



CITY OF **BRISTOL** AQUATICS

LEVEL 1 INTERNATIONAL OPEN MEET

APRIL 8th / 9th / 10th 2016

AT THE HENGROVE PARK LEISURE CENTRE

(Held under ASA Laws and Technical Rules - Licence Number 1SW160503)
Licensed Level 1 for entry into local, regional and national competitions.
50m, 10 lane pool with anti-wave ropes and electronic timing.
Large spectator seating area and spacious Cafeteria.

All events from 50m to 1500m
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 licensed official for every 5 swimmers entered.

Age as on 10th April 2016

Awards will be given in the following age groups, 9, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15/over.
There will also be awards for top girl and top boy.

Open meet information/entry pack can be downloaded from the website
www.cobswimmingclub.co.uk or e-mail us at cobswimmingclub@hotmail.co.uk

. If the Meet is oversubscribed, entries will be accepted based on times submitted but ensuring an equal balanced of swimmers across the age groups

Entries close midnight Saturday 5th March 2016

In partnership with



BATH DOLPHIN



PROGRAMME OF EVENTS

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park
Bristol, United Kingdom, BS14 0JZ
Licence Number 1SW160503

Friday 8th April 2016

Session 1 – Warm Up 18:20am – Start 19:00am

| | | | | |
|---------|-------|-------------|----------------|-----|
| Event 1 | Girls | 11 and over | 800 Freestyle | HDW |
| Event 2 | Boys | 11 and over | 1500 Freestyle | HDW |

Saturday 9th April 2016

Session 2 – Warm Up 8:15am – Start 09:00am

| | | | | |
|---------|-------|------------|---------------|-----|
| Event 3 | Girls | 9 and over | 400 Freestyle | HDW |
| Event 4 | Boys | 9 and over | 400 IM | HDW |

Session 3 – Warm Up 10:00am – Start 11:00am

| | | | | |
|----------|-------|-------------|------------------|-----|
| Event 5 | Girls | 9 and over | 200 IM | HDW |
| Event 6 | Boys | 11 and over | 100 Backstroke | HDW |
| Event 7 | Girls | 10 and over | 100 Breaststroke | HDW |
| Event 8 | Boys | 9 and over | 200 Freestyle | HDW |
| Event 9 | Girls | 9 and over | 50 Breaststroke | HDW |
| Event 10 | Boys | 9 and over | 50 Backstroke | HDW |

Session 4 – Warm Up 2.15pm – Start 3.15pm

| | | | | |
|----------|-------|-------------|------------------|-----|
| Event 11 | Girls | 9 and over | 200 Backstroke | HDW |
| Event 12 | Boys | 9 and over | 200 Breaststroke | HDW |
| Event 13 | Girls | 9 and over | 200 Freestyle | HDW |
| Event 14 | Boys | 11 and over | 100 Freestyle | HDW |
| Event 15 | Girls | 10 and over | 100 Butterfly | HDW |
| Event 16 | Boys | 9 and over | 50 Butterfly | HDW |
| Event 17 | Girls | 9 and over | 50 Freestyle | HDW |

Sunday 10th April 2016

Session 5 – Warm Up 8:15am – Start 09:00am

| | | | | |
|----------|-------|------------|---------------|-----|
| Event 18 | Boys | 9 and over | 400 Freestyle | HDW |
| Event 19 | Girls | 9 and over | 400 IM | HDW |

Session 6 – Warm Up 10:00am – Start 11:00am

| | | | | |
|----------|-------|-------------|------------------|-----|
| Event 20 | Boys | 9 and over | 200 IM | HDW |
| Event 21 | Girls | 10 and over | 100 Backstroke | HDW |
| Event 22 | Boys | 11 and over | 100 Breaststroke | HDW |
| Event 23 | Girls | 9 and over | 200 Butterfly | HDW |
| Event 24 | Boys | 9 and over | 200 Butterfly | HDW |
| Event 25 | Girls | 9 and over | 50 Backstroke | HDW |
| Event 26 | Boys | 9 and over | 50 Breaststroke | HDW |

Session 7 – Warm Up 2.15pm – Start 3.15pm

| | | | | |
|----------|-------|-------------|------------------|-----|
| Event 27 | Girls | 9 and over | 200 Breaststroke | HDW |
| Event 28 | Boys | 9 and over | 200 Backstroke | HDW |
| Event 29 | Girls | 10 and over | 100 Freestyle | HDW |
| Event 30 | Boys | 11 and over | 100 Butterfly | HDW |
| Event 31 | Girls | 9 and over | 50 Butterfly | HDW |
| Event 32 | Boys | 9 and over | 50 Freestyle | HDW |

City of Bristol Level 1 International Open Meet – 8th/9th/10th April 2016

Qualifying Times

Minimum Qualifying Times, 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 | 01:20.80 | 01:20.80 | 01:18.80 | 01:13.70 | 01:09.80 | 01:06.90 | 01:04.40 | 01:02.60 | 01:01.50 | 01:00.50 |
| 200m Free | 03:23.40 | 03:03.60 | 02:51.30 | 02:40.80 | 02:32.60 | 02:25.60 | 02:20.70 | 02:16.30 | 02:13.70 | 02:13.70 |
| 400m Free | | | 05:56.00 | 05:38.10 | 05:21.80 | 05:07.00 | 04:57.60 | 04:49.10 | 04:44.60 | 04:43.40 |
| 1500m Free | | | 24:44.70 | 22:20.50 | 21:16.60 | 20:19.00 | 19:37.10 | 19:07.70 | 18:49.00 | 18:49.00 |
| 50m Breast | 56.80 | 51.60 | 48.20 | 44.60 | 41.80 | 39.70 | 37.80 | 36.80 | 35.80 | 34.90 |
| 100m Breast | 01:43.50 | 01:43.50 | 01:41.50 | 01:34.70 | 01:28.80 | 01:24.60 | 01:21.40 | 01:18.90 | 01:17.00 | 01:15.80 |
| 200m Breast | 04:20.50 | 03:57.20 | 03:39.10 | 03:25.20 | 03:12.50 | 03:02.50 | 02:55.40 | 02:51.60 | 02:47.00 | 02:43.90 |
| 50m Fly | 48.60 | 43.50 | 40.80 | 38.10 | 35.90 | 34.00 | 32.20 | 31.40 | 30.60 | 29.70 |
| 100m Fly | 01:29.70 | 01:29.70 | 01:27.70 | 01:21.50 | 01:16.80 | 01:12.80 | 01:09.80 | 01:07.80 | 01:06.50 | 01:05.00 |
| 200m Fly | 04:03.70 | 03:32.30 | 03:12.50 | 02:59.90 | 02:49.90 | 02:40.90 | 02:34.40 | 02:30.40 | 02:27.60 | 02:24.70 |
| 50m Back | 50.30 | 46.00 | 43.20 | 40.50 | 38.20 | 36.10 | 34.50 | 33.50 | 32.70 | 31.70 |
| 100m Back | 01:31.80 | 01:31.80 | 01:29.80 | 01:24.10 | 01:19.20 | 01:15.00 | 01:12.20 | 01:10.30 | 01:09.30 | 01:07.50 |
| 200m Back | 03:46.70 | 03:25.80 | 03:12.00 | 03:00.70 | 02:50.30 | 02:42.30 | 02:36.00 | 02:31.40 | 02:28.60 | 02:26.70 |
| 200m IM | 03:52.00 | 03:29.60 | 03:14.30 | 03:02.80 | 02:52.70 | 02:44.80 | 02:38.40 | 02:33.90 | 02:31.00 | 02:29.20 |
| 400m IM | | | 06:50.80 | 06:26.70 | 06:06.40 | 05:49.30 | 05:36.20 | 05:27.60 | 05:22.60 | 05:17.20 |
| Girls | | | | | | | | | | |
| Events | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | Open |
| 50m Free | 42.80 | 39.80 | 37.30 | 35.40 | 34.00 | 32.90 | 32.20 | 31.90 | 31.80 | 30.50 |
| 100m Free | 01:26.20 | 01:26.20 | 01:19.30 | 01:15.20 | 01:12.70 | 01:10.70 | 01:09.60 | 01:08.80 | 01:08.10 | 01:07.30 |
| 200m Free | 03:29.10 | 03:04.40 | 02:51.30 | 02:42.50 | 02:36.20 | 02:32.10 | 02:29.10 | 02:27.50 | 02:25.80 | 02:25.80 |
| 400m Free | | | 05:56.40 | 05:38.80 | 05:26.30 | 05:18.00 | 05:12.80 | 05:09.20 | 05:06.30 | 05:06.30 |
| 800m Free | | | 12:19.60 | 11:39.00 | 11:10.80 | 10:56.00 | 10:45.50 | 10:36.00 | 10:36.00 | 10:36.00 |
| 50m Breast | 57.00 | 51.20 | 47.80 | 45.00 | 43.10 | 41.50 | 40.60 | 40.10 | 39.80 | 38.60 |
| 100m Breast | 01:50.30 | 01:50.30 | 01:41.60 | 01:35.20 | 01:30.80 | 01:28.50 | 01:27.50 | 01:26.10 | 01:25.20 | 01:23.60 |
| 200m Breast | 04:27.30 | 03:55.50 | 03:36.60 | 03:24.60 | 03:15.50 | 03:09.50 | 03:06.70 | 03:05.80 | 03:04.00 | 02:59.80 |
| 50m Fly | 48.20 | 44.00 | 40.70 | 38.60 | 36.70 | 35.70 | 34.80 | 34.20 | 34.20 | 32.60 |
| 100m Fly | 01:37.10 | 01:37.10 | 01:27.90 | 01:22.60 | 01:19.10 | 01:17.20 | 01:15.50 | 01:14.80 | 01:14.00 | 01:12.10 |
| 200m Fly | 03:56.60 | 03:34.60 | 03:12.60 | 03:01.70 | 02:53.50 | 02:48.00 | 02:45.70 | 02:43.30 | 02:41.30 | 02:38.30 |
| 50 Back | 50.20 | 46.00 | 43.10 | 40.90 | 39.40 | 38.00 | 37.00 | 36.60 | 36.30 | 35.30 |
| 100m Back | 01:37.50 | 01:37.50 | 01:29.90 | 01:24.50 | 01:21.70 | 01:19.60 | 01:17.90 | 01:17.10 | 01:16.30 | 01:14.60 |
| 200m Back | 03:52.70 | 03:26.30 | 03:11.00 | 03:00.60 | 02:54.30 | 02:49.80 | 02:45.80 | 02:43.90 | 02:42.80 | 02:39.90 |
| 200 IM | 03:55.20 | 03:29.60 | 03:14.30 | 03:03.30 | 02:56.80 | 02:52.30 | 02:48.90 | 02:46.90 | 02:45.50 | 02:43.70 |
| 400 IM | | | 06:47.30 | 06:24.90 | 06:10.60 | 06:02.00 | 05:55.20 | 05:50.80 | 05:48.70 | 05:43.90 |

City of Bristol Level 1 International Open Meet – 8th/9th/10th April 2016 CONDITIONS

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

Licence Number 1SW160503

- 1 The meet will be held under ASA Laws and ASA Technical Rules and has been Licensed Level 1 by the ASA for entry into District, Regional and National Competitions.
- 2 Qualifying 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 on or before midnight on **Saturday 5th March 2016** – No late entries will be accepted.
- 3 All competitors must be members of an affiliated club, registered with the ASA, Welsh ASA and Scottish Swimming, and may compete in the name of one club only.
- 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 times submitted but ensuring 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, unless supported by a doctor's note or medical evidence
- 7 The age groups are: 9, 10, 11, 12, 13, 14, 15 and over - **ages as at 10th April 2016.**
- 8 **400m/800m events are open to age 11 and over for girls**
- 9 **400m/1500m events are open to age 11 and over for boys**
- 10 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.
- 11 Entry fees are £7.00 per event (£10.00 per 800/1500m event) and include the levy per accepted entry made by the ASA for licensed events. Coach/team manager passes (maximum of 4 per club) are £20 each and entitle the holder to admission to all sessions, a programme plus a full set of results per club. Entry fees should be made in one consolidated payment, payable to **City of Bristol Swimming Club.**
- 12 BACs is preferred :
 - a. Sort Code: 40-14-12
 - b. Account number: 71093894
 - c. Please reference CoB L1 – Club Name or coherent abbreviation
- 13 Weekend Event programme **£5.00, adult spectator entry fee (per session) £2.00, all day pass £5.00 – Saturday/Sunday.**
- 14 **Friday night admission is included in the entry fee**
- 15 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.
- 16 The meet will be run without cards. Heats will be pre-seeded. Swimmers do not need to sign in, other than for 400m, 800m, and 1500m events.
- 17 Swimmers must report to the competitors' stewards' eight heats prior to their own.
- 18 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.
- 19 All events are HDW.
- 20 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.
- 21 Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- 22 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.
- 23 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.
- 24 Any swimmer breaking these conditions will be liable to disqualification from any or all events.
- 25 There will be medals in every event for the first three overall swimmers in each age group. Any disqualified swimmer will not receive awards.
- 26 Awards will be made to the top boy and top girl swimmer using a points system based on swimmers achieving 1st to 10th places in each event
- 27 The promoters reserve the right to refuse admission to any competitor or spectator.

- 28 **Coaches Passes will not be sold on the day. No pass - no admission to poolside**
- 29 Teams are requested to **provide one licensed official for every 5 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
- 30 Entry times shall be those for 50m pool times, converted if necessary. All times submitted must be truthful and correct as define by the ASA Code of Conduct. Entry times may be checked against ASA rankings.
- 31 Over the top starts may be used at the promoter's discretion.

SIGNING IN SHEETS:

Sign in sheets will be used for all 400m, 800m, and 1500m events.

Swimmers must sign in to confirm that they are swimming in these events, **before the start of the warm up for session in which the event takes place.**

Failure to do so will result in the swimmer being removed from the event, and the entry fee being forfeited.

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

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 Swimming Club Level 1 International Open Meet 2016
CLERICAL ENTRY FORM

Name _____ Club _____

Male / Female - Date of Birth _____ Age at 10.04.16 _____ ASA Member ID _____

Friday

Session 1

| # | Sex | Event | Entry Time (LC) |
|---|--------|-----------------|-----------------|
| 1 | Female | 800m Freestyle | |
| 2 | Male | 1500m Freestyle | |

Saturday

Session 2

| # | Sex | Event | Entry Time (LC) |
|---|--------|------------------------|-----------------|
| 3 | Female | 400m Freestyle | |
| 4 | Male | 400m Individual Medley | |

Session 3

| | | | |
|----|--------|------------------------|--|
| 5 | Female | 200m Individual Medley | |
| 6 | Male | 100m Backstroke | |
| 7 | Female | 100m Breaststroke | |
| 8 | Male | 200m Freestyle | |
| 9 | Female | 50m Breaststroke | |
| 10 | Male | 50m Backstroke | |

Session 4

| | | | |
|----|--------|-------------------|--|
| 11 | Female | 200m Backstroke | |
| 12 | Male | 200m Breaststroke | |
| 13 | Female | 200m Freestyle | |
| 14 | Male | 100m Freestyle | |
| 15 | Female | 100m Butterfly | |
| 16 | Male | 50m Butterfly | |
| 17 | Female | 50m Freestyle | |

Sunday

Session 5

| # | Sex | Event | Entry Time (LC) |
|----|--------|------------------------|-----------------|
| 18 | Male | 400m Freestyle | |
| 19 | Female | 400m Individual Medley | |

Session 6

| | | | |
|----|--------|------------------------|--|
| 20 | Male | 200m Individual Medley | |
| 21 | Female | 100m Backstroke | |
| 22 | Male | 100m Breaststroke | |
| 23 | Female | 200m Butterfly | |
| 24 | Male | 200m Butterfly | |
| 25 | Female | 50m Backstroke | |
| 26 | Male | 50m Breaststroke | |

Session 7

| | | | |
|----|--------|-------------------|--|
| 27 | Female | 200m Breaststroke | |
| 28 | Male | 200m Backstroke | |
| 29 | Female | 100m Freestyle | |
| 30 | Male | 100m Butterfly | |
| 31 | Female | 50m Butterfly | |
| 32 | Male | 50m Freestyle | |

Total number of entries @ £7.00 = No:_____ Total £'s:_____

Total number of entries @ £10.00 = 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.

City of Bristol Swimming Club Level 1 International Open Meet 2016
Payment Form

| | |
|------------------------|--|
| CLUB | |
| CONTACT ADDRESS | |
| | |
| | |
| | |
| TEL: NO: | |
| E-MAIL | |

Total Number of Swimmer Entries _____

Total Cost of Entries @ £7.00 each _____

Total Cost of Entries @ £10.00 each _____

Total Cost of Coaches Passes @ £20.00 each _____

Total Cheque enclosed _____

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

Greater than 5 swimmers

Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to cobswimmingclub@hotmail.co.uk

5 or less swimmers per club

Clerical entry forms, completed summary form, and cheque should be sent to:

Adrian Noon
67 Smyth Road, Ashton, Bristol, BS3 2DS

In partnership with





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.

2016

July 9th/10th - Level 3 LC - City of Bristol Summer Festival

October 29th/30th - Level 3 - City of Bristol Long Course Early Bird

December 17th/18th – Level 2 - City of Bristol Christmas Cracker

In partnership with

