



The Borough of Harrow Swimming Club



Affiliated to ASA London Region

Website: www.harrowswim.info Email: events@harrowswim.com

THE BOROUGH OF HARROW SUMMER OPEN MEET

Under ASA Laws & ASA Technical Rules of Swimming
LICENSED MEET NUMBER –

SATURDAY 14TH & SUNDAY 15TH JULY 2018

BARNET COPTHALL LEISURE CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX

Timings are approximate and may be adjusted



SATURDAY 14th JULY 2018

SESSION 1

Warm up: 2pm - Start Time 2.45pm

SESSION 2

Warm up & Start Time TBC

SUNDAY 15th JULY 2018

SESSION 3

Warm Up: 1.30pm - Start Time 1.45pm

SESSION 4

Warm Up (45mins) & Start Time TBC

Events: 50m 100m 200m ALL STROKES,
800m & 1500m Freestyle, 100m & 200m IM

Entries: Please email events@harrowswim.com for further information



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SATURDAY 14th JULY / SUNDAY 15th JULY 2018

INFORMATION AND SESSION TIMES

Under ASA Laws & ASA Technical Rules of Swimming **LICENSED MEET NUMBER – 3LR181009**

BARNET COPTHALL LEISURE CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX



1. Barnet Copthall Main Competition Pool – 25 metres – 8 lanes – Anti-Wave Lane Ropes. Colorado Electronic Timing and Hy-Tek Meet Management.
2. Ages are as at 15TH JULY 2018
3. All events will have Heat Declared Winners - there will be no finals.
4. Events include 50m, 100m & 200m all strokes, 800m & 1500m freestyle, 100m & 200m IM
5. Events are open to swimmers aged 9 and over except 800m/1500m freestyle (11 years and over)
6. 800m & 1500m Freestyle heats will be limited to ensure that the meet does not overrun. This will be by the first come, first served criteria. 800m and 1500m events will be swum in mixed heats to allow standard and reverse gender entries.
7. Awards will be made to the first 3 in each stroke for each age group. These will be available for collection from the presentation table.
8. Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoters.

ENTRIES

9. The entry fee is £5.75 per event (£8.00 for 800m / 1500m Freestyle)
Cheques made payable to: **THE BOROUGH OF HARROW SWIMMING CLUB.**
10. The closing date for entries is **Midnight Monday 25th June 2018 or sooner if the meet capacity is reached.** (The organisers would be grateful if clubs are able to send in entries prior to this date.)
11. **This meet is First Come First Served Entry. If oversubscribed, entries submitted last will be rejected.**
12. Club Entries must be made electronically using the Hy-Tek Team Manager file which should be requested from Dominique Ford at events@harrowswim.com
13. Send your completed entry file and Summary Sheet to events@harrowswim.com
14. The promoter reserves the right to limit the number of entries if necessary to allow the Meet to be run in the allotted pool time.
15. Any entry not accepted will be refunded in full. No other monies will be refunded.
16. Lists of individual accepted / rejected entries will be sent to clubs. This information will also be posted on the www.harrowswim.info website.
17. No swimmer should have swum faster than the time stated. Time Trials may be accepted at the meet if there are spaces available to fill lanes.
18. Clubs entering more than 12 swimmers are requested to supply 1 qualified official (2 officials if more than 20 swimmers)
19. Coaches Passes can be purchased in advance (£10 per day/£15 weekend). This includes refreshments & poolside pass. Only officials and those with coaches passes are allowed in the swimmers poolside area.



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MEET PROCEDURE

20. This is a cardless meet. Entries will be pre seeded before the meet. Any withdrawals must be made 45mins before the start of each session.
21. The promoter reserves the right to amend the session times and limit entries to ensure the meet runs smoothly.

MEET SAFETY

22. All swimmers must observe the pool and ASA Safety Rules. The Depth of the water at the Shallow end of Main Pool is 1 metre deep. The Deep End of Main pool is 1.5 Metres Deep (starting block end). The starting blocks are 72cm above the level of the water. Only those swimmers who have reached the standard of the ASA Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water. Swimmers must not go in to the main foyer without drying down and wearing the suitable clothes and foot wear. Failure to comply may result in expulsion from the meet.

SPECTATORS

23. Photographs/Videos are only permitted on registration with the promoter prior to the meet. Registration details can be given upon entry to the meet.
24. Anything not covered in these notes will be at the discretion of the promoter.