



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 Level 1 Licensed Open Meet 10th/11th January 2015

**This event is Licensed (Level 1) by the ASA for entry into
National and Regional Championships (1EM15072)**

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 2015 we are continuing with the successful format of four sessions, two on each day. 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. **Swim Down / Warm Up** facilities will be available in the diving pool during the meet. Listed below are some of the important features of the meet that will be of interest to you. The following pages 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. Also, this year **entry times for 10 years and over swimmers MUST have been achieved at a licensed meet and therefore be from the National Ranking database**. 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, the slowest entry 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 Categories based on FINA points)
- ✓ 50m, 100m, 200m and 400m events
 - ✓ 200m IM all ages **Finals**
 - ✓ Swim Shop
 - ✓ Cafeteria On Site

Age Group Swimming and Competition for All

In 2015 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.

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

Key Programme Points for the 2015 event.

- 10/Over Entry times from the Ranking database
- 9 year old swimmers included (not 100m events)
- 50m events have HDW, Open age group ONLY
- 100m events are HDW for all ages (not 9years)
- 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 CATegories of events using FINA points

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 or
Sharon Llewellyn Tel: 07889 723774

**We ask all Clubs entering 10 or more
swimmers to provide 2 licensed officials
to cover each session.**



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Long Course Licensed Open Meet 2015

Saturday 10th January 2015

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

Evt	B/G	Description
1	Girls	09/10, 11/12 200m I.M. Finals
2	Boys	13/14, 15/Over 200m I.M. Finals
3	Girls	10, 11/12, 13/14, 15/Over 100m Breast HDW
4	Boys	10, 11/12, 13/14, 15/Over 100m Back HDW
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

Sunday 11th January 2015

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

Evt	B/G	Description
32	Girls	13/14, 15/Over 200m I.M. Finals
33	Boys	9/10, 11/12 200m I.M. Finals
34	Girls	10, 11/12, 13/14, 15/Over 100m Back HDW
35	Boys	10, 11/12, 13/14, 15/Over 100m Breast HDW
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

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 HDW
20	Girls	10, 11/12, 13/14, 15/Over 100m Free HDW
21	Boys	10, 11/12, 13/14, 15/Over 100m Fly HDW
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

Session 4 Session start times to be confirmed.
(Estimated Warm-Up 1:45pm Start 2:45pm)

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 HDW
51	Boys	10, 11/12, 13/14, 15/Over 100m Free HDW
52	Girls	10, 11/12, 13/14, 15/Over 100m Fly HDW
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

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.

MEET RULES AND INFORMATION 1

1. The competition will be held under ASA Laws and ASA Technical Rules of Swimming. This event is LICENSED at Level 1 (1EM15072) by the ASA for entry into National and Regional Championships. Officials will be from National and Regional lists of the ASA.
2. For events with finals, the fastest ten swimmers from the heats, in each age group, will compete in the finals.
3. The events are:
 - 50m all 4 strokes Single **Open** age only - heat declared
 - 100m all 4 strokes all ages - heat declared (not 9 years)
 - 200m I.M. all age groups - heats and **finals**
 - 200m all 4 strokes all age groups - heat declared
 - 400m Freestyle all age groups - heat declared
4. The age groups are:
9/10yr (10 for 100s), 11/12yr, 13/14yr, 15/Over, and Open **Ages as at the 11th January 2015.**
5. The pool length is 50m, ten 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 except for the 50m events. Only the top three open age swimmers receive awards in the 50m Open events.**
7. In addition to the individual event awards there will be the following overall awards:

A **Top Team** award

A **Best Supported** Team award

Top Three Boy/Girl awards

Top Team

Event Points will be scored for all events

The scoring will be:

1st 10 pnts, 2nd 9 pnts, 3rd 8 pnts, 4th 7 pnts, 5th 6 pnts
6th 5 pnts 7th 4 pnts 8th 3 pnts 9th 2 pnts 10th 1 pnt.

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.

Top Three Boy/Girl awards in each of the following ages:

9, 10, 11, 12, 13, 14, 15/Over years

These Top Boy / Girl awards will be calculated using FINA Points and Event Categories.

Please see the Categories of events on the next page.

8. Heats will be swum with age groups combined and swimmers seeded by entry times. **Long course entry times** (converted times accepted) **must be within (ie equal to or faster than) the published qualifying times** for each event **and for 10 years and over swimmers, MUST have been achieved at a licensed meet and therefore be from the National Ranking database.** If over subscribed, entries **with the slowest times will be rejected even if they meet the qualifying times.** As similar amounts of entries may not be received for each session, the start time of the second session on each day is subject to change (earlier or later) and will be confirmed after the closing date. However if a session is excessively oversubscribed relative to the other session on the same day the promoters reserve the right to reject some of the slowest entries, at their discretion. If this is necessary, where possible the numbers accepted for each age group will be kept to the same proportions as the number of entries for each age group. For this purpose the 50m Open events will be assessed by the following age groups, 9/10yrs, 11/12yrs, 13/14yrs and 15/Over.
9. Over the top starts will be used at the promoters discretion.
10. **The Entry Fee is £6.50 per event if submitted electronically using the Sportsystems Entry Manager program or £7 per event if submitted with a paper entry form.** The entry data file can be downloaded from www.coderby.co.uk/meets/lc15/ during **September.** **Please submit 50m entry times** (conversions accepted). No entries will be accepted after the closing date unless due to promoters error. Entries will not be registered unless accompanied by the correct entry fee. Cheques payable to **CITY OF DERBY S.C.**
11. Closing date for entries is **21st November 2014.**
12. Competitors times will be computer processed and results will be available to download after the event.
13. Spectator admission prices:
 - Children **Free**
 - All Day Saturday Adult £7 O.A.P. £3.50
 - All Day Sunday Adult £7 O.A.P. £3.50
 - Programme £5
14. Coaches Passes and Pool Side Passes are available to Coaches supporting competing swimmers. They include a Programme and Results Sheets. **Maximum of 3 per club,** (or 1 for every 10 swimmers).
 - Coaches Pass** including food pre-ordered with entries:
 - £20 for both Saturday and Sunday including lunch.
 - £11 for Saturday or Sunday only including lunch.
 - Coaches Passes must be ordered with entries to assist with catering and will be issued with the entry cards.
 - Pool Side Passes** bought on the day will include a Programme and Results sheets (No food included):
 - £12 for both Saturday and Sunday.
 - £6 for Saturday or Sunday only

Any conditions not covered in the above will be at the discretion of the promoters **City of Derby SC.**

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/lc15/ only.

No other entry information will be sent to Clubs or swimmers.

MEET RULES AND INFORMATION 2

ENTRY QUALIFYING TIMES – 50m (Long Course) Times (Conversions allowed)

Entries must be within (equal to or faster than) the qualifying times published below for each event and for 10 years and over swimmers **MUST** have been achieved at a licensed meet and therefore be from the National Ranking database. If over subscribed, entries with the slowest times will be rejected, even if they meet the Qualifying Times. (See Meet Rules and Information, particularly rule 8, for full details).

Please Note: 9 year old swimmers will not be accepted into the 100m events.

BOYS				EVENT	GIRLS			
9/10	11/12	13/14	15/Over		9/10	11/12	13/14	15/Over
39.0	34.0	31.0	29.0	50m Freestyle	39.0	35.0	32.0	31.0
1:22.0	1:13.0	1:06.0	1:02.0	100m Freestyle	1:24.0	1:14.0	1:09.0	1:08.0
3:02.0	2:38.0	2:21.0	2:16.0	200m Freestyle	3:00.0	2:37.0	2:27.0	2:25.0
6:10.0	5:21.0	4:46.0	4:41.0	400m Freestyle	6:04.0	5:18.0	5:00.0	4:54.0
51.0	44.0	38.0	36.5	50m Breaststroke	50.0	43.0	41.0	40.0
1:49.0	1:33.0	1:21.0	1:19.0	100m Breaststroke	1:48.0	1:33.0	1:28.0	1:26.0
3:55.0	3:20.0	2:54.0	2:49.0	200m Breaststroke	3:48.0	3:16.0	3:04.0	3:01.0
43.0	37.0	33.0	32.0	50m Butterfly	43.0	38.0	35.0	34.0
1:35.0	1:20.0	1:11.0	1:08.0	100m Butterfly	1:35.0	1:21.0	1:16.0	1:14.0
3:32.0	2:58.0	2:37.0	2:30.0	200m Butterfly	3:31.0	2:57.0	2:44.0	2:42.0
45.0	39.0	35.0	34.0	50m Backstroke	44.0	39.0	37.5	36.0
1:36.0	1:21.0	1:13.0	1:10.0	100m Backstroke	1:35.0	1:21.0	1:17.0	1:16.0
3:24.0	2:54.0	2:35.0	2:30.0	200m Backstroke	3:21.0	2:53.0	2:43.0	2:41.0
3:28.0	2:58.0	2:39.0	2:34.0	200m IM	3:25.0	2:58.0	2:46.0	2:44.0

Categories of events for 9, 10, 11, 12, 13, 14yr and 15/Over Girls and Boys

Please remember that to be in contention for the overall Category awards it is reasonable to assume that a swimmer **should compete in at least one event from each of the Categories Event Groups** (Sprint, 100s, Form, Distance Freestyle and IM). They do **NOT** have to enter ALL possible events, it is their and their Coaches choice. Only the highest points scoring swim from each event group in their Age Category is used in their overall total. Also, FINA Points are calculated for ALL swims. In particular both heat and final swims are calculated and the **highest scoring swim is used in the overall Category calculation regardless of whether it was in the heat or final.**

The Events in each Category are :

Sprints	50m Free / 50m Back / 50m Breast / 50m Fly
100s	100m Free / 100m Back / 100m Breast / 100m Fly
Form Strokes	200m Back / 200m Breast / 200m Fly
Distance Freestyle	200m / 400m Freestyle
Individual Medley	200m IM

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

City of Derby Swimming Club - Long Course Licensed Open Meet				
Events in each Category				
	Boys		Girls	
9yrs CATS	Sprint	Best 50m Free / Back / Breast / Fly	Sprint	Best 50m Free / Back / Breast / Fly
	Form	Best 200m Back / Breast / Fly	Form	Best 200m Back / Breast / Fly
	Distance	Best 200m / 400m Freestyle	Distance	Best 200m / 400m Freestyle
	IM	Best 200m IM	IM	Best 200m IM
10, 11 12, 13 and CATS	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 / 400m Freestyle	Distance	Best 200m / 400m Freestyle
	IM	Best 200m IM	IM	Best 200m IM
14 and 15/Over CATS	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 / 400m Freestyle	Distance	Best 200m / 400m Freestyle
	IM	Best 200m IM	IM	Best 200m IM

CITY OF DERBY SWIMMING CLUB

LONG COURSE LICENSED OPEN MEET 2015

at Ponds Forge 50m Pool Sheffield 10th / 11th January 2015
(Under ASA Laws and ASA Technical Rules of Swimming)

Individual Entry Form

**Entries sent by email using Sportsystems Entry Manager preferred, and are £6.50 per event
Paper entries using this entry form are £7 per event.**

Please submit your entries with the correct entry fee by the closing date of **21st November 2014.**

All times to be 50m (long course) times, converted times are acceptable.

Entry times **MUST** have been achieved at a licensed meet and therefore be from the National Ranking database.

Name:																												
Gender:	Male / Female <small>Please delete</small>														Entry No: (Official Use Only)													
Date of Birth:	DD / MM / YY														Age at 11 th January 2015:													
Club:																												
ASA No:																												
Address:																												
Tel No:															Email:													

Event	50m Entry Time	Event	50m Entry Time
50m Freestyle		50m Breaststroke	
100m Freestyle <small>(Not 9yr)</small>		100m Breaststroke <small>(Not 9yr)</small>	
200m Freestyle		200m Breaststroke	
400m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly <small>(Not 9yr)</small>	
100m Backstroke <small>(Not 9yr)</small>		200m Butterfly	
200m Backstroke		200m I.M.	

Total No of Entries:		@ £7.00p = Total:	£	-	p
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This event is Licensed at Level 1 by the ASA for entry into National and Regional Championships.
Entries must be within the published qualification times for each event. If over subscribed, entries **with the slowest times will be rejected.** (See Meet Rules and Information for full 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

Coaches Passes	No.	Total
@£20 Saturday & Sunday		£
@ £11 Saturday only		£
@ £11 Sunday only		£
(Including Lunch, Programme and Results)		