

Meet Rules and Information

**Borough of Waltham Forest Swimming Club
(Affiliated to ASA London Region)**

Level 3 Summer Meet 2017

Licence Number 3LR170898

Under ASA laws and FINA Technical Rules of Swimming

LONDON AQUATIC CENTRE

THE QUEEN ELIZABETH OLYMPIC PARK

LONDON

E202ZQ

Sunday 9th July 2017

ENTRY CONDITIONS

Meet Conditions

1. The competition will be held under ASA law and FINA Technical Rules of Swimming and licensed at level 3 and these promoter's conditions.
2. Entrants must be ASA registered category 2, belong to an affiliated club and enter in the name of one club only.
3. The pool length is 50 metres, 10 lanes with full display electronic timing.
4. During warm-ups lanes 1, 3, 5, 7 & 9 shall swim clockwise and lanes 0, 2, 4, 6 & 8 shall swim anti-clockwise. Coaches are asked to ensure swimmers comply with this requirement.
5. Events will be seeded slowest to fastest on entered times. All heats will be swum on the spearhead principle.
6. All events will be swum on a heat declared winner basis.
7. The meet will be cardless. The list of accepted and rejected entries will be published on the clubs website prior to the competition. It is the competing club/ swimmers responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
8. Sign in sheets will be placed outside the changing rooms before each session. Swimmers must sign in for each event in which they are entered a minimum of 45 minutes before the start of each session.
9. Swimmers must report to the Clerks of the Course when called upon to do so by the Announcer. Failure to report prior to an event shall cancel the swimmer's right to compete. Heat start lists for each event will be posted. It is the swimmer's responsibility to ensure his/her name appears on the list.
10. A photographer *may* be present taking live shots throughout the day, displaying pictures on the screens during the break. If a swimmer does not wish to have their photo taken, they must inform the Meet Promoter.
11. Due to circumstances out of our control with the Pool Operator, there is no swim down facility.
12. Consent is deemed to have been given, as required of the data protection act, to the holding and distribution as necessary, of personal information on computer, to run the meet.
13. Any situation not covered by these meet notes will be at the discretion of the promoters.
14. The promoters reserve the right in the interest of time, to operate over the top starts.

Entry Information:

1. Competitor's ages shall be as at 9th July 2017.
2. All entrants must be registered as Category Two ASA members.
3. There are no qualifying times, but there are upper limit times.
4. Entries will be processed on a first come first served basis except in event of condition 6.
5. The promoter reserves the right to limit entries in order to meet license time guidelines.
6. The promoter reserves the right to prioritise complete club entries where a Club has a significant distance to travel and group transport/accommodation to organise.
7. Time trials will only be permitted on day of event where space in heats is available. Time Trials will be submitted in time order and will not receive an award however their times will be included on the ASA rankings. Ask at signing in desk or go to announcers desk once sign in has closed for time trial to be requested.
8. The entry fee is £6 per event. Time trials will be £8 on day.
9. Swimmers with no times (NT) will not be accepted at this meet.
10. All times submitted should be long course or converted 25m times using the ASA approved conversion tables (*ASA equivalent performance tables*).
11. All entries of four or more swimmers per club must be entered electronically, if clubs choose to use an entry form they will incur a £25 administration charge. Electronic entries plus entry summary sheet should be sent to the following e-mail galas@bwfsc-gators.org.uk
12. Entry files and gala information are available by contacting our Gala Organiser at the e-mail above or can be found on the BWFSC web-site www.bwfsc-gators.org.uk
13. BACS payments are preferred and payment details are on the entry form.
14. Cheques should be made payable to BWFSC and sent together with the entry summary sheet to: Hannah Grimshaw, 26 Connaught Avenue, Loughton, Essex, IG10 4DS.
15. Confirmation of accepted entries will be e-mailed and a copy made available on the BWFSC web-site.
16. The closing date for entry forms and payment is **midnight on Friday 2nd June 2017**. BWFSC reserves the right to refuse or close entries before this time to facilitate the smooth running of the competition.
17. Accepted entries must be checked and verified by clubs by **Friday 23rd June 2017**.

Awards:

1. Medals will be awarded to the top three in each age group in each event based on heat performance. Age groups will be as follows: 9, 10, 11,12,13,14, 15 and 16+.
2. Top visiting club will receive a trophy calculated by Meet Manager 6.0 Medal Count Report.
3. The shield must be engraved and returned before our next home gala. Home Galas are to be held in January, July and September each year and visiting club will be awarded at each gala commencing January 2017.
4. Trophy and a cash prizes of £10 will be awarded to the top overall male and female swimmer in each age group category (9, 10, 11, 12, 13, 14, 15 and 16+) Top overall male and female swimmer will be calculated using overall point scores for top ten in each age group based on heat performance. (1st place 12 points, 2nd 10, 3rd 9, 4th 7, 5th 6, 6th 5 7th 4, 8th 3, 9th 2, 10th 1)

Coaches and Officials:

1. Coach's passes are available in advance for £20.00 for the day excluding food and £30 including food. *Food may only be provided by the LAC in-house catering service.* This entitles the holder to a programme; poolside drinks and result sheets posted or sent electronically. Heat sheets may be available on the day however the officials are priority and due to limited photocopier resources at the LAC and the acceptance of time trials the gala may have started before these are available.
2. Please may we request that clubs entering 6 or more competitors provide at least one qualified official to cover the relevant sessions during the gala. We welcome all volunteers including J1s in training, qualified timekeepers and marshals.
3. Officials will be provided with lunch and refreshments throughout the gala.
4. Coaches are expected to wear their coach pass at all times.

Programme of Events

BWFSC Summer Meet 2017

Sunday 9th July

Session 1	
Warm up 8.00am TBC Start 08.45am TBC	
Event Number	Event
1	Boys 100 Back
2	Girls 100 Back
3	Boys 50 Breast
4	Girls 50 Breast
5	Boys 100 Fly
6	Girls 100 Fly
7	Boys 50 Freestyle
8	Girls 50 Freestyle

Session 2	
Warm up TBC Start TBC	
9	Girls 100 Breast
10	Boys 100 Breast
11	Girls 50 Back
12	Boys 50 Back
13	Girls 100 Freestyle
14	Boys 100 Freestyle
15	Girls 50 Fly
16	Boys 50 Fly

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BWFSC Gala at LAC - July 9th 2017 - UPPER LIMIT TIMES							
50 FREESTLYE	9	10	11	12	13	14	15+
Boys	34.00	31.50	30.50	29.40	29.40	25.70	25.70
Girls	34.00	32.30	30.30	29.00	29.00	27.90	27.90
100 FREESTYLE							
Boys	01.06.00	01.06.0	01.06.0	01.00.90	01.00.90	55.50	55.50
Girls	01.08.00	1.08.00	1.08.00	01.05.00	01.05.00	01.02.20	01.02.20
50 BACKSTROKE							
Boys	39.00	35.20	35.20	31.00	31.00	28.00	28.00
Girls	39.00	36.50	36.50	33.10	33.10	30.90	30.90
100 BACKSTROKE							
Boys	01.12.00	1.12.0	1.12.0	01.07.80	01.07.80	01.02.20	01.02.20
Girls	01.16.00	01.16.00	01.16.00	01.12.00	01.10.00	01.06.90	01.06.90
50 BREASTSTROKE							
Boys	46.00	41.80	41.80	36.00	36.00	33.40	33.40
Girls	46.00	41.40	41.40	38.80	38.80	36.90	36.90
100 BREASTSTROKE							
Boys	01.23.00	01.23.00	01.23.00	01.17.60	01.17.60	01.12.40	01.12.40
Girls	01.27.00	01.27.00	01.27.00	01.22.40	01.22.40	01.17.10	01.17.10
50 FLY							
Boys	39.00	35.50	35.50	31.50	31.50	27.00	27.00
Girls	39.00	35.20	35.20	32.90	32.90	30.00	30.00
100 FLY							
Boys	01.13.00	01.13.00	01.13.00	01.10.50	01.10.50	01.00.30	01.00.30
Girls	01.16.00	01.16.00	01.16.00	01.12.00	01.12.00	01.08.80	01.08.80

Updated 29th January 2017

BWFSC

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ENTRY SUMMARY FORM

Please use one of these forms for your Club entry and submit along with your electronic entry file to
galas@bwfsc-gators.org.uk

Club	_____
Contact Name	_____
Address	_____
Telephone	_____
E-mail address	_____
Number of entries @ £6 per event	_____
Number of coach passes @ £20	_____
Number of coach passes @ £30	_____
Total Remittance	_____

BACS PAYMENTS

Name of Bank	Lloyds TSB
Name of Account	Borough of Waltham Forest Swimming Club
Account Number	01027171
Sort Code	30 - 91 - 59

CHEQUES SHOULD BE MADE PAYABLE TO BWFSC

CLOSING DATE FOR ENTRIES IS 2nd June 2017

Preferred entry is by e-mail. Electronic entry file and completed summary sheet should be sent to
galas@bwfsc-gators.org.uk

If entering by post completed entry forms, entry fees (by cheque or confirmation of BACS payment)
and this summary sheet should be posted to arrive by the closing date as indicated above to:
Hannah Grimshaw, 26 Connaught Avenue, Loughton, Essex, IG10 4DS

BOROUGH OF WALTHAM FOREST SWIMMING CLUB

(Affiliated to A.S.A. London Region)

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LONDON AQUATIC CENTRE

THE QUEEN ELIZABETH OLYMPIC PARK

LONDON

E202ZQ

Sunday 9th July

Individual Entry Form

First Name		Surname	
Address			
Date of Birth		Age as of 9th July 2017	
ASA number		Male / Female	<i>(delete as appropriate)</i>
Club			

Distance	Event	Entry Time
50	Freestyle	
100	Freestyle	
50	Backstroke	
100	Backstroke	
50	Breaststroke	
100	Breaststroke	
50	Butterfly	
100	Butterfly	

Total entries @ £6 per event=

CLOSING DATE FOR ENTRIES IS 2nd JUNE 2017

ACCEPTED ENTRIES WILL BE AVAILABLE BY 23rd JUNE

Please contact BWFSC at Officials@bwfsc-gators.org.uk if you are able to officiate on the day. We need your support on the day. Many thanks BWFSC