



Present Their Sponsored

OCTOBER 2008

1ST OPEN GALA

(Under FINA Rules

& ASA Guidance & ASA Law)

DATE 11th/12th October

Venue: - Leeds International Pool

John Charles centre for sport

Middleton Grove Leeds LS11 5DJ

SATURDAY 11th Oct

Session 1

Warm-up 8:00am (Start 9:00am)

1. Boy's open 200m I.M
2. Girl's open 400m Freestyle
3. Boy's open 200m Breaststroke
4. Girl's open 50m Butterfly
5. Boy's open 50m Freestyle
6. Girl's open 100m Freestyle
7. Boy's open 100m Backstroke
8. Boy's Skins

Session 2

Warm-up T.B.A.

9. Girl's open 400m I.M.
10. Boy's open 200m Backstroke
11. Girl's open 100m Butterfly
12. Boy's open 100m Breaststroke
13. Girl's open 50m Breaststroke
14. Boy's open 50m Backstroke
15. Girl's open 200m Freestyle
16. Boy's open 200m Butterfly

SUNDAY 12th Oct

Session 3

Warm-up 8:00am (Start 9:00am)

17. Girl's open 200m I.M
18. Boy's open 400m Freestyle
19. Girl's open 200m Breaststroke
20. Boy's open 50m Butterfly
21. Girl's open 50m Freestyle
22. Boy's open 100m Freestyle
23. Girl's open 100m Backstroke
24. Girl's Skins

Session 4

Warm-up T.B.A.

25. Boy's open 400m I.M.
26. Girl's open 200m Backstroke
27. Boy's open 100m Butterfly
28. Girl's open 100m Breaststroke
29. Boy's open 50m Breaststroke
30. Girl's open 50m Backstroke
31. Boy's open 200m Freestyle
32. Girl's open 200m Butterfly

- Electronic Timing
- Computer Recording
- 50m 10 Lane Anti-Wave Pool
- **Entry Fee:-** Individual swims-£4.00 for disk entries £4.50 for paper entries

All swims are HDW
AGE GROUPS 9, 10, 11,12, 13,14, 15/over

Closing Date for Entries – 1st September 2008 ages as at 12th October 2008

FURTHER INFORMATION FROM

Keith Forster, 23 Beechfield Rise, Coxhoe, Co Durham, DH6 4SB

Tel: 0191 3779143, Mob: 07770736583

E-mail kfossa@dsl.pipex.com



OCTOBER 2008
OPEN GALA
MEET INFO.

1. This meet is held under FINA Rules & ASA Guidance & ASA Law.
2. The pool is 50m in length having 10 lanes fitted with anti-wave lane ropes using the Omega Electronic Timing System.
3. All warm-ups will be split, having the morning warm-up starting @ 8:00 with the afternoon warm-up T.B.A.
4. The meet is cardless. All withdrawals must be presented in the control room no later than 30 minutes before the commencement of each session.
5. All events are HDW with awards being made to the first 3 in each age group as stated on the program. Ages are as at 12th October 2008.
6. Heats will be seeded by submitted entry times. The organizers reserve the right to limit entries if necessary to ensure completion within the scheduled timescale.
7. The entries for the skins event will be the top ten placed swimmers from the 200 im event. Prizes for this event will be as 1st £75, 2nd £50, and 3rd £25
8. In the event of over subscription B.O.S.S.S. reserves the right to adjust the lower cut off times.
9. All heats except backstroke will use over the top starts.
10. All competitors must go through the marshalling process. If a competitor does not report to marshalling on time, the heat will proceed without the competitor concerned. **We will not call for individual swimmers.**

11. Poolside entries may be accepted depending on the amount of entries taken but will be at the discretion of B.O.S.S.S.
12. The order of events may be changed at the discretion of the meet organizer.
13. When swim down facilities are available, a lifeguard will be present for safety reasons. However, club coaches will be responsible for the behaviour of their own swimmers. Any swimmers found to be misbehaving or not utilising the swim down facility appropriately will be asked to leave the swim down pool.
14. For health & safety reasons any swimmer wearing body paint will not be allowed to enter the water.
15. Swimmers & spectators are advised to ensure the safety of their belongings as neither the competition organizers nor pool management can accept any responsibility for loss or damage. Any property lost or found should be handed to the organizer.
16. Please be aware that we share the premises with other users. This especially applies to changing room facilities. Anyone causing a nuisance in shared areas will be required to leave the premises immediately without any refund of entries.
17. Any swimmer or spectator found vandalizing the Leisure Complex will be required to leave the premises without any refund of entries.

9- October 2007



OCTOBER 2008
OPEN GALA
ENTRY FORM

Club

Tel. No

Competition Secretary

Address

Total No of Male Entries

Total No of Female Entries

Indiv. entries entered on disk @ 4.00 £ or on Paper @ 4.50 £

Number of Coach Passes @ 10.00 per day £
(Includes: results, programme & meals)

Total to Pay £

Please forward all entries and a S.A.E. together with a cheque made payable to Borough Of Stockton Swim Scheme to:-

Keith Forster, 23 Beechfield Rise, Coxhoe, Co Durham, DH6 4SB
Telephone: 0191 3779143

CLOSING DATE FOR ENTRIES
1st September 2008

Minimum Qualifying Times For B.o.s.s.s. Open (50m)

(As directed by British Swimming)

BOYS										GIRLS								
9	10	11	12	13	14	15	16	17	Event	9	10	11	12	13	14	15	16	17
45.0	40.4	37.7	34.8	32.6	30.9	29.6	29.1	28.8	50m Free	44.8	40.1	37.0	35.0	33.5	32.6	32.1	32.1	32.0
1.44.6	1.28.8	1.21.1	1.14.4	1.09.4	1.06.4	1.04.3	1.03.3	1.02.4	100m Free	1.45.2	1.28.0	1.19.4	1.14.6	1.11.5	1.10.1	1.09.4	1.09.1	1.08.8
3.48.6	3.11.9	2.56.0	2.43.1	2.31.1	2.24.6	2.19.9	2.17.8	2.16.2	200m Free	3.48.0	3.08.4	2.52.5	2.41.3	2.33.7	2.31.0	2.29.1	2.27.9	2.27.2
8.04.5	6.44.5	6.06.0	5.39.8	5.18.1	5.05.7	4.54.8	4.49.9	4.48.2	400m Free	7.57.6	6.38.2	5.59.4	5.36.6	5.21.3	5.15.6	5.12.0	5.10.4	5.08.9
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	800m Free	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	1500m Free	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
59.7	53.3	48.8	44.4	41.0	39.0	37.5	37.1	36.3	50m Brst	59.2	51.4	47.3	44.2	42.2	41.0	40.3	40.2	40.4
2.15.2	1.55.7	1.44.2	1.35.0	1.27.9	1.23.7	1.20.9	1.19.9	1.19.0	100m Brst	2.15.3	1.52.3	1.41.1	1.34.2	1.29.7	1.28.0	1.27.0	1.26.9	1.26.8
4.50.4	4.08.3	3.45.6	3.26.7	3.11.3	3.00.9	2.55.0	2.52.8	2.50.8	200m Brst	4.47.8	3.39.9	3.37.9	3.24.1	3.12.8	3.08.4	3.07.4	3.07.1	3.06.9
52.1	44.7	41.5	38.1	35.4	33.6	32.1	31.7	31.0	50m Fly	50.3	44.2	40.5	38.0	36.0	35.2	34.5	34.5	34.4
1.56.0	1.40.1	1.30.5	1.22.8	1.16.5	1.12.3	1.09.8	1.08.6	1.07.7	100m Fly	1.53.1	1.40.1	1.28.3	1.22.4	1.18.5	1.16.3	1.15.7	1.15.6	1.14.7
4.16.9	3.50.0	3.21.9	3.03.7	2.49.7	2.39.8	2.34.2	2.31.3	2.30.2	200m FLY	4.08.2	3.43.1	3.16.9	3.02.4	2.51.5	2.48.0	2.45.5	2.45.0	2.43.3
53.4	47.4	43.8	40.6	37.7	35.7	34.4	33.9	33.3	50m Bk	52.6	46.4	42.7	40.3	38.8	37.7	36.8	36.7	36.5
2.01.0	1.42.0	1.31.9	1.24.7	1.18.5	1.14.6	1.12.1	1.11.2	1.10.5	100m Bk	2.03.7	1.39.9	1.29.9	1.24.2	1.20.8	1.18.6	1.17.7	1.17.5	1.17.0
4.20.6	3.37.4	3.17.9	3.02.1	2.49.7	2.40.9	2.35.0	2.33.2	2.32.3	200m Bk	4.21.9	3.29.3	3.12.7	2.59.8	2.52.7	2.48.0	2.45.5	2.44.4	2.43.9
4.23.6	3.38.8	3.19.6	3.03.8	2.50.8	2.43.2	2.38.0	2.35.5	2.33.8	200m IM	4.21.6	3.33.3	3.14.3	3.02.2	2.54.2	2.50.3	2.48.7	2.47.9	2.46.8
9.21.3	8.11.9	7.08.7	6.31.5	6.03.8	5.47.3	5.35.2	5.30.2	5.28.7	400m Im	9.12.9	7.48.7	6.56.6	6.25.6	6.07.6	5.59.1	5.54.7	6.54.7	5.62.4