



## Enfield Swim Squad

Affiliated to ASA London Region

Level 3 Regional Qualifier

3LR170534

Saturday 4th March 2017

Southbury Leisure Centre  
Southbury Road, Enfield, EN1 1YP

1. The competition will be held under ASA laws and FINA Technical Rules of Swimming.
2. The Meet has been licensed at Level 3 by the ASA, (3LR170534). All entries must be slower than the upper limit qualifying times as per the attached table. The meet will be first come, first served, subject to acceptance by the Promoter and the closing date is midnight Friday 11<sup>th</sup> February 2017 or sooner if the meet is oversubscribed. Confirmation of accepted entries will be returned as soon as possible after this date and following receipt of a completed summary sheet and cheque / payment.
3. Ages as on the day of the meet – 4<sup>th</sup> March 2017
4. The pool is 25m long with 8 lanes, anti-wave lane ropes and Colorado electronic timing system in operation.
5. In the interests of time, 'over the top' starts may be operated at the discretion of the referee.
6. An adjacent warm-up and swim-down facility is available during the sessions. This area must not be used during the "formal" warm up period. It will be the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended.
7. A cardless entry system will be operated at this meet. Swimmers must withdraw using the appropriate form at the relevant desk no later than 15 minutes prior to the start of each warm up.
8. Swimmers must report to the clerks of the course when instructed to do so. Any competitor not reporting in time may be excluded.
9. Swimmers must be ASA registered at category 2 and have an ASA number and belong to an affiliated club.
10. Time trials may be available to swimmers at the promoter's discretion and dependent upon space and will incur a fee of £5 payable before the race takes place. All time trials will be swum in the first heat with "NT" against the swimmer's name. Awards will not be given for time trial entries.
11. All events will be swum as combined age groups and seeded slowest to fastest irrespective of age.
12. The entry fee will be £5.00 per event for all events (this includes the ASA's 20p levy). No refunds will be given except where entries are rejected. Clubs with more than 10 swimmers should enter electronically by using Hy-Tek's 'Team Manager Software. This can be downloaded from Hy-Tek's website. Please complete the entry summary form and return together with a cheque made payable to Enfield Swim Squad to the address below or to HSBC, sort code 40 22 34 account number 61471260. Entry times must be 25m pool times. Any club with 10 or more swimmers are asked to provide an ASA registered official (J1, J2, J2S, TK, Referee), for each session.

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13. Coaches passes are available at a cost of £15 each, to a maximum of 4 per team. This includes a programme **and refreshments including lunch** between the sessions. ASA Guidelines state that the ratio of swimmers to “mindors” should be 10:1. Passes must be displayed at all times. No one will be allowed on poolside without a pass.

14. Spectator entry will be £4 per person, per session, or £6 per person for both sessions. Programmes are included in this price.

15. Entries should be emailed to [openmeets@enfieldswimsquad.org](mailto:openmeets@enfieldswimsquad.org) The entry summary and cheque should be posted to Richard McGonegle, 29 Tiverton Road, Potters Bar, Herts EN6 5HY. The closing date is midnight 11<sup>th</sup> February 2017 or sooner if full.

All entry forms must be fully and correctly completed, otherwise they may be rejected.

Electronic entries please (mandatory for more than 5 swimmers, unless by prior agreement of the promoter). Clubs sending paper entries will be required to pay £10 administration fee. HyTek file available from the promoter.

16. The age groups are 9, 10, 11, 12, 13, 14, 15, 16 & over.

17. Awards will be given to the first 3 in each age group in each event on a HDW basis.

18. Events are:

50m and 200m all four strokes plus 200m IM - All age groups

100m all four strokes for 10 years & over

19. Results will be available on the club website as soon as practicable after the meet. A full set of results will be sent by email to all clubs. **Please ensure your email address is provided to us with your entries.** Swim meet entries and results will be managed on a computer. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer.

20. All participants and spectators must observe all safety precautions in operation at the pool and follow instructions of pool staff and Enfield Swim Squad Management Team. Prior to leaving poolside, swimmers must dry off and put on appropriate clothing and footwear. No swimmers will be allowed into the spectator area or the main entrance foyer area unless they have complied with this requirement. Failure to comply with any condition may result in disqualification and forfeiture of any fee paid.

21. By signing the entry form, swimmers accept these conditions in full. The promoter reserves the right to refuse admission to any competitor or spectator to any session.

22. All visiting clubs must ensure that team managers/coaches and officials comply with the ASA Child Protection Policy.

23. The Promoter reserves the right to amend the Conditions, without prior notice, to ensure the smooth running of the meet. For any matters not covered by these Conditions the promoter will make any decisions they deem necessary to provide for the satisfactory running of the competition. By submitting an entry participants have deemed to agree to such decisions.

24. The promoter is Richard McGonegle c/o Enfield Swim Squad.

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## ESS LEVEL 3 REGIONAL QUALIFIER OPEN MEET

Licensed by the ASA No. 3LR170534

### Programme of Events

<b>Saturday, 4<sup>th</sup> March</b>			
Session 1 WARMUP 9.15AM, START 10AM			
Event 1	Girls	200m Individual Medley	all ages
Event 2	Boys	200m Butterfly	all ages
Event 3	Girls	50m Breaststroke	all ages
Event 4	Boys	50m Backstroke	all ages
Event 5	Girls	200m Freestyle	all ages
Event 6	Boys	100m Breaststroke	10 - 16 & over
Event 7	Girls	100m Butterfly	10 - 16 & over
Event 8	Boys	200m Backstroke	all ages
Event 9	Girls	200m Breaststroke	all ages
Event 10	Boys	50m Butterfly	all ages
Event 11	Girls	100m Backstroke	10 - 16 & over
Event 12	Boys	100m Freestyle	10 - 16 & over
Event 13	Girls	50m Freestyle	All ages

<b>Saturday, 4<sup>th</sup> March</b>			
Session 2 estimated WARMUP 2.15PM, START 3.15PM			
Event 14	Boys	200m Individual Medley	all ages
Event 15	Girls	200m Butterfly	all ages
Event 16	Boys	50m Breaststroke	all ages
Event 17	Girls	50m Backstroke	all ages
Event 18	Boys	200m Freestyle	all ages
Event 19	Girls	100m Breaststroke	10 - 16 & over
Event 20	Boys	100m Butterfly	10 - 16 & over
Event 21	Girls	200m Backstroke	all ages
Event 22	Boys	200m Breaststroke	all ages
Event 23	Girls	50m Butterfly	all ages
Event 24	Boys	100m Backstroke	10 - 16 & over
Event 25	Girls	100m Freestyle	10 - 16 & over
Event 26	Boys	50m Freestyle	all ages

Age Groups for awards: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 & over

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### Upper Limit Qualifying Times

*Swimmers must not have swum faster than the times below.  
Times based on short course times.*

Boys	9	10	11	12	13	14	15	16 & Over
<b>50m Freestyle</b>	32.40	32.40	30.80	29.10	27.70	26.60	25.16	24.82
<b>100m Freestyle</b>		1.10.60	1.06.60	1.01.99	58.61	56.67	54.47	52.56
<b>200m Freestyle</b>	2.32.30	2.32.30	2.20.00	2.11.32	2.05.57	2.01.22	1.56.63	1.54.00
<b>50m Breaststroke</b>	42.50	42.50	40.00	37.50	35.10	33.70	32.50	30.79
<b>100m Breaststroke</b>		1.32.80	1.26.00	1.19.06	1.13.96	1.11.55	1.08.00	1.06.60
<b>200m Breaststroke</b>	3.18.10	3.18.10	3.04.70	2.49.80	2.40.06	2.34.50	2.27.27	2.24.24
<b>50m Butterfly</b>	36.40	36.40	34.10	32.30	30.50	29.20	28.10	26.40
<b>100m Butterfly</b>		1.22.60	1.15.40	1.09.61	1.04.94	1.02.44	1.00.75	59.84
<b>200m Butterfly</b>	3.00.80	3.00.80	2.44.70	2.33.23	2.23.05	2.17.08	2.10.29	2.08.04
<b>50m Backstroke</b>	37.40	37.40	35.50	33.60	31.60	30.50	29.40	28.43
<b>100m Backstroke</b>		1.21.40	1.15.30	1.09.66	1.05.63	1.03.19	1.00.29	59.29
<b>200m Backstroke</b>	2.50.80	2.50.80	2.40.10	2.27.66	2.19.43	2.14.93	2.09.06	2.07.21
<b>100m Ind. Medley</b>	1.22.40	1.22.40	1.18.20	1.13.90	1.09.80	1.06.50	1.04.50	1.02.70
<b>200m Ind. Medley</b>	2.54.90	2.54.90	2.43.40	2.30.50	2.22.31	2.17.68	2.11.70	2.09.82

Girls	9	10	11	12	13	14	15	16 & Over
<b>50m Freestyle</b>	32.80	32.80	31.30	29.90	29.00	28.50	27.35	27.27
<b>100m Freestyle</b>		1.12.10	1.08.20	1.03.42	1.01.40	1.00.55	59.38	58.21
<b>200m Freestyle</b>	2.33.10	2.33.10	2.24.50	2.14.97	2.10.78	2.08.97	2.06.29	2.05.77
<b>50m Breaststroke</b>	42.70	42.70	40.10	38.00	36.60	35.80	35.20	34.93
<b>100m Breaststroke</b>		1.33.30	1.25.90	1.20.41	1.17.67	1.16.43	1.14.87	1.14.60
<b>200m Breaststroke</b>	3.18.30	3.18.30	3.04.40	2.50.91	2.45.65	2.43.42	2.40.66	2.38.91
<b>50m Butterfly</b>	36.30	36.30	34.50	32.70	31.70	31.00	30.40	29.54
<b>100m Butterfly</b>		1.22.50	1.15.70	1.10.78	1.08.39	1.07.09	1.05.60	1.04.99
<b>200m Butterfly</b>	3.03.10	3.03.10	2.47.50	2.35.37	2.28.51	2.26.04	2.22.31	2.20.88
<b>50m Backstroke</b>	37.40	37.40	35.50	33.90	32.80	32.10	31.80	31.30
<b>100m Backstroke</b>		1.21.40	1.15.40	1.10.67	1.08.41	1.07.22	1.05.78	1.04.42
<b>200m Backstroke</b>	2.52.20	2.52.20	2.39.10	2.29.72	2.24.88	2.22.82	2.19.57	2.19.13
<b>100m Ind. Medley</b>	1.20.80	1.20.80	1.18.00	1.14.30	1.12.70	1.11.80	1.10.80	1.08.60
<b>200m Ind. Medley</b>	2.54.80	2.54.80	2.44.20	2.32.58	2.28.23	2.25.94	2.22.94	2.22.32

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