

CITY OF
BRISTOL
SWIMMING CLUB

LEVEL 2 SHORT COURSE OPEN MEET

19th/20th December 2015

AT THE HENGROVE PARK LEISURE CENTRE

(Under ASA Laws and Regulations and Technical Rules of Racing- Licence Number 2SW151969)
Licensed Level 2 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.

**50m, 100m & 200m all strokes, 400m Freestyle,
200m & 400m Individual Medley**

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 on 20th December 2015

Awards will be given in the following age groups:-
9yrs, 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 Sunday 14th November 2015

In partnership with



PROGRAMME OF EVENTS

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park
Bristol, United Kingdom, BS14 0JZ
Licence Number 2SW151969

Saturday 19th December 2015

Session 1 – Warm Up 8:15am – Start 09:00am

| | | | | |
|---------|-------|-------------|---------------|-----|
| Event 1 | Girls | 11 and over | 400 Freestyle | HDW |
| Event 2 | Boys | 11 and over | 400 IM | HDW |

Session 2 – Warm Up 10:00am – Start 11:00am

| | | | | |
|---------|-------|------------|------------------|-----|
| Event 3 | Girls | 9 and over | 200 IM | HDW |
| Event 4 | Boys | 9 and over | 100 Backstroke | HDW |
| Event 5 | Girls | 9 and over | 100 Breaststroke | HDW |
| Event 6 | Boys | 9 and over | 200 Freestyle | HDW |
| Event 7 | Girls | 9 and over | 50 Breaststroke | HDW |
| Event 8 | Boys | 9 and over | 50 Backstroke | HDW |

Session 3 – Warm Up 2.15pm – Start 3.15pm

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

Sunday 20th December 2015

Session 4 – Warm Up 8:15am – Start 09:00am

| | | | | |
|----------|-------|-------------|---------------|-----|
| Event 16 | Boys | 11 and over | 400 Freestyle | HDW |
| Event 17 | Girls | 11 and over | 400 IM | HDW |

Session 5 – Warm Up 10:00am – Start 11:00am

| | | | | |
|----------|-------|------------|------------------|-----|
| Event 18 | Boys | 9 and over | 200 IM | HDW |
| Event 19 | Girls | 9 and over | 100 Backstroke | HDW |
| Event 20 | Boys | 9 and over | 100 Breaststroke | HDW |
| Event 21 | Girls | 9 and over | 200 Butterfly | HDW |
| Event 22 | Boys | 9 and over | 200 Butterfly | HDW |
| Event 23 | Girls | 9 and over | 50 Backstroke | HDW |
| Event 24 | Boys | 9 and over | 50 Breaststroke | HDW |

Session 6 – Warm Up 2.15pm – Start 3.15pm

| | | | | |
|----------|-------|------------|------------------|-----|
| Event 25 | Girls | 9 and over | 200 Breaststroke | HDW |
| Event 26 | Boys | 9 and over | 200 Backstroke | HDW |
| Event 27 | Girls | 9 and over | 100 Freestyle | HDW |
| Event 28 | Boys | 9 and over | 100 Butterfly | HDW |
| Event 29 | Girls | 9 and over | 50 Butterfly | HDW |
| Event 30 | Boys | 9 and over | 50 Freestyle | HDW |

City of Bristol Level 2 Open Meet – 19th/20th December 2015

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

All are minimum qualifying times are 25m pool times - Licence Number 2SW151969

| Boys | | | | | | | | |
|---------------|----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|
| Event | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16+ |
| 50m Free | 00:42.10 | 00:39.30 | 00:37.20 | 00:35.10 | 00:33.10 | 00:31.30 | 00:29.90 | 00:29.00 |
| 100m Free | 01:24.00 | 01:24.00 | 01:20.60 | 01:15.70 | 01:11.10 | 01:07.30 | 01:04.60 | 01:02.60 |
| 200m Free | 03:22.80 | 03:06.00 | 02:54.80 | 02:44.70 | 02:35.00 | 02:26.60 | 02:20.80 | 02:16.30 |
| 400m Free | | | 06:06.00 | 05:46.00 | 05:26.80 | 05:10.40 | 04:57.50 | 04:48.70 |
| 50m Breast | 00:55.10 | 00:51.30 | 00:48.00 | 00:45.10 | 00:41.90 | 00:39.60 | 00:37.70 | 00:36.40 |
| 100m Breast | 01:47.40 | 01:45.40 | 01:43.40 | 01:36.90 | 01:30.10 | 01:25.10 | 01:21.00 | 01:18.40 |
| 200m Breast | 04:17.80 | 03:59.00 | 03:42.40 | 03:29.20 | 03:15.30 | 03:03.90 | 02:55.80 | 02:50.70 |
| 50m Fly | 00:47.40 | 00:43.80 | 00:41.00 | 00:38.80 | 00:36.40 | 00:34.30 | 00:32.50 | 00:31.50 |
| 100m Fly | 01:38.00 | 01:34.00 | 01:30.40 | 01:24.60 | 01:19.10 | 01:14.40 | 01:10.70 | 01:08.80 |
| 200m Fly | 04:08.30 | 03:37.30 | 03:18.20 | 03:06.60 | 02:54.70 | 02:44.70 | 02:35.50 | 02:31.70 |
| 50m Back | 00:48.60 | 00:45.10 | 00:42.50 | 00:40.30 | 00:37.60 | 00:35.80 | 00:33.90 | 00:32.60 |
| 100m Back | 01:38.00 | 01:34.00 | 01:30.50 | 01:25.20 | 01:19.70 | 01:15.00 | 01:11.50 | 01:09.30 |
| 200m Back | 03:43.80 | 03:26.70 | 03:13.30 | 03:02.60 | 02:51.10 | 02:41.40 | 02:34.30 | 02:29.80 |
| 200m IM | 03:49.70 | 03:32.20 | 03:17.60 | 03:06.80 | 02:55.80 | 02:45.30 | 02:38.20 | 02:33.70 |
| 400m IM | | | 06:59.70 | 06:34.30 | 06:12.00 | 05:50.30 | 05:34.60 | 05:25.40 |
| Girls | | | | | | | | |
| Events | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16+ |
| 50m Free | 00:42.60 | 00:39.90 | 00:37.70 | 00:35.70 | 00:34.3 | 00:33.30 | 00:32.50 | 00:32.00 |
| 100m Free | 01:30.00 | 01:27.60 | 01:21.30 | 01:16.60 | 01:13.50 | 01:11.30 | 01:09.90 | 01:08.70 |
| 200m Free | 03:24.50 | 03:06.80 | 02:55.40 | 02:44.90 | 02:38.00 | 02:33.50 | 02:30.20 | 02:28.00 |
| 400m Free | | | 06:04.90 | 05:43.70 | 05:29.80 | 05:20.80 | 05:13.80 | 05:10.20 |
| 50m Breast | 00:55.90 | 00:51.70 | 00:48.30 | 00:45.40 | 00:43.20 | 00:41.80 | 00:40.80 | 00:40.30 |
| 100m Breast | 01:55.00 | 01:52.50 | 01:43.50 | 01:37.30 | 01:32.30 | 01:28.70 | 01:27.10 | 01:26.20 |
| 200m Breast | 04:20.00 | 03:59.50 | 03:42.10 | 03:28.80 | 03:18.20 | 03:11.50 | 03:07.90 | 03:05.80 |
| 50m Fly | 00:47.90 | 00:43.90 | 00:41.30 | 00:39.10 | 00:37.50 | 00:36.10 | 00:35.20 | 00:34.70 |
| 100m Fly | 01:43.00 | 01:39.30 | 01:30.90 | 01:24.90 | 01:21.20 | 01:18.30 | 01:16.90 | 01:15.80 |
| 200m Fly | 04:11.00 | 03:40.00 | 03:20.20 | 03:06.40 | 02:57.30 | 02:51.00 | 02:46.90 | 02:44.80 |
| 50 Back | 00:48.90 | 00:45.30 | 00:42.70 | 00:40.50 | 00:38.70 | 00:37.50 | 00:36.80 | 00:36.10 |
| 100m Back | 01:42.00 | 01:38.50 | 01:31.00 | 01:25.30 | 01:21.40 | 01:19.00 | 01:17.10 | 01:16.10 |
| 200m Back | 03:46.20 | 03:28.70 | 03:12.50 | 03:01.70 | 02:54.30 | 02:49.20 | 02:44.80 | 02:42.40 |
| 200 IM | 03:51.60 | 03:32.70 | 03:17.90 | 03:06.30 | 02:58.80 | 02:53.10 | 02:49.50 | 02:47.20 |
| 400 IM | | | 06:57.30 | 06:32.00 | 06:14.40 | 06:03.10 | 05:55.80 | 05:50.50 |

City of Bristol Level 2 Open Meet – 19TH/20TH December 2015

CONDITIONS

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

Licence Number 2SW151969

- 1 The meet will be held under ASA Laws and Regulations and ASA Technical Rules of Racing and has been Licensed Level 2 by the ASA for entry into District Competitions.
- 2 Qualifying and 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 on or before midnight on **Saturday 14th November 2015** – No late entries will be accepted.
- 3 All competitors must be Category 2 members of an affiliated club, registered 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 20th December 2015**
- 8 The pool is 50m and the meet will be swum Short Course. Anti-wave devices will be in place and electronic timing/placing will be used.
- 9 Entry fees are £6.50 per 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 £15 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**.
- 10 BACS payments can also be accepted, please email for account details.
- 11 Weekend Event programme **£3.00 (£2.00 Sunday) adult spectator entry fee (per session) £2.00, all day pass £5.00**
- 12 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.
- 13 The one start rule will be in operation during this event.
- 14 The meet will be run without cards. Heats will be pre-seeded. Swimmers will be required to sign in for the '400m' events **ONLY**
- 15 Swimmers must report to the competitors' stewards' eight heats prior to their own.
- 16 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.
- 17 All events are HDW.
- 18 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.
- 19 Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- 20 The promoter reserves the right to alter these conditions if necessary, any alterations being announced during the meet or by prior notice. Any matter not covered by these conditions shall be at the promoter's discretion if not covered under ASA Laws and Regulations and ASA Technical Rules of Racing.
- 21 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.
- 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. 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 1st 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 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
- 29 Entry times shall be those for 25m 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.

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.

Further Meets

2016

April 8th/9th/10th - Level 1

July 9th/10th - Level 3

November 5th/6th - TBC

December 17th/18th - TBC

In partnership with



City of Bristol Swimming Club Short Course Level 2 Open Meet 2015
CLERICAL ENTRY FORM

Name _____ Club _____

Male / Female Date of Birth _____ Age at 20.12.15 _____ ASA Member ID _____

Saturday

| Session 1 | | | |
|-----------|--------|------------------------|-----------------|
| # | Sex | Event | Entry Time (LC) |
| 1 | Female | 400m Freestyle | |
| 2 | Male | 400m Individual Medley | |
| Session 2 | | | |
| 3 | Female | 200m Individual Medley | |
| 4 | Male | 100m Backstroke | |
| 5 | Female | 100m Breaststroke | |
| 6 | Male | 200m Freestyle | |
| 7 | Female | 50m Breaststroke | |
| 8 | Male | 50m Backstroke | |
| Session 3 | | | |
| 9 | Female | 200m Backstroke | |
| 10 | Male | 200m Breaststroke | |
| 11 | Female | 200m Freestyle | |
| 12 | Male | 100m Freestyle | |
| 13 | Female | 100m Butterfly | |
| 14 | Male | 50m Butterfly | |
| 15 | Female | 50m Freestyle | |

Sunday

| Session 4 | | | |
|-----------|--------|------------------------|-----------------|
| # | Sex | Event | Entry Time (LC) |
| 16 | Male | 400m Freestyle | |
| 17 | Female | 400m Individual Medley | |
| Session 5 | | | |
| 18 | Male | 200m Individual Medley | |
| 19 | Female | 100m Backstroke | |
| 20 | Male | 100m Breaststroke | |
| 21 | Female | 200m Butterfly | |
| 22 | Male | 200m Butterfly | |
| 23 | Female | 50m Backstroke | |
| 24 | Male | 50m Breaststroke | |
| Session 6 | | | |
| 25 | Female | 200m Breaststroke | |
| 26 | Male | 200m Backstroke | |
| 27 | Female | 100m Freestyle | |
| 28 | Male | 100m Butterfly | |
| 29 | Female | 50m Butterfly | |
| 30 | Male | 50m Freestyle | |

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.

City of Bristol Swimming Club Short Course Level 2 Open Meet 2015
Payment Form

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

Total Number of Swimmer Entries _____

Total Cost of Entries @ £6.50 each _____

Total Cost of Coaches Passes @ £15.00 each _____

Total Cheque enclosed _____

(All Cheques should be made payable to 'City of Bristol Swimming Club' or BACS – details upon request)

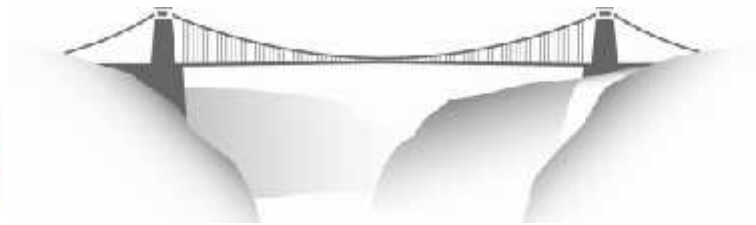
Greater than 5 swimmers

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

5 or less swimmers

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

Adrian Noon
67 Smyth Road
Ashton
Bristol
BS3 2DS



CITY OF **BRISTOL** SWIMMING CLUB

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.

Further Meets

2016

April 8th/9th/10th - Level 1

July 9th/10th - Level 3

November 5th/6th - TBC

December 17th/18th - TBC

In partnership with



BATH DOLPHIN

