



# CITY OF DERBY SWIMMING CLUB

Affiliated to ASA East Midland Region and Derbyshire ASA  
Under ASA Laws and ASA Technical Rules of Swimming  
at Ponds Forge International Pool Sheffield

## Long Course Licensed Open Meet 2009

**Saturday 10<sup>th</sup> January 2009**

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

Evt	B/G	Description
1	Girls	09/10, 11/12 200m I.M.
2	Boys	13/14, 15/Over 200m I.M.
3	Girls	10, 11/12, 13/14, 15/Over 100m Breaststroke
4	Boys	10, 11/12, 13/14, 15/Over 100m Backstroke
5	Girls	13/14, 15/Over 200m Freestyle HDW
6	Boys	9/10, 11/12 200m Fly HDW
7	Girls	Open 50m Backstroke HDW
8	Boys	Open 50m Breaststroke HDW
9	Girls	9/10, 11/12 200m Fly HDW
10	Boys	13/14, 15/Over 200m Freestyle HDW
11	Girls	Final 15/Over 100m Breaststroke
12	Girls	Final 13/14 years 100m Breaststroke
13	Boys	Final 15/Over 100m Backstroke
14	Boys	Final 13/14 years 100m Backstroke

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

Evt	B/G	Description
15	Boys	Final 15/Over years 200m I.M.
16	Boys	Final 13/14 years 200m I.M.
17	Girls	Final 11/12 years 200m I.M.
18	Girls	Final 9/10 years 200m I.M.
19	Boys	9/10, 11/12, 13/14, 15/Over 400m Free
20	Girls	10, 11/12, 13/14, 15/Over 100m Freestyle
21	Boys	10, 11/12, 13/14, 15/Over 100m Fly
22	Girls	13/14, 15/Over 200m Backstroke HDW
23	Boys	9/10, 11/12 200m Breaststroke HDW
24	Girls	Open 50m Fly HDW
25	Boys	Open 50m Freestyle HDW
26	Girls	9/10, 11/12 200m Breaststroke HDW
27	Boys	13/14, 15/Over 200m Backstroke HDW
28	Girls	Final 15/Over 100m Freestyle
29	Girls	Final 13/14 years 100m Freestyle
30	Boys	Final 15/Over 100m Fly
31	Boys	Final 13/14 years 100m Fly

Estimated finish time 7pm

Warm-up will be Girls followed by Boys, except session Two which will be Boys followed by Girls. 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.

**Sunday 11<sup>th</sup> January 2009**

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

Evt	B/G	Description
32	Girls	13/14, 15/Over 200m I.M.
33	Boys	9/10, 11/12 200m I.M.
34	Girls	10, 11/12, 13/14, 15/Over 100m Backstroke
35	Boys	10, 11/12, 13/14, 15/Over 100m Breaststroke
36	Girls	13/14, 15/Over 200m Fly HDW
37	Boys	9/10, 11/12 200m Freestyle HDW
38	Girls	Open 50m Breaststroke HDW
39	Boys	Open 50m Backstroke HDW
40	Girls	9/10, 11/12 200m Freestyle HDW
41	Boys	13/14, 15/Over 200m Fly HDW
42	Girls	Final 15/Over 100m Backstroke
43	Girls	Final 13/14 years 100m Backstroke
44	Boys	Final 15/Over 100m Breaststroke
45	Boys	Final 13/14 years 100m Breaststroke

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

Evt	B/G	Description
46	Girls	Final 15/Over years 200m I.M.
47	Girls	Final 13/14 years 200m I.M.
48	Boys	Final 11/12 years 200m I.M.
49	Boys	Final 9/10 years 200m I.M.
50	Girls	9/10, 11/12, 13/14, 15/Over 400m Free
51	Boys	10, 11/12, 13/14, 15/Over 100m Freestyle
52	Girls	10, 11/12, 13/14, 15/Over 100m Fly
53	Boys	9/10, 11/12 200m Backstroke HDW
54	Girls	13/14, 15/Over 200m Breaststroke HDW
55	Boys	Open 50m Fly HDW
56	Girls	Open 50m Freestyle HDW
57	Boys	13/14, 15/Over 200m Breaststroke HDW
58	Girls	9/10, 11/12 200m Backstroke HDW
59	Boys	Final 15/Over 100m Freestyle
60	Boys	Final 13/14 years 100m Freestyle
61	Girls	Final 15/Over 100m Fly
62	Girls	Final 13/14 years 100m Fly

Estimated finish time 7pm

## Competition for All and Meet Licensing

The mission statement in the ASA's "Competition for All" document published in 2003 states: "*Every swimmer must have the opportunity to swim in appropriate, quality competition to enable them to achieve their true potential*". In order to try and provide "quality competition" at all levels, the ASA have introduced a system of "*Meet Licensing*" to replace Designation of Meets. Licenses will be granted at different "*Levels*". This requires all Licensed Meets to have entry "*Qualifying*" times. Levels 2 and 3 Licensed Meets should also have "*Upper Cut Off*" times. By the correct application of these Qualifying and Cut Off times Licensed Meets at the different levels become only available for entry to swimmers of the appropriate ability. Details of Meet Licensing is available at [www.britishswimming.org](http://www.britishswimming.org).

Therefore this City of Derby Swimming Club Level 1 Licensed Meet has Qualifying times but no Cut Off times.