

THANET SWIM CLUB

(Affiliated to the A.S.A. South East Region KCASA EIASA RLSS)

This meet is being held over 3 sessions, afternoon of Saturday 4th December 2010 and the morning and afternoon of Sunday 5th December 2010 at
Kingsmead Leisure Centre Canterbury Kent

TSC Winter 200 Open 2010

(Under A.S.A. Laws and A.S.A. Technical Rules)

License Number

2SE0593

PROGRAMME OF EVENTS



Saturday 4th December 2010

Warm Up 2.00pm. Start 3.00pm

1	Girls 400 IM	7	Girls 100m Breaststroke
2	Boys 400 IM	8	Boys 100m Breaststroke
3	Girls 100m Backstroke	9	Girls 100m Freestyle
4	Boys 100m Backstroke	10	Boys 100m Freestyle
5	Girls 100m Butterfly	11	Girls 400m Freestyle
6	Boys 100m Butterfly	12	Boys 400m Freestyle

Sunday 5th December 2010

Warm Up 9.00am. Start 10.00am.

13	Girls 200m Backstroke
14	Boys 200m Breaststroke
15	Girls 50m Breaststroke
16	Boys 50m Freestyle
17	Girls 200 IM
18	Boys 50m Backstroke
19	Girls 50m Butterfly
20	Boys 200m Butterfly
21	Girls 200m Freestyle

Sunday 5th December 2010

Warm Up 2.00pm. Start 3.00pm.

22	Boys 200m Backstroke
23	Girls 200m Breaststroke
24	Boys 50m Breaststroke
25	Girls 50m Freestyle
26	Boys 200 IM
27	Girls 50m Backstroke
28	Boys 50m Butterfly
29	Girls 200m Butterfly
30	Boys 200m Freestyle

HEAT DECLARED WINNER ONLY
AGES AS AT Midnight 5th DECEMBER 2010
SWIMMERS MUST BE AT LEAST 9 YEARS OLD AS AT THE ABOVE DATE
TSC WINTER 200 OPEN (2010)

**Minimum Qualifying Standards for Level 2 Meet from 1st September 2009
Level 2 Meets in Short Course Pools only**

Level 2 Licensed Meet - Minimum Permitted Qualifying Times - Short Course Pool										
BOYS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.1	39.3	37.2	35.1	33.1	31.3	29.9	29.0	28.4	27.4
100m Freestyle	N/A	1:26.0	1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	1:02.6	1:01.4	1:00.2
200m Freestyle	3:22.8	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	2:16.3	2:13.8	2:12.9
400m Freestyle	N/A	6:31.8	6:06.0	5:46.0	5:26.8	5:10.4	4:57.5	4:48.7	4:42.5	4:42.5
50m Breaststroke	55.1	51.3	48.0	45.1	41.9	39.6	37.7	36.4	35.7	34.4
100m Breaststroke	N/A	1:50.0	1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	1:18.4	1:16.7	1:15.0
200m Breaststroke	4:17.8	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:50.7	2:46.3	2:42.3
50m Butterfly	47.4	43.8	41.0	38.8	36.4	34.3	32.5	31.5	30.7	29.6
100m Butterfly	N/A	1:44.0	1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	1:08.8	1:07.0	1:05.1
200m Butterfly	4:08.3	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	2:31.7	2:26.9	2:24.4
50m Backstroke	48.6	45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1	30.4
100m Backstroke	N/A	1:26.0	1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	1:09.3	1:07.6	1:05.4
200m Backstroke	3:43.8	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	2:29.8	2:27.0	2:22.9
200m Individual Medley	3:49.7	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	2:33.7	2:30.5	2:27.6
400m Individual Medley	N/A	7:35.6	6:59.7	6:34.3	6:12.0	5:50.3	5:34.6	5:25.4	5:18.7	5:14.9
GIRLS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.6	39.9	37.7	35.7	34.3	33.3	32.5	32.0	31.9	30.5
100m Freestyle	N/A	1:27.6	1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	1:08.7	1:08.4	1:07.1
200m Freestyle	3:24.5	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	2:28.0	2:26.4	2:26.1
400m Freestyle	N/A	6:35.7	6:04.9	5:43.7	5:29.8	5:20.8	5:13.8	5:10.2	5:07.2	5:07.2
50m Breaststroke	55.9	51.7	48.3	45.4	43.2	41.8	40.8	40.3	40.0	38.5
100m Breaststroke	N/A	1:52.5	1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	1:26.2	1:24.9	1:23.2
200m Breaststroke	4:20.0	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	3:05.8	3:04.1	2:58.7
50m Butterfly	47.9	43.9	41.3	39.1	37.3	36.1	35.2	34.7	34.6	32.7
100m Butterfly	N/A	1:39.3	1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	1:15.8	1:14.9	1:12.2
200m Butterfly	4:11.0	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	2:44.8	2:42.8	2:39.0
50m Backstroke	48.9	45.3	42.7	40.5	38.7	37.5	36.8	36.1	35.8	34.4
100m Backstroke	N/A	1:38.5	1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	1:16.1	1:15.6	1:13.6
200m Backstroke	3:46.2	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	2:42.4	2:40.6	2:38.3
200m Individual Medley	3:51.6	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	2:47.2	2:45.7	2:44.2
400m Individual Medley	N/A	7:35.3	6:57.3	6:32.0	6:14.4	6:03.1	5:55.8	5:50.5	5:48.2	5:44.5

Conditions

- Facilities:** 25 metre 6 lane with anti-wave ropes
Warm down pool
Results will be posted on the Club web site a few days after the end of the meet.
Electronic timing with display.
- Rules:** The meet will be held under ASA Laws and Technical Rules.
The **one start rule** will be in operation throughout the meet with over the top starts.
All events will be on HDW basis.
- Information:** Darren Wilmshurst: email - darrenwilmshurst@sky.com mobile – 07909 687592
- Age Groups:** 9/10, 11/12, 13/14, 15/16, 17+
Age as on midnight of the last day of competition - 5th December 2010
- Entries:** Closing date for entries is **12:00 midnight of Monday 1st November 2010**
All submitted times must be short course times.
All entries must show the swimmers full date of birth and ASA registration number.
Electronic entry using Sports Systems Entry Manager file is preferred and available to download on our web site or by contacting Lynn Gates details below. If oversubscribed, the slowest entries in each age group may be rejected. The numbers will be restricted to allow the sessions to be completed within the times laid down in the programme.
Improved times will not be accepted after the entries have closed and been accepted.
Please Note: Under ASA Open Meet Licensing Guidelines, both Boys and Girls in a 9 year old age group are not permitted to swim in 100m races at our Gala. The 400m Freestyle and 400m Individual Medley races are only open to swimmers aged 10+ years.
- No entries will be processed until a cheque (payable to Thanet Swim Club) is received. These must be received prior to the closing date. All cheques must be accompanied by the entry summary form. All accepted entries will be emailed out so please include a working email address**
- Completed forms/cheques** must be forwarded in **one envelope per club** (where possible) **together with the fee** to:
Lynn Gates
77 Bromstone Road
Broadstairs
Kent
CT10 2HX
Tel 07900 668662
Email: thanetsc@live.co.uk
Consideration times are shown on the attached sheet.
Thanet Swim Club reserves the right to reject any entry without giving reason.
By submitting entries on the official entry forms/entry system, clubs and competitors accept the rules of the competition.
- Officials** **This being a Level 2 meet it is a requirement that all officials be appropriately qualified, given the usual difficulties in meeting this requirement each club entering 8 or more swimmers should supply at least two officials who can act as a Time Keeper and/or a Judge that would be able to work for some or all of the sessions. If contact details of such persons could be supplied together with their availability and qualification details at the time of entry on the summary entry form then the official's organiser for the meet will contact them.**
- Data Protection:** Swim meet entries and results will be managed electrically. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitted & recorded times, may be made public during the meet.
- Entry Fees:** £5.75 for 400 metre events £4.75 all other events. Cheques to be made payable to 'Thanet Swim Club'. The fees include the 25p levy per event, payable to SE Region.
- Awards:** Awards will be made to the first three placed swimmers in each combined age group combination for each event, a Top Boy award and a Top Girl award and also a Top Visiting Club award. There will be no formally announced presentations during the gala.
- Coaches Passes:** **£10.00 – to include admittance to poolside in all sessions, programme results sheets sent by e-mail also pool side refreshments only. Only pass holders, swimmers and officials will be allowed on poolside.**

- Entry Cards:** There will be a card-less secondary entry system in operation and Competitors are to sign to signify they are to be swimming for each event where they have an accepted entry **at least 45 minutes** before the start of each session. The signing in area will be clearly indicated. Failure to do this **could** result in an exclusion of a competitor. Swimmers must report to the competitor stewards when instructed to do so. Any competitor not reporting in time may be excluded. The organisers reserve the right to amend the running order of events and to add non-scoring swimmers at their sole discretion. 'Over the top' starts will operate in all events (except backstroke). As soon as possible after the closing date, a list of all entries accepted, together with any refund in respect of entries not accepted, will be supplied to each club. All refunds will be made "en bloc" to the official named on the resume sheet. Swimmers may enter for any number of individual events in their own age group.
- Seeding:** All events are seeded, slowest to fastest, based on submitted entry times and the last heat of all HDW events will be spearheaded.

Safety and Security Guidelines for Swimmers, Coaches, Officials and Spectators

- Starts:** It is the responsibility of the competitors, coaches and clubs, to ensure that all swimmers are competent to the standard of the ASA competitive start award, to perform a shallow racing dive into the water. In the event of a false start, swimmers should perform a safe entry with a shallow racing dive and not fall into the water. Swimmers are reminded that they are permitted to start in the water for all events, but must advise the referee of this prior to the start of their heat.
- Warm up:** During the warm-up, swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others. The instructions of Pool Lifeguards or others in authority must be obeyed immediately.
- Safety:** Everyone attending the event must familiarise themselves with the location of the Emergency Exits, which must be kept clear at all times. Due to limited space poolside everyone is asked to observe all normal precautions in the pool area and when moving around the sports centre, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to one of the Meet Directors representatives. The pool depths are **1m** at the starting end of the pool and **2+m** at the diving pool end of the pool.

ALL SWIMMERS MUST WEAR SUITABLE FOOTWEAR AND TOPS WHEN IN THE STEWARDING AREA OR WHEN LEAVING POOLSIDE

- Behaviour:** The organisers and the pool management reserve the right to remove any swimmer or spectator from the pool area whose behaviour is either against the pool rules or the efficient running of the meet. Stewards will be patrolling the sports centre and anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building.
- Security:** Competitors are advised not to leave their belongings unattended and to ensure valuables are placed in a locked locker or deposited with someone for safekeeping. Neither Thanet Swim Club nor the Pool Management will be held responsible for property that is lost.
- Photography:** In line with the recommendation in the ASA Child Protection Policy, the Meet Director of this event insists that any person wishing to engage in any video, zoom or close range photography and using a mobile phone with photographic capability should register their details in the book provided at the information desk, before carrying out any such photography.
- Litter:** Competitors and spectators are asked to place all litter in the receptacles provided and not to leave it on the floor, particularly in the spectator gallery, where it may become a safety hazard.

Any situation not covered by the previous meet rules and information, will be at the discretion of the Meet Director, who also reserves the right to make any changes that may be considered necessary for the smooth running and discipline of the gala.