



# CITY OF OXFORD SWIMMING CLUB

Affiliated to South East Region ASA

## OXFORD L2 WINTER OPEN MEET 2009

(Under ASA law and ASA technical rules)

Level 2 Licensed by the ASA for entry into

National and Regional Championships

(L2 license 2SE9589)

**Saturday 5th December  
& Sunday 6th December 2009**

at  
Temple Cowley Pools, Temple Road, Cowley, Oxford, OX4 2EZ

# Entry Form

**One Entry Form per Swimmer. Please PRINT all details. Ages as 6th December 2009. Entry Fee £4.75 per event**

|              |            |               |        |
|--------------|------------|---------------|--------|
| Surname      | First Name | Date of Birth |        |
|              |            | Male          | Female |
| Full Address |            | ASA Number    |        |
|              |            | Club          |        |

**All times submitted should be 25m (short course) times**

| Event                  | Entry Time |
|------------------------|------------|
| 400m Freestyle         |            |
| 200m Freestyle         |            |
| 100m Freestyle         |            |
| 50m Freestyle          |            |
| 200m Backstroke        |            |
| 100m Backstroke        |            |
| 50m Backstroke         |            |
| 200m Breaststroke      |            |
| 100m Breaststroke      |            |
| 50m Breaststroke       |            |
| 200m Butterfly         |            |
| 100m Butterfly         |            |
| 50m Butterfly          |            |
| 400 Individual Medley  |            |
| 200m Individual Medley |            |

| Total No. of Entries | Cost per Entry | TOTAL    |
|----------------------|----------------|----------|
|                      | <b>£4.75</b>   |          |
| <b>Amount Due</b>    |                | <b>£</b> |

**Cheques payable to City of Oxford Swimming Club CLOSING DATE 23rd October 2009**

|  |   |
|--|---|
| <p>I declare that the above details are correct and that I am eligible to compete in accordance with ASA Law, and that I accept the meet rules and conditions</p> <p><i>Signature of competitor</i></p> <p><i>Signature of parent* if under 16</i></p> | <p>I certify that the above information is correct</p> <p>Signature of club official</p> <p>Position</p> <p>Date:</p> |
|--|---|

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 The OXFORD L2 WINTER OPEN MEET 2009 (L2 license 2SE9589)  
 (under ASA Laws & Technical Rules)  
 Saturday/Sunday 5th/6th December 2009  
 This event is Level 2 Licensed by the ASA for entry into National and Regional Championships

## Programme of Events

ORDER OF EVENTS - all events are heat declared winners

| 5th December 2009   | 6th December 2009  |
|---|--|
| <p><b>SESSION 1      2.5 hrs</b></p> <p>Warm up 8.00 Start 9.15</p> <p>1 G 400 IM<br/>           2 B 400 FR<br/>           3 G 50 BK<br/>           4 B 50 BR<br/>           5 G 100 BR</p> <p><b>SESSION 2      2.5 hrs</b></p> <p>6 B 100 FL<br/>           7 G 200 FL<br/>           8 B 200 FR<br/>           9 G 200 BK<br/>           10 B 200 BR</p> <p><b>SESSION 3      2.5 hrs</b></p> <p>11 G 100 FR<br/>           12 B 100 BK<br/>           13 G 200 IM<br/>           14 B 50 FR<br/>           15 G 50 FL</p> | <p><b>SESSION 4      2.5 hrs</b></p> <p>Warm up 8.00 Start 9.15</p> <p>16 B 400 IM<br/>           17 G 400 FR<br/>           18 B 50 BK<br/>           19 G 50 BR<br/>           20 B 100 BR</p> <p><b>SESSION 5      2.5 hrs</b></p> <p>21 G 100 FL<br/>           22 B 200 FL<br/>           23 G 200 FR<br/>           24 B 200 BK<br/>           25 G 200 BR</p> <p><b>SESSION 6      2.5 hrs</b></p> <p>26 B 100 FR<br/>           27 G 100 BK<br/>           28 B 200 IM<br/>           29 G 50 FR<br/>           30 B 50 FL</p> <hr style="width: 20%; margin-left: 0;"/> <p><b>REFRESHMENTS</b><br/>           Will be available in the Silver Band Hall</p> <p><b>PARKING</b> Please see our website for suggested parking arrangements.</p> <p><b>C.O.S.C. WEB SITE</b><br/> <a href="http://www.oxfordswim.com">http://www.oxfordswim.com</a></p> |

Please see conditions regarding acceptance of qualifying times in the event of the meet being over or under-subscribed

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Saturday/Sunday 5th/6th December 2009

### **Promoter's Conditions**

- **Entries should be returned on the attached forms with the appropriate fee to City of Oxford Swimming Club at the address below. Photocopied entry forms are acceptable.**
- **The correct entry fees must accompany entries or they will be treated as incorrect. An A4 stamped addressed envelope must accompany batch entries or they will be treated as incorrect.**
- **No other form of entry will be accepted and no entries will be accepted after the advertised closing date of 23rd October 2009.**
- **The Promoter reserves the right to refuse or restrict entries as required to meet the ASA conditions of Meet designation.**
- **All coaches, officials and chaperones must have relevant accreditation and be registered on the child protection database.**
- **Coaches are required to ensure that their swimmers adhere to the warm up procedure as announced or they may be requested to leave the pool.**
- **All competitors are required to ensure that they observe all safety announcements and conduct themselves in an appropriate manner at all times.**
- **Photography will NOT be permitted.**
- **Photographic equipment includes cameras, camcorders and mobile phones.**
- **The promoter reserves the right to alter or amend any of the published Rules and Conditions as necessary. Any situation not covered by the published Rules and Conditions will be handled at the discretion of the promoter. The promoter's decision shall be final.**
- **By submitting entries, consent is thereby given as required by the Data Protection Act 1998 to the holding of personal information on computer.**

Email: [fixtures@oxfordswim.com](mailto:fixtures@oxfordswim.com)

## **General Information**

**Venue** Temple Cowley Pools, Temple Road, Cowley, Oxford, OX4 2EZ – map on website.  
Pool 25 metres, 8 lanes, Deck level, Anti-wave ropes

**Timing** Colorado Timing System with full 8-lane display.

**Registration** All swimmers must be registered with the Amateur Swimming Association.

**Ages** as at 6th December 2009

**Sessions** **Coaches are to supervise swimmers during warm ups**

**5/12/09** Session 1 - Warm up 8.00 Session 2 - Warm up 12.15 Session 3 - Warm up 16.30

**6/12/09** Session 4 - Warm up 8.00 Session 5 - Warm up 12.15 Session 6 - Warm up 16.30

**Closing date** 23rd October 2009

**Entry Fee** £4.75 per event. Club consolidated entries preferred.  
Cheques made payable to 'City of Oxford Swimming Club'

**Coaches** One Coach Pass per club free of charge (minimum of 5 competing swimmers).  
Additional passes £8 per day. Coach Pass includes admission to poolside, one programme and buffet lunch. Packs will be available for collection from the entry desk on the day. Coaches, please wear passes at all times.

**Parking** Parking at the pool is restricted to Officials and Helpers ONLY. Alternative parking options will be set out on the Swim Club website.

**Swim Shop** SRS Leisure will operate a swim shop with the latest swimwear and equipment.

**Photography** DE Photography will be attending the meet on Sunday providing photos for sale

**Café** Hot meals, filled rolls, drinks & snacks available in the Silver Band Hall all day

**Warm-up** Coaches, please note you are responsible for your swimmers at all times. See warm-up information sheet for lane allocation.

**Results** Results will be posted on the poolside wall during the meet. We will email each club with a full set after the meet. They will be available on the COSC website normally within 48 hours.

**Cards** All re-entry cards should be posted in the boxes provided 60 minutes prior to the start of the session. Failure to comply will result in exclusion from the event.

**Refunds** Refunds can be collected from the entrance desk on the day.

**Spectators** £6.00 – 3 sessions £4.00 – 2 sessions £2.00 – 1 session Programme £1.00

Spectators with disabilities should inform the promoter prior to the meet. A separate viewing area will be made available if required.

## **Competition Rules**

- 1. The competition will be held under ASA Law and ASA Technical Rules.**
- 2. All entrants must be members of an Affiliated Club and Amateurs as defined ASA Law. ASA registration numbers must be included on the entry form.**
- 3. This event is a Level 2 Licensed Meet for entry in to National and Regional Championships, License Number xxxxxxx**
- 4. The pool is 25m, 8 lane deck level pool, with anti-turbulence ropes and electronic timing.**
- 5. All events will be heat declared winners**
- 6. Ages as at 6th December 2009**
- 7. Selection of swimmers will be based on their submitted short course entry time for each event as defined in the table of consideration times available with this pack.**
- 8. Heats will be swum with all age groups combined and swimmers seeded by entry times, with the slowest heat swum first. The last heat of HDW events and all finals will be swum in spearhead formation.**
- 9. If events are over-subscribed, the promoter reserves the right to return entries based on submitted entry times as follows:**
  - i) Each individual age group will be seeded on fastest entry times.**
  - ii) Shortfalls in one age group will be made up by acceptances from other age groups at the promoter's discretion.**
  - iii) The slowest entry times in each individual age group will be rejected at the promoter's discretion.**
- 10. There will be NO time trials**
- 11. Entry cards must be posted in the boxes provided at least 60 minutes before the published start. Failure to do so may result in a swimmer not being accepted for that event. The Chief Referee will inspect card boxes at the published closing time.**
- 12. Cards submitted after start lists have been produced will only be accepted at the discretion of the Meet Manager and will be subject to availability of empty lanes in the slowest heats.**
- 13. Cards for each event will be sent directly to the Stewards in the Competitors' Marshalling Area competitors.**
- 14. Competitors must report to the marshals at least one event before their own event and must remain in the marshalling area until called to compete.**

- 15. The competition will be held under the One Start rule and over the top starts will be at the discretion of the Referee.**
- 16. Awards will be made to the top 3 places in each age group for each event. Awards can be collected from the Medals Desk on poolside during the course of the Meet.**
- 17. Awards will be presented at the end of the Meet to the 'Top Girl' and 'Top Boy'. Awards will be calculated on the accumulation of points from all HDW.**
- 18. A trophy for Top Visiting Club will be calculated on the accumulation of points from all events (i.e., 1st place 6 points descending to 1 point for 6th place) and presented at the end of the Meet.**
- 19. City of Oxford Swimming Club uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.**
- 20. City of Oxford Swimming Club and Temple Cowley Pools cannot be held responsible for any mistakes, omissions or any act beyond their control or responsibility.**
- 21. The promoter of the City of Oxford Swimming Club L2 Winter Open Meet 2009 is the Fixtures Secretary, City of Oxford Swimming Club Committee.**

City of Oxford Swimming Club (affiliated to South East Region ASA)  
 The Oxford L2 WINTER OPEN MEET 2009 (L2 license 2SE9589)  
 (under ASA Laws & Technical Rules)  
 Saturday/Sunday 5th/6th December 2009

## Minimum Qualifying Times

### Ages at 6th December 2009 - 25m (Short Course) Times

| 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    | 28.4  | 27.4   |
| 100m Freestyle         |       |       | 1:20. | 1:15. | 1:11. | 1:07. | 1:04. | 1:02. | 1:01. | 1:00.2 |
| 200m Freestyle         | 3:22. | 3:06. | 2:54. | 2:44. | 2:35. | 2:26. | 2:20. | 2:16. | 2:13. | 2:12.9 |
| 400m Freestyle         | 7:20. | 6:31. | 6:06. | 5:46. | 5:26. | 5:10. | 4:57. | 4:48. | 4:42. | 4:42.5 |
| 50m Breaststroke       | 55.1  | 51.3  | 48    | 45.1  | 41.9  | 39.6  | 37.7  | 36.4  | 35.7  | 34.4   |
| 100m Breaststroke      |       |       | 1:43. | 1:36. | 1:30. | 1:25. | 1:21. | 1:18. | 1:16. | 1:15.0 |
| 200m Breaststroke      | 4:17. | 3:59. | 3:42. | 3:29. | 3:15. | 3:03. | 2:55. | 2:50. | 2:46. | 2:42.3 |
| 50m Butterfly          | 47.4  | 43.8  | 41    | 38.8  | 36.4  | 34.3  | 32.5  | 31.5  | 30.7  | 29.6   |
| 100m Butterfly         |       |       | 1:30. | 1:24. | 1:19. | 1:14. | 1:10. | 1:08. | 1:07. | 1:05.1 |
| 200m Butterfly         | 4:08. | 3:37. | 3:18. | 3:06. | 2:54. | 2:44. | 2:35. | 2:31. | 2:26. | 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        |       |       | 1:30. | 1:25. | 1:19. | 1:15. | 1:11. | 1:09. | 1:07. | 1:05.4 |
| 200m Backstroke        | 3:43. | 3:26. | 3:13. | 3:02. | 2:51. | 2:41. | 2:34. | 2:29. | 2:27. | 2:22.9 |
| 200m Individual Medley | 3:49. | 3:32. | 3:17. | 3:06. | 2:55. | 2:45. | 2:38. | 2:33. | 2:30. | 2:27.6 |
| 400m Individual Medley | 8:15. | 7:35. | 6:59. | 6:34. | 6:12. | 5:50. | 5:34. | 5:25. | 5:18. | 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    | 31.9  | 30.5   |
| 100m Freestyle         |       |       | 1:27. | 1:21. | 1:16. | 1:11. | 1:09. | 1:08. | 1:08. | 1:07.1 |
| 200m Freestyle         | 3:24. | 3:06. | 2:55. | 2:44. | 2:38. | 2:33. | 2:30. | 2:28. | 2:26. | 2:26.1 |
| 400m Freestyle         | 7:25. | 6:35. | 6:04. | 5:43. | 5:29. | 5:20. | 5:13. | 5:10. | 5:07. | 5:07.2 |
| 50m Breaststroke       | 55.9  | 51.7  | 48.3  | 45.4  | 43.2  | 41.8  | 40.8  | 40.3  | 40    | 38.5   |
| 100m Breaststroke      |       |       | 1:52. | 1:43. | 1:37. | 1:32. | 1:28. | 1:27. | 1:26. | 1:24.  |
| 200m Breaststroke      | 4:20. | 3:59. | 3:42. | 3:28. | 3:18. | 3:11. | 3:07. | 3:05. | 3:04. | 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         |       |       | 1:39. | 1:30. | 1:24. | 1:21. | 1:18. | 1:16. | 1:15. | 1:14.  |
| 200m Butterfly         | 4:11. | 3:40. | 3:20. | 3:06. | 2:57. | 2:51. | 2:46. | 2:44. | 2:42. | 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        |       |       | 1:38. | 1:31. | 1:25. | 1:21. | 1:19. | 1:17. | 1:16. | 1:15.  |
| 200m Backstroke        | 3:46. | 3:28. | 3:12. | 3:01. | 2:54. | 2:49. | 2:44. | 2:42. | 2:40. | 2:38.3 |
| 200m Individual Medley | 3:51. | 3:32. | 3:17. | 3:06. | 2:58. | 2:53. | 2:49. | 2:47. | 2:45. | 2:44.2 |
| 400m Individual Medley | 8:12. | 7:35. | 6:57. | 6:32. | 6:14. | 6:03. | 5:55. | 5:50. | 5:48. | 5:44.5 |

*Qualifying times will restrict entries to events.*

Should the number of heats have to be restricted to comply with ASA rules on session time, it may necessary to reject swimmers even if they have achieved the qualifying time. It is hoped these rejections will not occur. Qualifying times may be changed at the promoter's discretion.



**City of Oxford  
OXFORD Winter  
Level 2 Open Meet  
5th & 6th December 09**

# Club Summary

**Please return this form with:**

- Completed entry forms
- Cheque for the total amount shown below (one per Club)
- A4 addressed envelope

**CLOSING DATE: 23rd October  
2009**

**Club** .....

**Entry fees:**

Male entries ..... @ £4.75 per event = £ .....

Female entries ..... @ £4.75 per event = £ .....

Coach Passes (1 FOC) ..... @ £8 for Saturday = £ .....

..... @ £8 for Sunday = £ .....

**TOTAL:** £ .....

**(Please make cheques payable to City of Oxford Swimming Club)**

**Contact name (print)** .....

**Address** .....

.....

**Tel** (daytime) ..... (evenings) .....

**Email address** .....

I certify that all information and stated entry times are correct

..... (Signature)

Entries to: Jutta Tillotson, 75 Eynsham Road, Oxford OX2 9BU



**City of Oxford Swimming Club  
OXFORD Winter Level 2 Meet 2009**

**Meet  
Officials**

**Please return this form to:  
Jutta Tillotson  
75 Eynsham Road  
Oxford  
OX2 9BU  
Tel 01865 863 955  
fixtures@oxfordswim.com**

**If you are a qualified ASA official and would be willing to help at the above meet, we would be grateful for any assistance that you can offer. Please complete this form or provide the equivalent information by email, contact details as above.**

**Name:** .....

**Club:**

**Address:** .....  
.....  
.....

**Qualification:** *please tick*

**Referee** .....

**Starter** .....

**Tel:** .....

**Email:** .....

**Judge** .....

**Timekeeper** .....