



Plymouth Leander Swimming

www.plymouthleander.co.uk



The Plymouth Long Course Open 2016

ASA License Number: 1SW160104

Life Centre, Plymouth: Friday 27th – Sunday 29th May 2016

Held under ASA Laws and Regulations and ASA Technical Rules of Racing

- Venue** : Plymouth Life Centre, Plymouth, PL2 3DG
- Pool** : 10-Lane 50m Racing Pool With ROMA09-TRK Starting Blocks
: 2 Metres throughout and 140mm FINA regulation lane lines
: Constantly Available 6-Lane 25m Swim Down Pool
: Electronic Timing & 10-Lane Video Display Screen
: On Site Cafeteria & Parking

This is a Level 1 Licensed Meet for Entry into National Competitions & Championships

- Age Groups** : 9yrs, 10/11yrs, 12/13yrs, 14/15yrs, 16 yrs & Over,
: Junior and Senior Finals in 50m, 100m & 200m Events
: Ages as at 31st December 2016
- Awards** : Medals to 1st 3 in all Age Groups Events
: Medals to 1st 3 in Junior and Senior Finals
: Top Male Athlete & Top Female Athlete Awards
: Top Visiting Club Award
: Referees Challenge Cup for officials, parents and coaches
- Events** : 50m, 100m & 200m All Strokes
(10yrs cannot enter 400m IM or 1500m events)
: 400m, 800m & 1500m Freestyle
: 200m & 400m IM
- Fees** : Race Entry Fee £8.00 for 1500m and 800m Freestyle
: Race Entry Fee £7.50 for all other Events
Cheques made payable to PLSA, Electronic Payment:
Account details: Sort Code: 56-00-63 Account No: 46355588
- Entries To** : Max Trebilcock
62 Molesworth Road
Plympton, Plymouth, PL7 4NU
Enquiries can be e-mailed to meets@plymouthleander.com
or Call 07557 983947
- Closing** : 12.00 Midnight on Tuesday 26th April 2016



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Meet Conditions

1. The event will be held at Plymouth Life Centre (50m pool) on 27th, 28th & 29th May 2016
2. The event will be held under ASA Laws and Regulations and ASA Technical Rules of Racing. All British swimmers must be registered ASA members of an ASA affiliated club and amateurs as defined by ASA Law.
3. Competitors age groups shall be defined as at **31st December 2016**, competitors must be 9 years old on the day of the event.
4. A competitor may enter all events (subject to Condition 5) in his/her age group and Open events
9 yrs, 10/11 yrs; 12/13 yrs; 14/15 yrs; 16 & Over OPEN= 10 yrs & Over
5. Competitors may enter **EITHER** the 1500m Freestyle **OR** 800m Freestyle, but not both. Where there is demand the 1500m and 800m races will be swum as MIXED.
10 year old competitors may **NOT** swim 400m IM or 1500m events.
6. All events are age-group finals except 400m, 800m and 1500m events which are heat declared, the top three swimmers in each age group will receive an award, except for open events where the top three swimmers overall will receive an award.
7. Finals will be held for all 50m, 100m & 200m events
Junior Finals = 14 & Under, Senior Finals = 15 & Over
8. All submitted entry times must either be:
 - Times achieved in a 50m pool
 - Times which have been converted to a 50m pool time
(Meet Qualification times have been set at minimum Level 1 accepted times by British Swimming)
 - Entry times must be listed in the British Swimming Rankings.
9. Entries of 10 or more swimmers from the same Club must be made electronically. Entries of 9 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration
10. **TEAMS ARE REQUESTED TO PROVIDE ONE LICENSED OFFICIAL TO WORK EVERY SESSION OF THE MEET FOR EVERY 30 SWIMS THEY ENTER INTO THE COMPETITION. TEAMS UNABLE TO COMPLY WITH THIS CONDITION NEED TO CONTACT MAX TREBILCOCK BY EMAIL (SEE BELOW) ASAP SO WE CAN ENSURE THE MEET IS ADEQUATELY STAFFED.**
11. If events are under-subscribed acceptance of additional entries will be at the Promoters discretion. These will be offered after the competition's closing date for entry. However, these competitors must still enter with the stated qualification times, and meet the all other Meet conditions
12. If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted on the basis of times submitted to enable the competition to meet ASA licensing requirements. Any deletions made will be equally proportionate from each age year, and will endeavour to ensure an equal balance of swimmers across the age groups and events, taking into consideration Conditions 13 and 14.



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13. In the case of events with limited entries, priority will be given to swimmers entering the meet from **Plymouth Leander, International, Scotland, Northern Ireland and/or Channel Island teams, and to any swimmers who guarantee a volunteer ASA Registered Official to officiate at all sessions that the swimmer competes in.**
However, these competitors must still enter with the stated qualification times, and meet the all other conditions
14. **Officials:** All Clubs must provide 1 Official per 30 swims entered. In the event of swimmers having to be scratched due to over-subscription we reserve the right to withdraw entries from clubs who have not provided the sufficient number of Officials first.
15. No refunds for entries will be given after the entries have been processed, except in the case of:
 - a swimmer being subsequently selected to swim for their country on the same day
 - the production of a Doctor's note confirming the athlete is unfit to compete
16. There will be no entry cards for this meet. Swimmers must sign in for selected individual events prior to the Warm Up of the session in which they are competing. **Swimmers will be scratched from any individual events not signed for.**
17. Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded
18. Additional awards will be made:
 - Top Male Athlete (excluding 50m events)
 - Top Female Athlete (excluding 50m events)
 - Top Visiting Club (excluding 50m events)
 - Referees Challenge Cup – open to all officials, parents and coaches - distance and stroke to be agreed on the day!
19. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings
20. All Clubs will be permitted to purchase up to 3 Coach Passes per Club (regardless of entrant numbers) and one additional Coach Pass per 10 athletes over 30 swimmers. Coach Passes will not be sold on the day. Admission to pool deck will be refused to non pass holders
21. Plymouth Leander Swimming uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet
22. Closing date for entries is **12.00 Midnight on 28th April 2016**
23. Charges as follows
 - **Race Entry Fee:** £8.00 for 1500m or 800m Freestyle
£7.50 per race for all other Events
 - **Full Weekend Programme of Events/Entries:** £5.00 per Programme
 - **Three-Day Coach Pass:** £20.00 per Pass
 - **One-Day Coach Pass:** £10.00 per Pass
 - **Spectator Entry** £3.00 per Session or £10 for whole weekend*

* Please note entry per session is for access to the viewing gallery and does not guarantee a spectator seat.
(Please refer to condition 24 for further details)



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24. **Safeguarding:** All persons wishing to use photographic equipment, including mobile phones with photographic capacity, must register such equipment at the entrance desk. To support all visiting, local and club swimmers as well as Child Safe Guarding criteria Plymouth Leander reserves the right to designate seating within the viewing balcony for swimmer use, visitors and parents are kindly requested not to occupy designated seating.
25. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter. Competitors are reminded that sensible footwear should be worn when off the pool deck at all times.
26. Any swimmer unable to execute a safe dive from the starting blocks into shallow water are reminded that they should start from the side of the pool
27. The promoters reserve the right to make alterations to the above conditions if necessary. All participants will be informed of any such changes
28. The referees decision is final.

We hope you have an enjoyable meet. Look out for our evaluation questionnaire and let us know how we can improve the meet in the future

PLEASE DO NOT USE RECORDED DELIVERY OR SPECIAL DELIVERY TO POST YOUR ENTRY FORMS.
If you are concerned about your entry reaching the destination on time, please telephone the Meet Promoter or e-mail entries to meets@plymouthleander.com

Entries Returned to: Max Trebilcock 62 Molesworth Road, Plympton, Plymouth, PL7 4NU

Cheques payable to 'PLSA'. Enquiries can be emailed to meets@plymouthleander.com or call **07557 983947**



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Friday 27th May Session 1 Warm Up 4.00pm – Start 5.00pm		
No	M/F	Event
101	Mixed	1500m Freestyle
102	Mixed	800m Freestyle

Saturday 28th May Session 2 Warm Up 8.15am – Start 9.15am			Saturday 28th May Session 3 Warm Up - to be announced		
No	M/F	Event	No	M/F	Event
201	F	200m Freestyle	301	F	200m IM
202	M	50m Freestyle Open	302	M	50m Breaststroke Open
203	F	50m Butterfly Open	303	F	50m Backstroke Open
204	M	100m Backstroke	304	M	200m Butterfly
205	F	200m Backstroke	305	F	100m Butterfly
206	M	200m Breaststroke	306	M	100m Freestyle
207	F	100m Breaststroke	307	F	400m Freestyle (HDW)
208	M	400m Freestyle (HDW)			
Break & warm up			Break & warm up		
Finals			Finals		
201F	F	200m Freestyle (J/S)	301F	M	200m Butterfly (J/S)
202F	M	100m Backstroke (J/S)	302F	F	200m IM (J/S)
203F	F	200m Backstroke (J/S)	302F	M	100m Freestyle (J/S)
204F	M	200m Breaststroke (J/S)	304F	F	100m Butterfly (J/S)
205F	F	100m Breaststroke (J/S)	305F	M	Breaststroke (J/S)
206F	M	50m Freestyle (J/S)	306F	F	50m Backstroke (J/S)
207F	F	50m Butterfly			

Sunday 29th May Session 4 Warm Up 8.15am – Start 9.15am			Sunday 29th May Session 5 Warm Up - to be announced		
No	M/F	Event	No	M/F	Event
401	M	200m Freestyle	501	M	200m IM
402	F	50m Freestyle Open	502	F	50m Breaststroke Open
403	M	50m Butterfly Open	503	M	50m Backstroke Open
404	F	100m Backstroke	504	F	200m Butterfly
405	M	200m Backstroke	505	M	100m Butterfly
406	F	200m Breaststroke	506	F	100m Freestyle
407	M	100m Breaststroke	507	M	400m IM (HDW)
408	F	400m IM (HDW)			
Break & Warm up			Break & Warm up		
Finals			Finals		
401F	M	200m Freestyle (J/S)	504F	F	200m Butterfly (J/S)
404F	F	100m Backstroke (J/S)	501F	M	200m IM (J/S)
405F	M	200m Backstroke (J/S)	506F	F	100m Freestyle (J/S)
406F	F	200m Breaststroke (J/S)	505F	M	100m Butterfly (J/S)
407F	M	100m Breaststroke (J/S)	506F	F	50m Breaststroke (J/S)
408F	F	50m Freestyle (J/S)	507F	M	50m Backstroke (J/S)
409F	M	50m Butterfly (J/S)			



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Male Meet Qualification Times									
AGE	Entry Times	9	10	11	12	13	14	15	16/Over
50m Freestyle	QT	41	39	37	34.9	33	31.3	29.7	28.7
	Consideration		41	39	36.9	35	33.3	31.7	30.7
100m Freestyle	QT		01:24.8	01:18.8	01:13.7	01:09.8	01:06.9	01:04.4	01:02.6
	Consideration		01:28.8	01:22.8	01:17.7	01:13.8	01:10.9	01:08.4	01:06.6
200m Freestyle	QT	03:23.4	03:03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:20.7	02:16.3
	Consideration		03:09.6	02:57.3	02:46.8	02:38.6	02:31.6	02:26.7	02:22.3
400m Freestyle	QT	06:40.0	06:26.4	05:56.0	05:38.1	05:21.8	05:07.0	04:57.6	04:49.1
	Consideration		06:34.4	06:04.0	05:46.1	05:29.8	05:15.0	05:05.6	04:57.1
800m Freestyle	QT	15:04.1	13:17.4	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0
	Consideration		13:40.5	12:35.6	11:55.0	11:26.8	11:12.0	11:01.5	10:52.0
1500m Freestyle	QT			24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7
	Consideration			25:16.7	22:52.5	21:48.6	20:51.0	20:09.1	19:39.7
50m Breaststroke	QT	55	51.6	48.2	44.6	41.8	39.7	37.8	36.8
	Consideration		53.6	50.2	46.6	43.8	41.7	39.8	38.8
100m Breaststroke	QT		01:50.7	01:41.5	01:34.7	01:28.8	01:24.6	01:21.4	01:18.9
	Consideration		01:54.7	01:45.5	01:38.7	01:32.8	01:28.6	01:25.4	01:22.9
200m Breaststroke	QT	04:20.5	03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:55.4	02:51.6
	Consideration		04:03.2	03:45.1	03:31.2	03:18.5	03:08.5	03:01.4	02:57.6
50m Butterfly	QT	45	43.5	40.8	38.1	35.9	34	32.2	31.4
	Consideration		45.5	42.8	40.1	37.9	36	34.2	33.4
100m Butterfly	QT		01:35.8	01:27.7	01:21.5	01:16.8	01:12.8	01:09.8	01:07.8
	Consideration		01:39.8	01:31.7	01:25.5	01:20.8	01:16.8	01:13.8	01:11.8
200m Butterfly	QT	04:03.7	03:32.3	03:12.5	02:59.9	02:49.9	02:40.9	02:34.4	02:30.4
	Consideration		03:38.3	03:18.5	03:05.9	02:55.9	02:46.9	02:40.4	02:36.4
50m Backstroke	QT	49	46	43.2	40.5	38.2	36.1	34.5	33.5
	Consideration		48	45.2	42.5	40.2	38.1	36.5	35.5
100m Backstroke	QT		01:36.9	01:29.8	01:24.1	01:19.2	01:15.0	01:12.2	01:10.3
	Consideration		01:40.9	01:33.8	01:28.1	01:23.2	01:19.0	01:16.2	01:14.3
200m Backstroke	QT	03:46.7	03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:36.0	02:31.4
	Consideration		03:31.8	03:18.0	03:06.7	02:56.3	02:48.3	02:42.0	02:37.4
200m I/M	QT	03:52.0	03:29.6	03:14.3	03:02.8	02:52.7	02:44.8	02:38.4	02:33.9
	Consideration		03:35.6	03:20.3	03:08.8	02:58.7	02:50.8	02:44.4	02:39.9
400m I/M	QT			06:50.8	06:26.7	06:06.4	05:49.3	05:36.2	05:27.6
	Consideration			06:58.8	06:34.7	06:14.4	05:57.3	05:44.2	05:35.6





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Female Meet Qualification Times									
AGE		9	10	11	12	13	14	15	16/over
50m Freestyle	QT	42	39.8	37.3	35.4	34	32.9	32.2	31.9
	Consideration		41.8	39.3	37.4	36	34.9	34.2	33.9
100m Freestyle	QT		01:26.2	01:19.3	01:15.2	01:12.7	01:10.7	01:09.6	01:08.8
	Consideration		01:30.2	01:23.3	01:19.2	01:16.7	01:14.7	01:13.6	01:12.8
200m Freestyle	QT	03:29.1	03:04.4	02:51.3	02:42.5	02:36.2	02:32.1	02:29.1	02:27.5
	Consideration		03:10.4	02:57.3	02:48.5	02:42.2	02:38.1	02:35.1	02:33.5
400m Freestyle	QT	06:52.7	06:27.4	05:56.4	05:38.8	05:26.3	05:18.0	05:12.8	05:09.2
	Consideration		06:35.4	06:04.4	05:46.8	05:34.3	05:26.0	05:20.8	05:17.2
800m Freestyle	QT	15:04.1	13:17.4	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0
	Consideration		13:40.5	12:35.6	11:55.0	11:26.8	11:12.0	11:01.5	10:52.0
1500m Freestyle	QT			24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7
	Consideration			25:16.7	22:52.5	21:48.6	20:51.0	20:09.1	19:39.7
50m Breaststroke	QT	55	51.2	47.8	45	43.1	41.5	40.6	40.1
	Consideration		53.2	49.8	47	45.1	43.5	42.6	42.1
100m Breaststroke	QT		01:50.3	01:41.6	01:35.2	01:30.8	01:28.5	01:27.5	01:26.1
	Consideration		01:54.3	01:45.6	01:39.2	01:34.8	01:32.5	01:31.5	01:30.1
200m Breaststroke	QT	04:17.3	03:55.5	03:36.6	03:24.9	03:15.5	03:09.5	03:06.7	03:05.8
	Consideration		04:01.5	03:42.6	03:30.9	03:21.5	03:15.5	03:12.7	03:11.8
50m Butterfly	QT	47	44	40.7	38.6	36.7	35.7	34.8	34.2
	Consideration		46	42.7	40.6	38.7	37.7	36.8	36.2
100m Butterfly	QT		01:37.1	01:27.9	01:22.6	01:19.1	01:17.2	01:15.5	01:14.8
	Consideration		01:41.1	01:31.9	01:26.6	01:23.1	01:21.2	01:19.5	01:18.8
200m Butterfly	QT	03:56.6	03:34.6	03:12.6	03:01.7	02:53.5	02:48.0	02:45.7	02:43.3
	Consideration		03:40.6	03:18.6	03:07.7	02:59.5	02:54.0	02:51.7	02:49.3
50m Backstroke	QT	51	46	43.1	40.9	39.4	38	37	36.6
	Consideration		48	45.1	42.9	41.4	40	39	38.6
100m Backstroke	QT		01:37.5	01:29.9	01:24.5	01:21.7	01:19.6	01:17.9	01:17.1
	Consideration		01:41.5	01:33.9	01:28.5	01:25.7	01:23.6	01:21.9	01:21.1
200m Backstroke	QT	03:35.0	03:26.3	03:11.0	03:00.6	02:54.3	02:49.8	02:45.8	02:43.9
	Consideration		03:32.3	03:17.0	03:06.6	03:00.3	02:55.8	02:51.8	02:49.9
200m I/M	QT	03:55.2	03:29.6	03:14.3	03:03.3	02:56.8	02:52.3	02:48.9	02:46.9
	Consideration		03:35.6	03:20.3	03:09.3	03:02.8	02:58.3	02:54.9	02:52.9
400m I/M	QT			06:25.9	06:00.8	05:46.8	05:40.5	05:36.3	05:35.5
	Consideration			06:33.9	06:08.8	05:54.8	05:48.5	05:44.3	05:43.5





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Entry Form

COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL

Club			
Surname		First Name	Middle Initial
Preferred Name (for Programme)			
Date of Birth		Age as at 31st December 2016	M/F
Address and Postcode			
Telephone Number / Mobile Number (Parent* - contact for entry queries)			
e-Mail Address (for confirmation of receipt of entry)			
ASA Registration Number			
EVENT	SELECT	ENTRY TIME	
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
1500m or 800m Freestyle			
50m Butterfly			
100m Butterfly			
200m Butterfly			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Backstroke			
100m Backstroke			
200m Backstroke			
200m Individual Medley			
400m Individual Medley			

Individual Payment Details (see Summary Sheet for Grouped Payment and Coaches Pass Details)

Total No of Entries	Description	Cost per Event*	Total
	Individual Entries	£7.50	
	800m/1500m Entries	£8.00	

Cheques Payable to PLSA. **Entries Close 26th April 2016** :
 Electronic Payment: Account details: Sort Code: 56-00-63 Account No:
 46355588. **Amount Due** £

Please Tick: **Cheque** **BACS**

I DECLARE THAT THE ABOVE DETAILS ARE CORRECT & THAT I AM ELIGIBLE TO COMPETE IN ACCORDANCE WITH ASA LAW & THAT I UNDERSTAND & ACCEPT THE MEET CONDITIONS

Signature of Competitor

Signature of Parent*(if under 18).....





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Team Entry Summary Sheet

Cheques should be made payable to 'PLSA'. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek entry file for this meet will be available on www.plymouthleander.co.uk We would appreciate this method of entry and this is **mandatory** for 10 or more entries from the same Club. Please note that we are using Meet Manager 4.0.

PLEASE NOTE: Coach Passes CANNOT be purchased on the day of meet and must be bought in advance.

Club	
Contact Name	
Address	
Telephone (Day)	
Telephone (Evening)	
Mobile	
E-Mail	

PLEASE REMEMBER WE NEED THE HELP OF YOUR OFFICIALS

Total No. of Individual Entries		@	£7.50 each	=	
Total No. of 800/1500 m Entries		@	£8.00 each	=	
3 Day Coach Pass		@	£20.00 each	=	
1 Day Coach Pass Friday/Saturday/Sunday*		@	£10.00 each	=	
*Delete as Appropriate					
Closing Date: 26th April 2016	Total Cheque Enclosed			£	

Entries To: Max Trebilcock, 62 Molesworth Road, Plympton, Plymouth PL7 4NU, 07557 983947

- Enquiries can be emailed to meets@plymouthleander.com or call **07557 983947**. Cheques to 'PLSA'
- Electronic entries can be on e-mailed but please also submit a printout with this form

I certify that all the above details are correct and that our Club understand and will abide by the meet conditions. Signed on behalf of all swimmers:

(Team Manager) Date

Please **do not** use recorded delivery or special delivery. If you are concerned about your entry reaching the destination on time please e-mail or call the contact and obtain a certificate of posting





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Officials Nomination Form

Full Name:

Name of Club:

Name of Swimmer(s):

Qualification:

J1

J2

Starter

Referee

Trainee

Telephone Number:

Email:

ASA Number:

Sessions Which
Your available
For
(please tick):

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5

All completed forms to be returned to Max Trebilcock
meets@plymouthleander.com