



Tilehurst Swimming Club

(affiliated to SE Region ASA)

Inaugural Open Meet Licensed Level 4 (4SE0505)

(Under ASA Laws & Technical Rules)

Saturday 10th July 2010

Tilehurst Swimming Club are pleased to present their Open Meet, aimed at developing younger swimmers. A mix of serious swimming and a good bit of fun. We've included in the programme a set of relay races just to get in the frame of mind for team swimming.

Venue:

Reading's Central Pool is a 6 lane 25m pool equipped with anti-turbulence lane ropes. Electronic timing will be used

Age Groups and Events Offered:

10 & Under, 11 years, 12 years, 13 years, 14 years, 15 years and over on 10th July 2010.

100m Backstroke, Breaststroke, Butterfly, Freestyle, 50m, 200m Freestyle and 200 IM - all age groups.

Programme of Events:

Session One <i>Warm up 2:15pm, Start 2:45pm</i>	Session Two <i>Warm up 5:45pm Start 6:15pm</i>
	Squadron Relay Race
Boys 200m Freestyle	Girls 200m Freestyle
Girls 200m Individual Medley	Boys 200m Individual Medley
Boys 100m Breaststroke	Girls 100m Breaststroke
Girls 50m Freestyle	Boys 50m Freestyle
Boys 100m Backstroke	Girls 100m Backstroke
Girls 100m Butterfly	Boys 100m Butterfly
Boys 100m Freestyle	Girls 100m Freestyle

The whole programme is expected to be complete by 9.30pm

Format of events:

All events will be Heat Declared Winner. Heats will be seeded in entry time order regardless of age, i.e. Heat one is for the slowest accepted entries or entries with no time. The last heat will be spearheaded. Entries with no time will swim in the first heat in age order.

In order to ensure the events run to time over the top starts will operate as appropriate.

This is a card-less meet. After the closing date a list of successful entrants, warm-up and meet instructions, together with refunds in respect of unaccepted entries will be sent by e-mail (where possible), otherwise please enclose a SAE for the return of this information (and refunds). Swimmers must sign-in before the warm-up.

Team Relays: A Bit of Fun:

As a bit of fun, and to develop team spirit, at the start of session 2 we'll run a 6x50m freestyle relay event. There's no winners or prizes, but it's a good opportunity to sample team swimming.

A team will consist of 3 boys and 3 girls, one each from the age groups of Under 11; 12/13 and 14&Over swum Girl/Boy order in ascending age group. Coaches as invited to submit team(s) to swim. The aim is to develop swimmers, so please, if you have a swimmer in the correct age group, swim them – however, if you haven't got one to make up a team, you may swim an out-of-age-group swimmer to enable the others to experience the event. Please be sensible about it and it'll work out just fine...

Coaches' Passes:

Coaches' Passes for poolside access for the meet will cost £7.00 This fee includes a full set of programmes and refreshments between sessions.

Results:

Results will be posted on poolside, and on the Tilehurst Swimming Club website, www.tilehurstswimclub.org.uk.

Technical Officials:

Clubs are requested to provide a timekeeper and a judge to assist in the running the meet.

The Tilehurst Open Meet is an level 4 meet. As such it is ideal for officials under training and wishing to take their licensed exams. Candidates looking for this should e-mail meets@tilehurstswimmingclub.org.uk in advance to ensure support. Arrangements for Judge Level 2 and higher should also be co-ordinated with the relevant ASA Officials officer.

Time Trials:

Where possible, we'll try and offer time trials if is not to the detriment of the meets swimmers.

Not-faster-than times:

A swimmer may only enter with times equal, or slower than those set out in this table:

BOYS	50m Freestyle	100m Freestyle	200m Freestyle	100m Breaststroke	100m Butterfly	100m Backstroke	200m Individual Medley
Age Group							
10 & Under	0:38.00	1:22.90	2:59.30	1:48.10	1:35.90	1:34.70	3:25.10
11	0:35.90	1:17.80	2:48.80	1:40.10	1:27.60	1:27.60	3:11.00
12	0:33.90	1:13.20	2:39.10	1:33.80	1:22.00	1:22.50	3:00.50
13	0:32.10	1:08.90	2:30.10	1:27.40	1:16.70	1:17.30	2:50.40
14	0:30.40	1:05.40	2:22.50	1:22.70	1:12.30	1:13.00	2:40.70
15 & Over	0:29.10	1:03.10	2:17.20	1:19.10	1:09.00	1:09.80	2:34.30
GIRLS	50m Freestyle	100m Freestyle	200m Freestyle	100m Breaststroke	100m Butterfly	100m Backstroke	200m Individual Medley
Age Group							
10 & Under	0:38.50	1:24.60	3:00.40	1:48.80	1:36.00	1:35.20	3:25.60
11	0:36.50	1:18.70	2:49.60	1:40.20	1:28.00	1:28.10	3:11.40
12	0:34.70	1:14.30	2:39.90	1:34.40	1:22.40	1:22.70	3:00.60
13	0:33.30	1:11.50	2:33.60	1:29.80	1:19.00	1:19.20	2:53.80
14	0:32.40	1:09.50	2:29.60	1:26.50	1:16.30	1:17.00	2:48.70
15 & Over	0:31.70	1:08.30	2:26.60	1:25.10	1:15.10	1:15.30	2:45.50

Awards:

The first three swimmers finishing in each age group shall receive awards, providing that they are not faster the times above (in which case a "Speeding Ticket" is awarded.)

We will award for Top Visiting Club, based on 6 points for a first place, 5 for second, *etc*, in the individual events.

Entries:

We prefer electronic entry – it's quicker, easier and more accurate – please visit our web site for the SportSystems files and entry submission.

Paper entries can be made on the official entry form attached. Photocopies of entry forms will be accepted. Submitted times should be current best times for a 25m pool.

Tilehurst Swimming Club reserves the right to restrict entries to ensure session completion within planned times.

Enquiries may be directed to meets@tilehurstswimmingclub.org.uk. Completed paper entry forms to be returned, together with the appropriate entry fee to **Tilehurst Swimming Club, Church Lane House, Church Lane, Heckfield, RG27 0LG.**

The entry fee is £4 per event. Remittances should be made payable to Tilehurst Swimming Club. **Club entries should be accompanied by a single cheque for the requisite sum**, rather than a series of smaller, individual cheques.

The closing date for entries is Monday 14th June 2010, but entries before that date would be appreciated.

Legal Stuff:

All swimmers must be registered with the ASA.

Coaches and other poolside staff are expected to hold ratings, eg CRB certificates with their clubs appropriate/required by ASA guidance.

Anyone wishing to take still or digital photography (including using mobile phones to do this), must in accordance with the ASA Child Protection guidelines, register themselves with the Promoter on entry to the Meet.

Any dispute related to a matter not covered in these conditions shall be determined by the Promoter.



Tilehurst Swimming Club Inaugural Open Meet

Saturday 10th July 2010

Individual Entry Form

This form may be used by clubs for individuals, before consolidating the entries on the Consolidated Entry Form.

Swimmer's Surname:	
First Name:	
Sex:	M / F
Date of Birth:	
Age at midnight, 10 th Jul 2010:	
ASA Registration Number:	
Club/Squad:	
E-mail address:	

Enter events by writing your current short course (25m) personal best time in the column. Enter "NT" if you do not have a time for the event, but wish to enter, *however it's much better to ask your coach for an estimate so you swim in the right part of the competition*. Leave blank if you do not wish to enter.

Race	Entered time
50 Free	
100 Free	
200 Free	
100 Breast	
100 Fly	
100 Back	
200 IM	

Total of events at £4.00 per event: Total amount

I am eligible to enter these events at the times shown .. (signed)

Please hand the completed form to your coach or club meet coordinator, together with the entry fee (£4.00 per swim, payable to your club) by Monday 14th June 2010.

The Tilehurst Open Meet is the ideal opportunity for technical official candidates to further their qualifications. See meet conditions.

Help in running the meet is always welcome: contact us on meets@tilehurstswimmingclub.org.uk if you are willing or able to assist as an official.

