



City of Coventry Swimming Club
 (affiliated to ASA West Midland Region)
January Open Meet
Licensed 3
To be held Under ASA Laws and ASA Technical Rules
On Sunday 17th January 2010

The competition open to swimmers in the following age groups (**Age at 17th January 2010**):

Girls: 9yrs	50m & 200m each stroke 200m IM
Girls: 10yrs 11yrs 12yrs 13yrs 14yrs/over	50M, 100m and 200m each stroke 200m IM
Boys: 9yrs	50m & 200m each stroke 200m IM
Boys: 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs/over	50M, 100m and 200m each stroke 200m IM

The Meet will start at 9.30 am and the following schedule of events will be held:

<u>Session One</u>			<u>Session Two</u>			<u>Session Three</u>		
Event 1	Girls	200 Free	Event 11	Girls	200 Breast	Event 19	Girls	50 Free
Event 2	Boys	200 Free	Event 12	Boys	200 Breast	Event 20	Boys	50 Free
Event 3	Girls	50 Back	Event 13	Girls	100 Free	Event 21	Girls	200 IM
Event 4	Boys	50 Back	Event 14	Boys	100 Free	Event 22	Boys	200 IM
Event 5	Girls	100 Breast	Event 15	Girls	200 Fly	Event 23	Girls	50 Fly
Event 6	Boys	100 Breast	Event 16	Boys	200 Fly	Event 24	Boys	50 Fly
Event 7	Girls	200 Back	Event 17	Girls	50 Breast	Event 25	Girls	100 Back
Event 8	Boys	200 Back	Event 18	Boys	50 Breast	Event 26	Boys	100 Back
Event 9	Girls	100 Fly						
Event 10	Boys	100 Fly						

Entries should be made on Consolidated Entry Forms attached, indicating preferred events. Submitted times **must be shown for each event entry** and will be used for seeding purposes. Where no official time has been recorded a "best training time" should be submitted under authority of a club official.

Entry fee is £4.75 per event; remittances should be by cheque made payable to the City of Coventry Swimming Club.

Competitor Cards will be returned soon after the closing date for entries. Any refunds due in respect of unaccepted entries will be claimable on the day of the Meet. **Please enclose a large stamped addressed envelope for return of Competitor Cards (with the appropriate postage for large envelope).**

Acceptances will be made on a "first come first served basis".

The Organisers reserve the right to limit the number heats if circumstances dictate. The heats for each event will cover all age groups and competitors will swim in time seeded order, regardless of age.

Events will be decided on a Declared Winner basis and awards will be made to:

- 1 Three fastest swimmers in each event in each age group.
- 2 Top swimmer in each age group on CDC guidelines (for appropriate Age Groups) and Gala points in older age groups.

Poolside Passes cost £6 provide admission to the poolside, programme and result sheets. Please submit applications with entry forms.

Completed entry forms must be returned with the appropriate entry fee by the 17th December 2009 to:

Mrs Georgina Holtom
27 Deronda Close
Bedworth
Warks CV12 8QY
e-mail: georgina.holtom@coventry-swimming.org.uk

Submitted times **must** be shown for the events to be entered. **Submitted times MUST be personal best times (achieved in a 25m pool or converted accordingly) and MUST be no faster than the UPPER Qualifying times and no slower than the lower qualifying times.**

Boxes for the posting of cards will be found at the poolside entrance to the changing rooms. Please allow ample time for the posting of competitor cards, these must be submitted no later than 1 hour before the start of the Gala. Late cards will not be accepted as this puts unnecessary pressure upon the Gala Organisers.

Pool Length 25 metres

Upper Limit Entry times (no entry time should be **faster** than those shown below)

Boys							Event	Girls						
9	10	11	12	13	14	15/over		9	10	11	12	13	14/over	
43.3	39.8	37.2	34.4	32.1	30.6	29.5	50m Free	43.4	39.6	36.7	34.7	33.3	32.5	
	1.27.4	1.20.3	1:14.3	1:09.1	1:05.6	1:03.5	100m Free		1.27.00	1:19.1	1:14.2	1:11.1	1:09.8	
3:32.7	3:09.4	2:55.2	2:41.2	2:30.4	2:23.0	2:17.8	200m Free	3:32.2	3:06.1	2:51.3	2:40.5	2:32.5	2:30.0	
56.3	51.6	47.8	43.9	40.5	38.5	36.9	50m Breast	56.7	50.9	47.1	43.9	41.8	40.6	
	1.52.30	1.41.7	1.34.1	1.27.0	1.22.5	1.19.3	100m Breast		1.50.4	1.40.5	1.33.8	1.29.1	1.26.4	
4:28.9	4:02.5	3.42.9	3.24.2	3.08.7	2.58.0	2.52.1	200m Breast	4.32.5	3.56.7	3.36.2	3.21.6	3.11.3	3.06.00	
49.1	44.4	41.4	38.3	35.5	33.5	32.0	50m Fly	48.9	43.4	40.4	37.9	36.3	35.2	
	1.39.80	1.29.60	1.23.6	1.16.9	1.12.7	1.09.5	100m Fly		1.38.9	1.28.7	1.22.8	1.18.7	1.16.7	
4.30.3	3.45.3	3.21.7	3.04.2	2.50.9	2.40.3	2.33.5	200m Fly	4.30.6	3.39.8	3.17.3	3.02.4	2.52.3	2.47.0	
50.1	45.7	42.6	39.4	36.7	34.9	33.3	50m Back	50.0	45.0	41.7	39.3	37.7	36.8	
	1.38.8	1.29.5	1.23.3	1.17.7	1.13.2	1.10.3	100m Back		1.37.60	1.28.8	1.22.7	1.19.2	1.17.3	
3.56.2	3.32.2	3.14.2	2.58.4	2.46.6	2.37.9	2.31.3	200m Back	3.56.8	3.26.2	3.09.8	2.57.6	2.49.4	2.44.8	
3:59.8	3.35.0	3.18.3	3.02.9	2.50.4	2.41.6	2.35.3	200m IM	3.59.5	3.30.2	3.12.9	3.01.5	2.52.9	2.48.9	

Lower Limit Entry times (no entry time should be **slower** than those shown below)

Boys							Event	Girls						
9	10	11	12	13	14	15/over		9	10	11	12	13	14/over	
59.0	51.6	45.90	40.4	36.6	34.0	32.2	50m Free	54.7	47.5	42.6	39.0	36.7	35.4	
	1.52.6	1.38.7	1.26.6	1.18.2	1.13.1	1.10.1	100m Free		1.43.2	1.31.4	1.23.5	1.18.4	1.16.0	
4.50.8	4.04.7	3.34.7	3.09.4	2.50.5	2.39.2	2.32.5	200m Free	4.31.0	3.41.3	3.18.6	3.00.6	2.48.8	2.43.70	
1.17.7	1.07.2	59.1	51.4	46.2	43.0	40.8	50m Breast	1.11.7	1.00.8	54.5	49.3	46.2	44.5	
	2.25.60	2.06.0	1.50.1	1.38.90	1.31.9	1.28.3	100m Breast		2.11.10	1.56.3	1.44.8	1.38.10	1.35.1	
6.07.8	5.13.7	4.33.8	3.58.7	3.34.9	3.18.9	3.10.4	200m Breast	5.39.0	4.41.2	4.08.9	3.46.6	3.30.9	3.24.1	
1.07.2	57.0	50.4	44.2	39.7	37.00	34.90	50m Fly	1.01.1	52.1	46.6	42.5	39.5	38.3	
	2.05.9	1.49.7	1.35.7	1.25.8	1.19.5	1.15.8	100m Fly		1.56.3	1.40.9	1.31.6	1.25.3	1.22.9	
5.28.6	4.44.20	4.02.7	3.31.7	3.10.2	2.55.7	2.47.8	200m Fly	4.55.9	4.16.6	3.43.4	3.22.2	3.07.1	3.02.5	
1.09.6	1.00.30	53.3	46.9	42.4	39.3	37.4	50m Back	1.04.0	54.7	49.4	45.0	42.6	41.0	
	2.09.10	1.51.7	1.38.0	1.28.3	1.22.0	1.18.6	100m Back		1.58.8	1.43.8	1.33.7	1.28.5	1.25.5	
5.26.3	4.36.1	4.00.4	3.30.5	3.10.7	2.57.0	2.48.9	200m Back	5.02.6	4.06.2	3.41.6	3.20.0	3.08.4	3.02.5	
5.32.0	4.38.7	4.03.5	3.33.9	3.12.3	2.59.5	2.52.0	200m IM	5.08.5	4.11.1	3.43.0	3.23.0	3.10.9	3.05.2	