



CITY OF DERBY SWIMMING CLUB

Affiliated to ASA East Midland Region and Derbyshire ASA
Under ASA Laws and ASA Technical Rules of Swimming
at Queen's Leisure Centre Cathedral Road Derby

Supported by



Derby City Council

Thirty Third Licensed Open Meet 26th / 27th March 2016

**This event is Licensed (Level 3 3EM160557) by the ASA
for entry into Regional and County Championships**

Thank you for requesting information about our Licensed Open Meet. We hope that you will be able to take part and the event will prove to be successful for you. As this is a Level 3 Licensed Meet, you will be able to use our meet to gain both Regional Qualifying Times and County Qualifying Times. We will use FINA Points and Categories for deciding the Top Boy / Girl awards for swimmers. Please also note that entries will be accepted on a first come first served basis, so enter soon to guarantee acceptance! We look forward to seeing you at the meet.

*** 25m 6 Lane Competition Pool ***

*** Electronic Timing System ***

*** with Full Colour Scoreboard *
* and Video Display ***

*** Ages at 31st December 2016 ***

*** Top Team Prize ***

*** Best Supported Team Prize ***

*** Top Three Boy and Girl Awards ***

*** Ample Parking Nearby ***

Entry Information

Please note that in order to comply with the requirements of our Level 3 Licence, entries for this meet must be within (ie equal to or faster than) the published qualifying times (QT) but not faster than the upper limit times (ULT) for each event. These entries will be accepted on a first come first served basis.

In certain circumstances however, the promoters reserve the right to restrict the number of entries by rejecting entries. (See Meet Rules and Information, particularly rule 8, for full details).

Disability entries are welcome and entry times will not apply to entries from disability swimmers. We will endeavour to ensure your entries are accepted given the time constraints of the gala

Swimming Officials

(Timekeepers, Judges, Starters and Referees)

If you will be attending this Meet and are prepared to officiate, then please contact
Joyce Mellor Tel: 01332 677709.

Please volunteer if you can, your help will be greatly appreciated, thank you

We ask all Clubs entering ten or more swimmers to provide two licensed officials to cover each session.



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SWIMMING CLUB

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at Queens Leisure Centre Derby

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Short Course Level 3 Licensed Open Meet 2016

Saturday 26th March 2016

Session 1 Warm-Up 8:30am Start 9:30am

Evt	B/G	Description
1	Girls	10, 11, 12, 13, 14, 15/Over 100m I.M. HDW
2	Boys	10, 11, 12, 13, 14, 15/Over 100m Backstroke
3	Girls	10, 11, 12, 13, 14, 15/Over 100m Breaststroke
4	Boys	10, 11, 12, 13, 14, 15/Over 200m Fly HDW
5	Girls	10, 11, 12, 13, 14, 15/Over 50m Backstroke HDW
6	Boys	10, 11, 12, 13, 14, 15/Over 50m Breast HDW
7	Girls	10, 11, 12, 13, 14, 15/Over 200m Free HDW
8	Boys	Final 13 years 100m Backstroke
9	Boys	Final 14 years 100m Backstroke
10	Boys	Final 15/Over years 100m Backstroke
11	Girls	Final 13 years 100m Breaststroke
12	Girls	Final 14 years 100m Breaststroke
13	Girls	Final 15/Over years 100m Breaststroke

Session 2 Session start times to be confirmed.
(Estimated Warm-Up 2:00pm Start 3:00pm)

Evt	B/G	Description
14	Boys	10, 11, 12, 13, 14, 15/Over 200m I.M. HDW
15	Girls	10, 11, 12, 13, 14, 15/Over 100m Freestyle
16	Boys	10, 11, 12, 13, 14, 15/Over 100m Fly
17	Girls	10, 11, 12, 13, 14, 15/Over 200m Back HDW
18	Boys	10, 11, 12, 13, 14, 15/Over 50m Freestyle HDW
19	Girls	10, 11, 12, 13, 14, 15/Over 50m Fly HDW
20	Boys	10, 11, 12, 13, 14, 15/Over 200m Breast HDW
21	Girls	Final 13 years 100m Freestyle
22	Girls	Final 14 years 100m Freestyle
23	Girls	Final 15/Over years 100m Freestyle
24	Boys	Final 13 years 100m Fly
25	Boys	Final 14 years 100m Fly
26	Boys	Final 15/Over years 100m Fly

Estimated finish time 6:30pm

Sunday 27th March 2016

Session 3 Warm-Up 8:30am Start 9:30am

Evt	B/G	Description
27	Girls	10, 11, 12, 13, 14, 15/Over 200m I.M. HDW
28	Boys	10, 11, 12, 13, 14, 15/Over 100m Breaststroke
29	Girls	10, 11, 12, 13, 14, 15/Over 100m Backstroke
30	Boys	10, 11, 12, 13, 14, 15/Over 200m Free HDW
31	Girls	10, 11, 12, 13, 14, 15/Over 50m Breast HDW
32	Boys	10, 11, 12, 13, 14, 15/Over 50m Backstroke HDW
33	Girls	10, 11, 12, 13, 14, 15/Over 200m Fly HDW
34	Boys	Final 13 years 100m Breaststroke
35	Boys	Final 14 years 100m Breaststroke
36	Boys	Final 15/Over years 100m Breaststroke
37	Girls	Final 13 years 100m Backstroke
38	Girls	Final 14 years 100m Backstroke
39	Girls	Final 15/Over years 100m Backstroke

Session 4 Session start times to be confirmed.
(Estimated Warm-Up 2:00pm Start 3:00pm)

Evt	B/G	Description
40	Boys	10, 11, 12, 13, 14, 15/Over 100m I.M. HDW
41	Girls	10, 11, 12, 13, 14, 15/Over 100m Fly
42	Boys	10, 11, 12, 13, 14, 15/Over 100m Freestyle
43	Girls	10, 11, 12, 13, 14, 15/Over 200m Breast HDW
44	Boys	10, 11, 12, 13, 14, 15/Over 50m Fly HDW
45	Girls	10, 11, 12, 13, 14, 15/Over 50m Freestyle HDW
46	Boys	10, 11, 12, 13, 14, 15/Over 200m Back HDW
47	Girls	Final 13 years 100m Fly
48	Girls	Final 14 years 100m Fly
49	Girls	Final 15/Over years 100m Fly
50	Boys	Final 13 years 100m Freestyle
51	Boys	Final 14 years 100m Freestyle
52	Boys	Final 15/Over years 100m Freestyle

Estimated finish time 6:30pm

Warm-up will be Girls followed by Boys for sessions 1 and 3 and Boys followed by Girls for sessions 2 and 4.
Warm-up **must** be supervised by Coaches.

The promoters reserve the right to change the order of events within a session should this be necessary.
The start time of the later sessions on each day is **subject to change** (earlier or later) and will be confirmed when the accepted entries are published.

MEET RULES AND INFORMATION

1. The competition will be held under A.S.A. Laws and A.S.A. Technical Rules of Swimming. This event is LEVEL 3 LICENSED by the ASA (3EM160557) for entry into Regional and County Championships.
 2. The fastest six swimmers in the heats of the 100m events in each of the 13, 14 & 15/Over age groups will compete in finals. The 10, 11 & 12yr age group of the 100m events, and all age groups of all other events will have heat declared winners.
 3. The events are:
 - 100m all 4 strokes 10,11 & 12 Heat Declared
 - 13, 14 & 15/Ov (Heats and Finals)
 - 200m all 4 strokes all age groups (Heat declared)
 - 100m I.M. all age groups (Heat declared)
 - 200m I.M. all age groups (Heat declared)
 - 50m all 4 strokes all age groups (Heat declared)
 4. The age groups are:
 - 10, 11, 12, 13, 14 & 15/Over**Ages as at the 31st December 2016.**
 5. The Pool length is 25m, six lane, and will be equipped with electronic timing with full display and anti-wave lane ropes.
 6. Awards will be given to the top three placed swimmers in each age group in each individual event. Awards will be made to disability swimmers who PB in the events they enter and where more than one swimmer competes under the same disability classification they will be ranked accordingly
 7. In addition to the individual event awards there will be the following overall awards:
 - Top three Boy/Girl awards in each of the following ages:**
 - 10, 11, 12, 13, 14, 15/Over yrs Boys using BAGCATs
 - 10, 11, 12, 13, 14, 15/Over yrs Girls using BAGCATs
 - Note these will be British Age Group Categories based on FINA Points.
 - Top Team award**
 - Best Supported Team award**
- The overall awards will be calculated as follows:
- Top Boy / Girl
FINA Points will be calculated for all swims. These points will be accumulated into the appropriate British Age Group Category for each individual year age. The overall top three swimmers in each of these BAGCATs will receive a Top Boy/Girl award.
- Top Team
Event Points will be scored for all events
The scoring will be:
1st 6 points, 2nd 5 points, 3rd 4 points,
4th 3 points, 5th 2 points, 6th 1 point.
Event points will be accumulated for all swimmers (from all age groups), for each Club. The overall Top Club will receive a cash award.
- Best Supported Team
This award will be made at the discretion of the promoters.
If there is a tie for any of these awards then the prizes will be shared.
8. Heats will be swum with all age groups combined and swimmers seeded by entry times. With the exception of disability swimmers, entries must be within (ie equal to or faster than) the published qualifying times, but not faster than the upper limit times (ULT) for each event. These entries will be accepted on a first come first served basis.
 9. If similar amounts of entries are not received for each session, the start time of the later sessions on each day may be subject to change (earlier or later) and will be confirmed on publication of the accepted entries. However, if a session is excessively oversubscribed relative to the other sessions on the same day, the promoters reserve the right to reject some of the slowest entries, at their discretion. If this is necessary, the numbers accepted for each age group will be kept to the same proportions as the number of entries for each age group.
 10. Over the top starts may be used at the promoters discretion.
 11. The Entry Fee is £5.50 per event. Swimmers are encouraged to enter via their Club using the electronic entry method. Entries MUST include the entrants ASA registration number together with all entry fees. No entries will be accepted after the closing date or during the meet unless due to promoters error or omission. Cheques to CITY OF DERBY S.C. Bank details for BACS payments :
 - City of Derby Swimming Club
 - Sort Code : 77 08 01 Account No : 41707260
 - Please give a reference of your Club meet code (eg Co Derby).
 - Refunds will not be given for swimmers withdrawing from an event that they have been accepted for.
 12. Closing date for entries is 3rd March 2016.
 13. Competitors times will be computer processed and results sheets can be downloaded from our web site.
 14. Spectator admission prices:

Per Session	Adult £4.00	Child and O.A.P. £2.00
All Day Saturday	Adult £6	Child and O.A.P. £3.00
All Day Sunday	Adult £6	Child and O.A.P. £3.00
Daily Programme	£2	Weekend Programme £4
 15. Pool Side Passes are available to bona-fide Coaches and team managers Supporting competing swimmers. They include a Programme and Results sheets. (PLEASE NOTE POOL SIDE PASSES DO NOT INCLUDE FOOD):
 - £15 for both days.
 - £8 for Saturday only.
 - £8 for Sunday onlyPoolside Passes can be ordered with entries or purchased on the day. Coaches may be asked for proof of DBS check.
 16. Any conditions not covered in the above will be at the discretion of the promoters, City of Derby Swimming Club.
- All entries and enquiries to:
Sharon Llewellyn
12 Consall Grove
Trentham Stoke on Trent
ST4 8YW Tel: 07889 723774
- Accepted entries will be published at
www.coderby.co.uk/meets/dm16/ only. No other entry information will be sent to Clubs or swimmers

MEET RULES AND INFORMATION 2

ENTRY QUALIFYING TIMES - 25m (Short Course) Times

Entries must be within (equal to or faster than) the qualifying times (QT), but not faster than the upper limit times (ULT), published below. Entries will be accepted on a first come first served basis. (See Meet Rules and Information, particularly rule 8, for full details). **Verification of entry times may be required.**

Qualification Times

BOYS						Events	GIRLS					
10yr	11yr	12yr	13yr	14yr	15/Over		10yr	11yr	12yr	13yr	14yr	15/Over
QT	QT	QT	QT	QT	QT		QT	QT	QT	QT	QT	QT
45.9	42.9	40.3	37.8	35.5	33.2	50m Free	46.1	43.3	40.7	38.3	36.4	35.1
1:42.9	1:33.7	1:27.5	1:21.7	1:16.4	1:11.6	100m Free	1:43.7	1:35.2	1:27.7	1:22.2	1:18.2	1:15.4
3:40.8	3:23.2	3:10.0	2:58.3	2:46.5	2:36.1	200m Free	3:41.2	3:23.3	3:09.3	2:57.3	2:48.2	2:42.5
59.8	55.7	51.9	48.6	45.0	42.1	50m Breast	1:00.4	56.0	52.0	48.6	45.9	44.2
2:14.1	2:01.6	1:51.9	1:44.5	1:36.7	1:30.4	100m Breast	2:13.8	2:01.8	1:51.5	1:44.3	1:38.1	1:33.7
4:39.9	4:20.4	4:00.8	3:45.8	3:29.4	3:15.5	200m Breast	4:40.9	4:19.5	3:59.2	3:43.8	3:30.7	3:22.4
51.5	47.7	44.3	41.8	38.9	36.4	50m Fly	51.7	47.5	44.5	41.8	39.6	38.1
2:02.7	1:47.6	1:37.9	1:31.3	1:24.8	1:19.0	100m Fly	2:03.0	1:47.3	1:37.8	1:31.0	1:26.3	1:22.6
4:27.1	3:56.0	3:34.8	3:21.3	3:07.3	2:54.9	200m Fly	4:29.1	3:58.0	3:35.4	3:19.7	3:08.5	3:00.7
52.6	49.1	46.0	43.4	40.3	38.0	50m Back	52.9	49.2	46.0	43.4	41.1	39.6
1:55.7	1:46.4	1:37.9	1:31.9	1:25.4	1:19.7	100m Back	1:57.1	1:46.8	1:37.9	1:31.5	1:26.6	1:23.5
4:03.2	3:45.4	3:29.7	3:17.0	3:03.7	2:51.6	200m Back	4:04.6	3:46.6	3:27.7	3:15.1	3:05.5	2:58.8
1:56.4	1:48.4	1:41.7	1:35.7	1:29.1	1:22.9	100m IM	1:57.7	1:47.1	1:41.5	1:35.5	1:30.2	1:27.3
4:09.8	3:51.3	3:34.4	3:21.8	3:08.7	2:55.8	200m IM	4:10.6	3:51.3	3:33.5	3:20.1	3:10.3	3:03.2

Upper Limit Times

BOYS						Events	GIRLS					
10yr	11yr	12yr	13yr	14yr	15/Over		10yr	11yr	12yr	13yr	14yr	15/Over
ULT	ULT	ULT	ULT	ULT	ULT		ULT	ULT	ULT	ULT	ULT	ULT
31.1	29.6	27.9	26.6	25.6	24.6	50m Free	31.4	30.0	28.6	27.9	27.5	27.4
1:07.8	1:00.3	1:00.3	57.1	55.4	53.1	100m Free	1:09.0	1:02.5	1:02.5	1:00.4	59.6	58.4
2:26.1	2:11.0	2:11.0	2:04.2	2:00.1	1:55.3	200m Free	2:26.5	2:14.0	2:14.0	2:09.8	2:08.0	2:05.3
41.0	38.5	36.1	33.8	32.5	31.4	50m Breast	41.0	38.5	36.4	35.2	34.5	34.0
1:29.3	1:18.1	1:18.1	1:13.0	1:10.6	1:07.0	100m Breast	1:29.6	1:19.5	1:19.5	1:16.7	1:15.5	1:13.9
3:10.6	2:48.8	2:48.8	2:39.1	2:33.5	2:26.3	200m Breast	3:10.2	2:50.0	2:50.0	2:44.7	2:42.5	2:39.7
34.9	32.8	31.1	29.3	28.1	27.1	50m Fly	34.8	33.1	31.4	30.5	29.9	29.4
1:19.6	1:08.7	1:08.7	1:04.0	1:01.5	58.4	100m Fly	1:19.3	1:09.8	1:09.8	1:07.4	1:06.1	1:04.6
2:54.0	2:32.3	2:32.3	2:22.1	2:16.1	2:09.3	200m Fly	2:56.0	2:34.4	2:34.4	2:27.6	2:25.1	2:21.4
36.0	34.1	32.3	30.4	29.4	28.4	50m Back	35.9	34.0	32.5	31.6	31.0	30.7
1:18.3	1:08.7	1:08.7	1:04.7	1:02.2	59.3	100m Back	1:18.1	1:09.7	1:09.7	1:07.5	1:06.3	1:04.8
2:44.0	2:26.7	2:26.7	2:18.5	2:14.0	2:08.1	200m Back	2:45.1	2:28.8	2:28.8	2:23.9	2:21.9	2:18.6
1:19.2	1:15.2	1:11.0	1:07.0	1:04.0	1:02.3	100m IM	1:17.3	1:14.8	1:11.3	1:09.0	1:08.2	1:07.4
2:48.1	2:29.5	2:29.5	2:21.4	2:16.7	2:10.7	200m IM	2:47.4	2:31.6	2:31.6	2:27.3	2:25.0	2:22.0

FINA Points and British Age Group Categories

The following table summarises the events that will be used to calculate the Overall Top three Boys / Girls in each age BAG Category at this City of Derby Swimming Club Short Course Licensed Open Meet.

City of Derby Swimming Club - Short Course Licensed Open Meet BAG Categories (BAGCATs) based on FINA Points					
		Boys		Girls	
10, 11, 12, 13, 14, 15/Ov BAGCATs	Sprint	Best 50m Free / Back / Breast / Fly		Sprint	Best 50m Free / Back / Breast / Fly
	100s	Best 100m Free /Back /Breast /Fly		100s	Best 100m Free /Back /Breast /Fly
	Form	Best 200m Back / Breast / Fly		Form	Best 200m Back / Breast / Fly
	Distance	Best 200m Freestyle		Distance	Best 200m Freestyle
	IM	Best 100m / 200m IM		IM	Best 100m / 200m IM

CITY OF DERBY SWIMMING CLUB
THIRTY THIRD LICENSED OPEN MEET 2016
at Queen's Leisure Centre Derby 26th – 27th March 2016
 (Under ASA Laws and ASA Technical Rules of Swimming)

Individual Entry Form

Please return the completed entry form with the appropriate entry fee and a
 Entries must be received by the closing date of **3rd March 2016**.

All times to be 25m (short course) times. Please use BLOCK CAPITALS.

Name:																									
Gender:	Male / Female (Please Delete)										Entry No: (Official Use Only)														
Date of Birth:	DD		/	MM		/	YYYY	Age at 31 st Dec 2016:																	
Club:																									
ASA Reg No:																									
Disability Classification(s), where applicable																									
Address:																									
Tel No:										Email:															

Event	Entry Time	Event	Entry Time
50m Freestyle		100m Breaststroke	
100m Freestyle		200m Breaststroke	
200m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
100m Backstroke		200m Butterfly	
200m Backstroke		100m I.M.	
50m Breaststroke		200m I.M.	

Total No of Entries:		@ £5.50p = Total:	£
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This event is Level 3 Licensed by the ASA for entry into Regional and County Championships.

Entries must be within the published Qualifying and Upper Limit Times for each event.

These entries will be accepted on a **first come first served basis**. Please see meet rules for details.

I certify that the above details are correct, I will abide by the promoter's conditions and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association.

Swimmer's Signature: _____ Date: ____/____/____.

Please return to:
 Sharon Llewellyn
 12 Consall Grove
 Trentham, Stoke on Trent
 Staffordshire Tel: 07889 723774
 ST4 8YW

Poolside Passes	No.	Total
@£15 Saturday & Sunday		£
@£8 Saturday only		£
@£8 Sunday only		£
(Including Programme and Results)		