



CITY OF DERBY SWIMMING CLUB

www.coderby.co.uk

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 Level 1 Licensed Open Meet 9th/10th January 2010

**This event is Licensed (Level 1) by the ASA for entry into
National and Regional Championships (1EM0019)**

Thank you for requesting information about our Long Course Licensed Open Meet. We hope that you will be able to take part and that the event will prove to be successful for you. In 2010 we are continuing with the successful format of four sessions, two on each day. Please be assured that we plan to build on the fantastic achievements of our Long Course Meets that we have been holding in the excellent swimming facility at Ponds Forge Sheffield since 2002. Once again, this year **Swim Down / Warm Up** facilities will be available in the diving pool during the sessions to further enhance our meet. Listed below are some of the important features of the meet that will be of interest to you. The attached sheets detail the information that you will need to complete the entry formalities. If you need any further help then do please get in touch. We look forward to seeing many friends, both new and old, at the event. Thanks once again and good-luck!

Important Entry Information

Please note that in order to comply with the requirements of our Level 1 License, **entries for this meet must be within (ie equal to or faster than) the published qualifying times** for each event.

In certain circumstances 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).

If over subscribed, entries with the slowest times will be rejected, even if they meet the Qualifying Times.

- ✓ 50m 10 Lane Competition Pool
- ✓ Electronic Timing with Full Display
- ✓ Continuous Swim Down / Warm Up
 - ✓ Top Team **Cash** Prize
- ✓ Best Supported Team **Cash** Prize
- ✓ Top Three Boy and Girl Awards (Using BAGCATs and GB CATs)
- ✓ 100m 13/14 and 15/Over **Finals**
 - ✓ 200m IM all ages **Finals**
 - ✓ Swim Shop
 - ✓ Cafeteria On Site

Age Group Swimming and Competition for All Year Nine

In 2010 we will of course continue with our support of the ASA's approach to Age Group Swimming. Full details are given in our **Meet Rules and Information** sheets enclosed.

Full details of the ASA's "*Success is Long Term*" initiative can be found at:

www.britishswimming.org

follow **Disciplines - Swimming - About Swimming**

We hope that you will find our meet exciting and rewarding.

Key Programme Points for the 2010 event.

- 9 year old swimmers included (not 100m events)
- No reserves will be used for any final
- 50m events have HDW, Open age group ONLY
- 100m events are HDW for the 10 & 11/12 ages, but have finals in the 13/14 & 15/Over ages
- 200m IM all ages have finals
- 200m Free, Breast, Fly and Back all ages HDW
- 400m Free all ages HDW
- Top Boy/Girl decided by BAGCATs and GB CATs

Swimming Officials

(Timekeepers, Judges, Starters and Referees)

If you will be attending this Meet and are prepared to officiate, then please contact **Christine Brocklehurst Tel: 01332 605101**. Please volunteer if you can, your help will be greatly appreciated, thank you.