 BACK	39.50	37.10	32.30	28.50	26.50
100 BACK	1:24.00	1:11.80	1:08.20	1:00.50	56.70
200 BACK	2:53.00	2:33.10	2:25.30	2:11.60	2:04.00
50 FLY	38.00	35.80	31.50	27.30	25.40
100 FLY	1:29.90	1:14.10	1:06.50	1:00.00	55.90
200 FLY	3:18.00	2:52.90	2:23.80	2:13.60	2:05.60
50 BREAST	44.00	42.50	37.70	31.60	29.50
100 BREAST	1:37.00	1:22.30	1:17.50	1:08.90	1:04.00
200 BREAST	3:20.00	3:00.90	2:45.60	2:29.50	2:20.50
100 IM	1:17.50	1:13.30	1:05.70	1:02.20	59.10
200 IM	2:58.80	2:37.70	2:22.90	2:14.00	2:06.20
400 IM		5:40.70	5:07.00	4:45.80	4:31.50

GIRLS' MUST NOT HAVE SWUM FASTER SHORT COURSE* IN 2016 THAN:

EVENT	9-10 YRS	11-12 YRS	13-14 YRS	15 YRS	16 YRS+
50 FREE	34.50	31.24	28.25	27.20	26.40
100 FREE	1:14.30	1:05.70	1:01.80	58.70	56.90
200 FREE	2:42.00	2:20.50	2:13.90	2:07.00	2:02.60
400 FREE	5:30.00	4:57.50	4:40.25	4:28.90	4:20.00
50 BACK	39.50	36.50	33.50	30.40	29.40
100 BACK	1:24.00	1:11.60	1:08.00	1:04.80	1:02.80
200 BACK	2:53.00	2:34.00	2:25.40	2:20.00	2:14.70
50 FLY	38.00	34.50	32.20	29.60	28.30
100 FLY	1:29.90	1:14.50	1:08.20	1:05.00	1:02.30
200 FLY	3:18.00	2:45.50	2:30.60	2:24.20	2:18.50
50 BREAST	44.00	42.30	37.45	34.80	33.50
100 BREAST	1:37.00	1:24.80	1:18.50	1:14.70	1:12.10
200 BREAST	3:20.00	2:58.80	2:48.20	2:42.10	2:35.00
100 IM	1:17.50	1:14.00	1:08.50	1:07.70	1:05.60
200 IM	2:58.80	2:39.70	2:30.50	2:24.20	2:18.40
400 IM		5:38.40	5:18.20	5:05.80	4:53.80

* Licensed meet with time on the ASA website

City of Bristol Level 3 Short Course Christmas Cracker 17th and 18th December 2016

MEET PROMOTER

Chris Metcalfe, 8 Coronation Avenue, Keynsham, Bristol, BS31 2PT.

meetmanager@cobaquatics.club

CONDITIONS

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

Licence Number 3SW162171

- 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 County and Regional Competitions.
- 2 All competitors must be registered as a competitive swimmer with their national FINA-affiliated body, e.g. the ASA, Welsh ASA or Scottish Swimming.
- 3 Swimmers may compete in the name of one club only.
- 4 Swimmers may not enter an event where they have swum faster than the tabulated short course time on the previous page, during 2016 at a licensed meet with the time appearing on the ASA rankings website. There will be no time trials.
- 5 Age groups are based on ages on the **18 December 2016**.
- 6 Age groups for awards are 9, 10, 11, 12, 13, 14, 15, 16+ years. All age groups can compete in all events, with the exception of the 400IM for which swimmers must be aged 11 or over. For each event, the fastest three swimmers in each age group will receive an award.
- 7 Heats will be seeded on entry times. Where a swimmer does not have a time for an event, entry without a time is permissible, or if possible the swimmer's coach may provide an estimated time.
- 8 All events are heat declared winner.
- 9 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.
- 10 Swimmer's entry information will be held on a computer solely for the purposes of administering this competition. Consent, as required by the Data Protection Act 1998, to the holding of personal information on computer will be deemed to have been given by the submission of an entry. Personal Data will be available for inspection during the Meet on application to the Promoter. These details may be made public before, during or after the meet for the purposes of confirming entries, producing the programme, and releasing results.
- 11 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) should reach the Meet Promoter by 23:59 on Sunday 4th December 2016. Entries will be accepted on a first-come first-served basis, and the meet may close to entries at an earlier date if already full.
- 12 The entry fee is £5 per event for 50 to 200m distances, and £8 per event for 400m distances.
- 13 Poolside passes are available to coaches and team managers, at the cost of £10 each. These entitle the holder to admission to all sessions, and a heat sheet at the start of each session attended. Passes are transferable, but the names and ASA numbers for all holders must be provided on application. Only members of the ASA (or equivalent national body), leisure centre staff, and appointed timing staff are permitted poolside. Poolside passes will not normally be sold on the day.
- 14 Acceptance / rejection of entries will be confirmed as soon as possible. All refunds will be made 'en block' to the club submitting the entries – arrangements will be made with each club as appropriate.
- 15 Clubs are requested to **provide one official / time keeper for every 8 swimmers entered**. Names and contact details will be requested once a club's entry has been received. The meet promoter will endeavour to ensure

sufficient officials / timekeepers to meet the license requirements for each session. If this proves not to be possible for a session, times from that session may not be accepted by ASA rankings.

- 16 There will be no refunds for withdrawals after the closing date, except in the case of illness, injury or extenuating circumstances (e.g. bereavement) that prevents or will clearly impair a swimmer's ability to compete. The swimmer's coach may be required to complete a withdrawal form, verifying the reason for withdrawal, before a refund can be issued.
- 17 All fees should be made in one consolidated payment, payable to **City of Bristol Swimming Club**.
- 18 BACs is preferred :
 - a. Sort Code: 40-14-12
 - b. Account number: 71093894
 - c. Please reference CoB JM – Club Name or coherent abbreviation
- 19 Over the top starts may be used at the promoter's discretion
- 20 Coaches must ensure they and their swimmers allow officials free passage along the poolside.
- 21 Swimmers must report to the heat marshals at least eight heats prior to their own, or the swimmer may lose their place in the event.
- 22 The small pool may be used at the discretion of the lifeguards and is for warm up and swim down only.
- 23 Any swimmer or club breaking these conditions will be liable to disqualification from any or all events.
- 24 The promoters reserve the right to refuse admission to any competitor or spectator
- 25 Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- 26 Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will be at the promoters discretion.
- 27 In extenuating circumstances and due to situations out of the clubs control during the competition the promoter reserves the right to make changes to the running of the meet.

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).

Swimmers MUST be dry and wearing suitable clothing and footwear before entering the spectator areas.

Please report any issues immediately to a member of the pool staff or to the 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

Please note that the best postcode to use for Sat Nav is BS14 0DB, which will take you to the City of Bristol Skills Academy at the entrance to the hospital site. The Pool is then 400m from the Skills Academy further in Hengrove Park.

In partnership with



City of Bristol Aquatics Level 3 Short Course Christmas Cracker 2016
CLERICAL ENTRY FORM (please complete one per swimmer)

Swimmer's name _____ Club _____

Male / Female? _____ Date of Birth _____ Age at 18.12.16 _____

National body: ASA / WASA / SS / Other _____ Member ID _____

Event #	Event	Enter? (Tick)	Entry time (NT permitted if applicable)
11/41	200 IM		
12/42	200 Breast		
13/43	100 Fly		
14/44	100 Free		
15/45	50 Back		
16/46	50 Fly		
21/51	400 Free		
22/52	400 IM		
23/53	50 Breast		
24/54	100 IM		
31/61	200 Fly		
32/62	200 Back		
33/63	100 Back		
34/64	100 Breast		
35/65	50 Free		
36/66	200 Free		

Total Cost of Entries @ £5.00 each _____ and @ £8 each _____

City of Bristol Aquatics Level 3 Short Course Christmas Cracker 2016

FEES SUMMARY SHEET

CLUB	
CONTACT NAME AND ADDRESS	
TEL: NO:	
E-MAIL	

Total Number of Race Entries _____ Number of Poolside Passes _____

Total Cost of Entries @ £5.00 each _____ and @ £8 each _____

Total Cost of Poolside Passes @ £10.00 each _____

Total Cost _____ Payment by Cheque? Y / N

(All Cheques should be made payable to 'City of Bristol Swimming Club')

OR Date and Reference of BACS payment: _____

Please e-mail completed fees summary sheet, Hy-Tek files (or clerical entry forms) and entry reports to meetmanager@cobaquatics.club (this is sufficient if paying by BACS).

Please send cheques with hard copy of fees summary sheet (and hard copies of clerical entry forms if preferred and 5 or fewer swimmers) to:

Chris Metcalfe, 8 Coronation Avenue, Keynsham, Bristol, BS31 2PT.

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BATH DOLPHIN





Open Meet Entry Checklist

Your entry envelope / e.mail should contain the following:-

- ✓ Summary sheet completed
- ✓ HyTek entry reports (or clerical forms if 5 or fewer swimmers)
- ✓ Cheque for entries OR date and reference of BACS payment on summary sheet

IF POSTING, please use first class mail. DO NOT send by recorded delivery as this can delay your entry reaching the promoter 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 cannot be accepted until the paperwork and payment are received by the Meet promoter

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

CoB meets in 2017

7th / 8th / 9th April – Level 1 - City of Bristol City of Bristol International Open Meet

8th / 9th July – Level 3 Long Course – City of Bristol Summer Festival

In partnership with

