

Tigersharks ASC

(Affiliated to ASA South West Region)

XMAS OPEN MEET Level 3 Licensed Meet

(Held under ASA law & Technical Rules)

Licensed by the ASA for entry into County & District Competitions

5th & 6th December 2009

**LINK CENTRE
SWINDON**

**25M DECK LEVEL POOL
ANTI WAVE ROPES
ELECTRONIC TIMING**

**INDIVIDUAL AGE GROUPS FOR AWARDS
Age groups 9,10,11,12,13,14&OV**

**FOR FURTHER DETAILS CONTACT
DIANE LEE ON 01793-873128
Or diane.lee22@ntlworld.com**

Future Dates of Tigershark Open Meets:

Tigersharks Winter Level 2 Open Meet	16/17 th January 2010
Tigersharks Spring Level 2 Open Meet	17/18 th April 2010
Tigersharks May Level 4 Open Meet	22 nd May 2010
Tigersharks Last Chance Level 2 Open Meet	23 rd May 2010
Tigerharks Separated Medley meet Level 3	10 th July 2010
Tigersharks Xmas Level 3 Open Meet	4/5 th December 2010

Tigersharks Autumn Level 3 Licensed Open Meet

(Under ASA law and ASA technical rules)

5th & 6th December 2009

MEET RULES

1. The meet will be held under ASA laws and ASA technical rules
2. All competitors must be registered with the ASA.
3. Age groups are based on ages at **6th December 2009**
4. A competitor may compete under the name of one club only.
5. Applications for entry must be correctly submitted by the specified date, **Saturday 21st November 2009**. Late entries may be accepted at the discretion of the promoter, but not to the detriment of entries received on time. Entries received without payment will not be processed.
6. The promoter will limit the number of entries should the events be oversubscribed; the slowest entries in each of the relevant events & grades will be rejected. Strictly no refunds on accepted entries.
7. Age groups/events; 9, 10, 11, 12, 13,14&Over - All events will be heat declared.
8. This event will NOT run with the use of entry cards
9. The heats will be seeded on entry times. All swimmers must have achieved times within the entry criteria applied in the attached table.
10. The first three in each age group will receive an award. Awards can be collected when results are posted. Swimmers who exceed the upper limit qualifying times will be awarded speeding tickets
11. Competitors must report to the marshals, one event before their own event. Failure to do so may mean exclusion from the event.
12. All starts will be at the deep end of the pool. All starts will be over the top, except backstroke races.
13. The entries will not be accepted without the purchase of a Coaches pass. COACHES are responsible for their swimmers at all time.
14. Warm up times. As listed in program details. Diving is only permitted in sprint lanes. Warm up procedures will be listed prior to the start of the meet.
15. The promoter reserves the right to refuse admission to any competitor or spectator.
16. Result sheets will be forwarded via email.
17. Anything not covered in the above rules and associated literature will be at the discretion of the promoter.
18. The Tigersharks Open meet organisers will amend the rules where necessary to ensure the meet runs smoothly.
19. The promoter's decision is final, subject to ASA Law.
20. * Girls under 11 & Boys under 12 are not eligible for 100m events at this competition.

Note: The electronic timing is provisional and may be over ruled by the referee.

Disabilities must be reported to the referee before the session of their event. A copy of their ASA certificate of permanent disability must be produced if requested. Failure to comply could result in disqualification from their events.

Closing date for entries is midnight on 21st November 2009. Failure to return entries will result in swimmers being excluded from the event.

TIGERSHARKS Level 3 licensed Open Meet

PROGRAMME OF EVENTS

5th & 6th December 2009

Programme of events Warm up times are provisional & may be subject to change once the entries have been received. Swimmers will be notified accordingly.

Saturday 5th December

Session 1 warm up 11.15	start 12.00 finish time 14:30
Boys 200m Butterfly	All
Girls 100m Individual Medley	All
Boys 100m Breaststroke	11*/12/13/14OV
Girls 100m Frontcrawl	10*/11/12/13/14OV
Boys 200m Backstroke	All
Girls 50m Breaststroke	9/10 Years

Saturday 5th December

Session 2 warm up 15:00	start 16:30 finish time 18:00
Boys 200m Individual Medley	All
Girls 50m Backstroke	9/10 Years
Boys 50m Frontcrawl	All
Girls 100m Butterfly	10*/11/12/13/14OV
Boys 100m Backstroke	11*/12/13/14OV
Girls 50m Butterfly	9/10 Years
Boys 200m Breaststroke	All

Sunday 6th December

Session 3 warm up 10.15	start 11.00 finish time 14:00
Girls 200m Butterfly	All
Boys 100m Individual Medley	All
Girls 100m Breaststroke	10*/11/12/13/14OV
Boys 100m Frontcrawl	11*/12/13/14OV
Girls 200m Backstroke	All
Boys 50m Breaststroke	9/10/11 Years

Sunday 6th December

Session 4 warm up 14:30	start 14:45 finish time 17:30
Girls 200m Individual Medley	All
Boys 50m Backstroke	9/10/11 Years
Girls 50m Frontcrawl	All
Boys 100m Butterfly	11*/12/13/14OV
Girls 100m Backstroke	10*/11/12/13/14OV
Boys 50m Butterfly	9/10/11 Years
Girls 200m Breaststroke	All

Sunday 6th December

Session 5 Warm Up 18:00	Start 18:30 finish time 19:30
Girls 200m Frontcrawl	9/10/11/12/13/14OV
Boys 200m Frontcrawl	9/10/11/12/13/14OV

*** Girls under 11 & Boys under 12 are not eligible for 100m events unless they qualify for & enter the 200m event in that stroke and will be eligible to swim the 100m event at the National Competition in 2009.**

Qualifying Times Boys (No faster or slower than upper / lower limit)

BOYS - EVENT	9	10	11	12	13	14/OV	Limit
50m Freestyle	34.00	32.50	31.50	30.50	29.20	28.00	Upper
	50.00	48.50	47.50	46.50	45.50	44.50	Lower
100m Freestyle				1:02.30	1:00.80	58.00	Upper
				1:25.50	1:24.40	1:23.30	Lower
200m Freestyle	2:50.00	2:38.00	2:28.50	2:20.50	2:12.00	2:05.00	Upper
	4:00.00	3:58.00	3:56.00	3:54.00	3:52.00	3:50.00	Lower
50m Breaststroke	46.00	42.50	40.10				Upper
	1:18.00	1:16.00	1:14.00				Lower
100m Breaststroke				1:24.70	1:21.80	1:18.00	Upper
				1:54.70	1:51.70	1:48.00	Lower
200m Breaststroke	4:10.00	3:50.00	3:30.00	3:15.00	3:00.00	2:50.00	Upper
	5:15.00	5:05.00	4:55.00	4:45.00	4:35.00	4:25.00	Lower
50m Butterfly	39.00	37.00	35.00				Upper
	1:15.00	1:10.00	1:05.00				Lower
100m Butterfly				1:17.00	1:12.00	1:08.00	Upper
				1:55.00	1:53.00	1:51.00	Lower
200m Butterfly	4:00.00	3:45.00	3:28.00	3:20.00	3:00.00	2:45.00	Upper
	5:15.00	5:10.00	5:05.00	5:00.00	4:55.00	4:50.00	Lower
50m Backstroke	43.00	38.00	35.00				Upper
	59.50	58.20	57.50				Lower
100m Backstroke				1:16.40	1:10.60	1:05.50	Upper
				1:56.00	1:50.00	1:45.00	Lower
200m Backstroke	3:50.00	3:25.00	3:16.00	3:05.00	2:55.00	2:40.00	Upper
	5:00.00	4:50.00	4:40.00	4:30.00	4:20.00	4:10.00	Lower
100m Ind Medley	1:28.00	1:24.00	1:20.00	1:16.00	1:12.50	1:08.00	Upper
	2:00.00	1:50.00	1:40.00	1:35.00	1:30.00	1:25.00	Lower
200m Ind Medley	3:00.00	2:50.70	2:40.90	2:30.20	2:16.00	2:03.79	Upper
	3:55.00	3:50.00	3:35.00	3:25.00	3:15.00	2:50.00	Lower

*** Girls under 11 & Boys under 12 are not eligible for 100m events at this competition.**

Qualifying Times Girls (No faster or slower than upper / lower limit)

GIRLS - EVENT	9	10	11	12	13	14/OV	Limit
50m Freestyle	34.00	32.50	32.00	31.50	31.00	30.50	Upper
	50.00	48.50	48.00	47.00	46.25	45.70	Lower
100m Freestyle			1:09.50	1:06.00	1:04.50	1:02.00	Upper
			1:50.00	1:42.50	1:35.50	1:25.50	Lower
200m Freestyle	2:50.00	2:38.00	2:30.00	2:24.00	2:18.00	2:15.00	Upper
	4:00.00	3:58.00	3:57.00	3:55.00	3:54.00	3:52.00	Lower
50m Breaststroke	46.00	42.50					Upper
	1:18.00	1:16.00					Lower
100m Breaststroke			1:28.50	1:26.00	1:23.00	1:21.00	Upper
			2:00.00	1:56.50	1:55.00	1:52.00	Lower
200m Breaststroke	4:10.00	3:50.00	3:35.00	3:20.00	3:07.00	2:54.00	Upper
	6:10.00	6:00.00	5:50.00	5:40.00	5:30.00	5:20.00	Lower
50m Butterfly	39.00	37.00					Upper
	1:15.00	1:10.00					Lower
100m Butterfly			1:23.50	1:21.00	1:19.00	1:16.50	Upper
			2:25.00	2:15.00	2:05.00	1:55.00	Lower
200m Butterfly	4:00.00	3:45.00	3:30.00	3:15.50	3:07.00	2:52.00	Upper
	5:15.00	5:10.00	5:08.00	5:06.00	5:04.00	5:00.00	Lower
50m Backstroke	43.00	38.00					Upper
	59.50	58.20					Lower
100m Backstroke			1:23.50	1:18.50	1:14.50	1:10.50	Upper
			2:05.00	1:59.50	1:56.40	1:54.20	Lower
200m Backstroke	3:50.00	3:25.00	3:19.00	3:10.00	3:05.00	2:48.00	Upper
	5:00.00	4:50.00	4:45.00	4:40.00	4:35.00	4:30.00	Lower
100m Ind Medley	1:37.00	1:30.00	1:25.00	1:20.50	1:16.50	1:13.50	Upper
	2:15.00	2:05.00	2:00.00	1:55.00	1:45.00	1:35.00	Lower
200m Ind Medley	3:00.00	2:50.80	2:40.30	2:32.00	2:24.40	2:18.67	Upper
	4:05.00	3:55.00	3:40.80	3:28.80	3:22.50	3:00.00	Lower

*** Girls under 11 & Boys under 12 are not eligible for 100m events at this competition.**

Tigersharks ASC – December - Level 3 Licensed Open Meet 2009

ENTRY FORM

Please use separate form for boys & girls

Name _____ Male/Female _____

Club _____ Date of Birth _____

ASA ID Number _____ **Closing Date – Midnight 21st November 2009**

50 FC	100 FC	200 FC
50 BR	100 BR	200m BR
50 BK	100 BK	200m BK
50 FLY	100 FLY	200m FLY
	100 IM	200m IM

No: of entries @ £5.00/event = No _____ Total £ _____

Club Total Entries

Total number of Club entries @ £5.00 / event = No: _____ Total £'s: _____

Coaches Passes @ £10.00 for day = No: _____ Total £'s _____

Total amount Cheque made payable to 'TASC' = £'s _____

Return Address:

Tel: _____ E-Mail _____