



# BWFSC



## **Meet Rules and Information** **BOROUGH OF WALTHAM FOREST SWIMMING CLUB**

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

### ***BWFSC NEW YEAR MEET 2017***

#### ***Open Meet – Level 3***

#### **Level 3 Meet License 3LR170193**

(Under ASA laws and FINA Technical Rules of Swimming)

LONDON AQUATIC CENTRE  
THE QUEEN ELIZABETH OLYMPIC PARK  
LONDON  
E20 2ZQ

On Sunday 8<sup>th</sup> January 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.
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. In accordance with the recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance. It is requested that all mobile phones are switched off or turned to silent during the competition and that there is no flash photography at the start of each event.
14. Any situation not covered by these meet notes will be at the discretion of the promoters.
15. The promoters reserve the right in the interest of time, to operate over the top starts.

### **Entry Information:**

1. There are no qualifying times, but there are upper limit times.
2. Entries will be processed on a first come first served basis except in event of condition 3. The promoter reserves the right to limit entries in order to meet license time guidelines.
3. 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.
4. 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.
5. The entry fee is £6 per event. Time trials will be £8 on day.
6. All times submitted should be long course or converted 25m times using the ASA approved conversion tables (*ASA equivalent performance tables*).
7. 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. Please e-mail [galas@bwfsc-gators.org.uk](mailto:galas@bwfsc-gators.org.uk) for entry files or see web-site [www.bwfsc-gators.org.uk](http://www.bwfsc-gators.org.uk) for all gala information.
8. 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. Confirmation of accepted entries will be e-mailed and a copy made available on the BWFSC web-site.
9. BACS is also available for payments and payment details are on the entry form.
10. The closing date for entry forms and payment is **midnight on Friday 9<sup>th</sup> December 2016**. BWFSC reserves the right to refuse or close entries before this time to facilitate the smooth running of the competition.
11. Competitor's ages shall be as at 8th January 2017.
12. All entrants must be registered as Category Two members.

### **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 shield 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 £20 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. (1<sup>st</sup> place 12 points, 2<sup>nd</sup> 10, 3<sup>rd</sup> 9, 4<sup>th</sup> 7, 5<sup>th</sup> 6, 6<sup>th</sup> 5 7<sup>th</sup> 4, 8<sup>th</sup> 3, 9<sup>th</sup> 2, 10<sup>th</sup> 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.



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### **Programme of Events**

Session 1	
Warm up 8.00 Start 9.00	
Event Number	Event
1	Girls 200m IM
2	Boys 200m Freestyle
3	Girls 50m Freestyle
4	Boys 50m Breast
5	Girls 100m Backstroke
6	Boys 100m Freestyle
7	Girls 50m Fly
8	Boys 50m Back
9	Girls 100m Breast
10	Boys 100m Fly

Session 2	
Warm up TBC Start TBC	
11	Boys 200IM
12	Girls 200m Freestyle
13	Boys 50m Free
14	Girls 50m Breast
15	Boys 100m Back
16	Girls 100m Freestyle
17	Boys 50m Fly
18	Girls 50m Back
19	Boys 100m Breast
20	Girls 100m Fly



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### **ENTRY SUMMARY FORM**

Please use one of these forms for your entry

CLUB: .....

CONTACT NAME: .....

ADDRESS: .....

.....

POST CODE: .....

TELEPHONE: .....

EMAIL ADDRESS: .....

NUMBER ENTRIES @ £6.00 PER EVENT: ..... = £.....

NUMBER OF COACHES PASSES @ £20.00..... = £.....

@ £30.00..... = £.....

TOTAL REMITTANCE: = £.....

### **CHEQUES SHOULD BE MADE PAYABLE TO BWFSC**

### ***CLOSING DATE FOR ENTRIES IS 9<sup>th</sup> December 2016***

Completed entry forms, entry fees and this summary sheet should be posted to arrive by the closing date as indicated to:

Hannah Grimshaw, 26 Connaught Avenue, Loughton, Essex, IG10 4DS

BACS payment details

Name of Bank Lloyds TSB,

Name of Account Borough of Waltham Forest Swimming Club

Account Number 01027171

Sort Code 30 - 91 - 59



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### **Entry Form**

First Name:

Surname:

Address:

Date of Birth:

Age as of: 8<sup>th</sup> January 2017

ASA Reg No:

Male / Female (delete as appropriate)

Club:

<b>Distance</b>	<b>Event</b>	<b>Entry Time</b>
200m	IM	
200m	Freestyle	
50m	Freestyle	
50m	Breast	
100m	Backstroke	
100m	Freestyle	
50m	Fly	
50m	Back	
100m	Breast	
100m	Fly	

Total entries @ £6 per event =

Total amount =

**CLOSING DATE FOR ENTRIES IS 9<sup>TH</sup> DECEMBER 2016**



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### **UPPER LIMIT TIMES (LONG COURSE 50M)**

50 FREESTLYE	9&10	11	12	13	14	15	16+
Boys	33.00	30.00	28.00	27.00	26.50	26.00	26.00
Girls	33.00	30.00	28.00	27.50	27.00	27.00	27.00
<b>100 FREESTYLE</b>							
Boys	1.15.00	1.10.00	1.04.00	1.00.00	58.00	56.00	55.00
Girls	1.15.00	1.10.00	1.04.00	1.03.00	1.02.00	1.01.00	1.00.00
<b>50 BACKSTROKE</b>							
Boys	38.00	34.00	32.00	31.00	30.00	29.00	28.00
Girls	38.00	34.00	32.00	31.00	30.00	30.00	30.00
<b>100 BACKSTROKE</b>							
Boys	1.20.00	1.15.00	1.10.00	1.08.00	1.06.00	1.04.00	1.02.00
Girls	1.20.00	1.15.00	1.10.00	1.09.00	1.08.00	1.07.00	1.06.00
<b>50 BREASTSTROKE</b>							
Boys	46.00	42.00	40.00	38.00	36.00	34.00	32.00
Girls	46.00	42.00	40.00	38.00	37.00	36.00	35.00
<b>100 BREASTSTROKE</b>							
Boys	1.35.00	1.28.00	1.23.00	1.20.00	1.15.00	1.12.00	1.10.00
Girls	1.35.00	1.28.00	1.23.00	1.20.00	1.18.00	1.16.00	1.14.00
<b>50 FLY</b>							
Boys	40.00	37.00	33.00	31.00	30.00	29.00	28.00
Girls	40.00	37.00	33.00	32.00	31.00	30.00	29.00
<b>100 FLY</b>							
Boys	1.17.00	1.12.00	1.07.00	1.04.00	1.02.00	1.01.00	1.00.00
Girls	1.17.00	1.12.00	1.07.00	1.06.00	1.05.00	1.04.00	1.03.00
<b>200m IM</b>							
Boys	3.15.00	3.00.00	2.45.00	2.30.00	2.25.00	2.20.00	2.15.00
Girls	3.15.00	3.00.00	2.45.00	2.35.00	2.30.00	2.25.00	2.20.00
<b>200m FREE</b>							
Boys	2.40.00	2.30.00	2.20.00	2.10.00	2.08.00	2.06.00	2.04.00
Girls	2.40.00	2.30.00	2.20.00	2.18.00	2.16.00	2.14.00	2.12.00