



Newbury District Swimming Club

Affiliated to South East Region ASA

Presents their Open Meet 2009 (Under ASA Laws and Technical Rules)

Saturday 20th June 2009
Northcroft Leisure Centre, Northcroft Lane, Newbury

SESSIONS

Session 1	Warm up: 8:00 am	Start: 8:45 am	Register by: 8:00 am
Session 2	Warm up: 12:30 pm	Start: 1:15 pm	Register by: 12:30 pm
Session 3	Warm up: 5:00 pm	Start: 5:45 pm	Register by: 5:00 pm

We reserve the right to alter warm up times if deemed necessary to provide adequate warm up time for all swimmers.

VENUE

- Pool: 25 metres, 6 lanes, electronic timing
- Tiered Spectator gallery.
- Outdoor leisure pool

AGE GROUPS

10 & Under, 11-12, 13-14 and 15 & Over. Age as at 20th June 2009. But 10&U swimmers must have reached the age of 10 in the year of the competition.

EVENTS

10&u: 50m Backstroke, breaststroke, butterfly and freestyle. 100m Individual Medley
All other age groups: 100m backstroke, breaststroke, butterfly and freestyle. 200m Individual Medley. See attached programme of events

ELIGIBILITY

All swimmers must be registered with the ASA

ENTRIES

Competitors should register upon arrival. **No entry cards will be issued for this competition.** Registration will be necessary for each session and if a swimmer registers then it is assumed they will compete in every event that they have entered in that session. Coaches/Swimmers must complete a **withdrawal form** for non competing swimmers and pass to registration desk. Late withdrawals will result in an empty lane.

All entries will be considered on a fastest time basis. In order that the event can run smoothly entries may be restricted, any entry not accepted due to a restriction on numbers being imposed will have the entry fee refunded in full.

Heats will be seeded in entry time order i.e. heat 1 for the slowest accepted entries. All heats will be in spearhead formation. The programme will allow for Newbury District SC swimmers.

FINALS

The 50m and 100m backstroke, breaststroke, butterfly and freestyle events will have finals. All individual medley events will be heat declared winner (HDW).

AWARDS

The first three swimmers in every event in each age group will receive medals. Swimmers placed 4th 5th and 6th will receive certificates. There will be awards made to the top male and female swimmer and a trophy will be awarded to the highest scoring club based upon points accumulated in finals and the first six places in HDW events.

Swimmers exceeding the 'not faster than' time in heats will receive speeding tickets and will not qualify for finals. Swimmers exceeding the 'not faster than' time in finals or HDW events will also receive speeding tickets and will be excluded from the final medal positions. Speeding ticket swims will not contribute towards a swimmer's or club's point score.

PRESENTATIONS

Presentations will be made at the end of the meet for the Top Girl, Top Boy and the Top Club. Medals and certificates should be collected during the meet from the medals table in the learner pool area.

WARM UP

The warm up will end 5 minutes before the start of each session. Competitors in the first two events of each session must report to the competitor's steward 5 minutes before the scheduled start time.

REPORTING FOR EVENTS

Competitors must report to the steward at the learner pool area two clear events before their swim.

SPECTATORS

Spectators will be expected to have a programme for the current session in their possession to allow re-entry to spectator area. The viewing gallery may be cleared between sessions.

FIRST AID

Medical room in the foyer

REFRESHMENTS

Light refreshments and drinks, including vending machines will be available in the Leisure Centre throughout the meet.

DATA PROTECTION ACT

Newbury District Swimming Club uses a computer to manage entries and results. By submitting entries and accepting entry to the meet, consent is thereby given, as required under the data protection act 1984, to the holding of personal information on a computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.

PHOTOGRAPHY

In line with the recommendation in the ASA Child Protection Policy, the promoters of the event request that any person wishing to engage in video, zoom or close range photography should register

their details in the book provided at the spectator entrance before carrying out any such photography. This includes mobile telephones with camera facility.

ENTRIES

Entries should be made on the official entry form attached, one swimmer per sheet in order to avoid errors. Please make photocopies of the form. Spare forms are available from the Meet Entries Coordinator

Submitted times should be current best times.

Completed entry forms must be returned, together with a **single cheque** for swimmers entries and coaches passes to:

Meet Entries Coordinator
Mr Neville Glanville
96 Craven Road
Newbury, BERKS
RG14 5NP
Tel: 01635 37003
Email: neville@glanvilleweb.co.uk

Please enclose a SAE for notification of accepted entries. Please check your entry as soon as it is returned and inform the entries coordinator immediately of any problems. Errors are easier to correct in advance than on the day of the meet. The entry fee is £4.00 per event. Remittances from each club for entries and coaches passes should be made by one cheque payable to Newbury District swimming club and crossed.

COACHES PASSES

Coaches passes are available at £15.00 each and will be made available on the day. This will entitle the holder to a 'coach pack' which will include a pass for poolside access and refreshments between sessions. A full set of results will be available on the NDSC web site www.ndsc.co.uk soon after the meet ending or can be requested from the Meet Entries Coordinator.

THE CLOSING DATE FOR ENTRIES IS TUESDAY 26th MAY

'NOT FASTER THAN' TIMES					
AGE ON DAY	FLY	BACK	BREAST	FREE	IM
Boys					
10&U	40.1	37.8	43.6	33.6	1:25.6
11-12	1:15.5	1:15.9	1:25.9	1:07.2	2:45.5
13-14	1:06.7	1:07.3	1:16.2	1:00.4	2:28.0
15+	1:02.0	1:02.9	1:11.2	56.8	2:19.3
Girls					
10&U	39.8	37.5	43.1	33.5	1:24.8
11-12	1:15.5	1:15.7	1:26.4	1:07.8	2:44.8
13-14	1:10.5	1:11.3	1:19.9	1:04.3	2:35.7
15+	1:09.0	1:09.4	1:18.2	1:03.0	2:32.5

Any swimmers exceeding above times during meet will receive 'speeding tickets'

Programme of Events

Pool will be open at 7:30am for swimmers
Register by 8:00am. Warm Up starts at 8:00am. Session Starts at 8:45am (Estimated finish 12:00pm)

Session	Event No	Event	Type
1	1-2	10 & Under 100 SC Metre IM	HDW
	3-4	11-12 100 SC Metre Backstroke	Heats
	5-6	13-14 100 SC Metre Freestyle	Heats
	7-8	15 & Over 100 SC Metre Butterfly	Heats
	9-10	10 & Under 50 SC Metre Breaststroke	Heats
	11-12	11-12 100 SC Metre Freestyle	Heats
	13-14	13-14 200 SC Metre IM	HDW
	15-16	11-12 100 SC Metre Backstroke	Final
	17-18	15 & Over 100 SC Metre Butterfly	Final
	19-20	13-14 100 SC Metre Freestyle	Final
	21-22	10 & Under 50 SC Metre Breaststroke	Final
	23-24	11-12 100 SC Metre Freestyle	Final
	Session 2 warm up starts at 12:30pm. Session Starts at 1:15pm (Estimated finish 4:30pm)		
2	25-26	15 & Over 100 SC Metre Backstroke	Heats
	27-28	10 & Under 50 SC Metre Freestyle	Heats
	29-30	13-14 100 SC Metre Butterfly	Heats
	31-32	11-12 200 SC Metre IM	HDW
	33-34	10 & Under 50 SC Metre Backstroke	Heats
	35-36	13-14 100 SC Metre Breaststroke	Heats
	37-38	15 & Over 100 SC Metre Freestyle	Heats
	39-40	10 & Under 50 SC Metre Freestyle	Final
	41-42	13-14 100 SC Metre Butterfly	Final
	43-44	15 & Over 100 SC Metre Backstroke	Final
	45-46	10 & Under 50 SC Metre Backstroke	Final
	47-48	13-14 100 SC Metre Breaststroke	Final
	49-50	15 & Over 100 SC Metre Freestyle	Final
Session 3 warm up starts at 5:00pm. Session Starts at 5:45pm (Estimated finish 8:30pm)			
3	51-52	15 & Over 200 SC Metre IM	HDW
	53-54	10 & Under 50 SC Metre Butterfly	Heats
	55-56	11-12 100 SC Metre Breaststroke	Heats
	57-58	13-14 100 SC Metre Backstroke	Heats
	59-60	15 & Over 100 SC Metre Breaststroke	Heats
	61-62	11-12 100 SC Metre Butterfly	Heats
	63-64	10 & Under 50 SC Metre Butterfly	Final
	65-66	11-12 100 SC Metre Breaststroke	Final
	67-68	13-14 100 SC Metre Backstroke	Final
	69-70	15 & Over 100 SC Metre Breaststroke	Final
	71-72	11-12 100 SC Metre Butterfly	Final

Newbury District Swimming Club
GRADED OPEN MEET Sat 20th June 2009
ENTRY FORM

ONE FORM PER SWIMMER – PLEASE MAKE PHOTOCOPIES

The entry fee is £4.00 per event.

Competitor Details (please write clearly in block capitals)						
FIRST NAME				LAST NAME		
DATE OF BIRTH		ASA No		SEX	M	F
CLUB						

ENTER AN EVENT BY FILLING IN THE ENTRY TIME COLUMN
(Odd numbered events are girls, even numbers are boys)

Session 1			
Session	Event No	Event	Entry Time
1	1-2	10 & Under 100 SC Metre IM	
	3-4	11-12 100 SC Metre Backstroke	
	5-6	13-14 100 SC Metre Freestyle	
	7-8	15 & Over 100 SC Metre Butterfly	
	9-10	10 & Under 50 SC Metre Breaststroke	
	11-12	11-12 100 SC Metre Freestyle	
	13-14	13-14 200 SC Metre IM	
Session 2			
Session	Event No	Event	Entry Time
2	25-26	15 & Over 100 SC Metre Backstroke	
	27-28	10 & Under 50 SC Metre Freestyle	
	29-30	13-14 100 SC Metre Butterfly	
	31-32	11-12 200 SC Metre IM	
	33-34	10 & Under 50 SC Metre Backstroke	
	35-36	13-14 100 SC Metre Breaststroke	
	37-38	15 & Over 100 SC Metre Freestyle	
Session 3			
Session	Event No	Event	Entry Time
3	51-52	15 & Over 200 SC Metre IM	
	53-54	10 & Under 50 SC Metre Butterfly	
	55-56	11-12 100 SC Metre Breaststroke	
	57-58	13-14 100 SC Metre Backstroke	
	59-60	15 & Over 100 SC Metre Breaststroke	
	61-62	11-12 100 SC Metre Butterfly	

ALL ENTRIES MUST BE RETURNED TO NDSC BY TUESDAY 26th MAY