

B **Tees Active** **SSS**

BOROUGH OF STOCKTON SWIM SCHEME

Present Their Sponsored

2ND OPEN GALA

OCTOBER 2009

(Under FINA Rules
& ASA Guidance & ASA Law)

Affiliated to the Northumberland & Durham ASA.

DATE 10th/11th October 2009

Venue: - JOHN CHARLES

CENTRE FOR SPORT

Middleton Grove Leeds LS11 5DJ

SATURDAY 10th Oct

Session 1

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

1. Boys open 400m IM
2. Girls open 200m IM
3. Boys open 200m Breaststroke
4. Girls open 50m Butterfly
5. Boys open 50m Freestyle
6. Girls open 100m Freestyle
7. Boys open 100m Backstroke
8. Girls Skins

Session 2

Warm-up T.B.A.

9. Girls open 400m Freestyle
10. Boys open 200m Backstroke
11. Girls open 100m Butterfly
12. Boys open 100m Breaststroke
13. Girls open 50m Breaststroke
14. Boys open 50m Backstroke
15. Girls open 200m Freestyle
16. Boys open 200m Butterfly

SUNDAY 11th Oct

Session 3

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

17. Girls open 400m IM
18. Boys open 200m IM
19. Girls open 200m Breaststroke
20. Boys open 50m Butterfly
21. Girls open 50m Freestyle
22. Boys open 100m Freestyle
23. Girls open 100m Backstroke
24. Boys Skins

Session 4

Warm-up T.B.A.

25. Boys open 400m Freestyle
26. Girls open 200m Backstroke
27. Boys open 100m Butterfly
28. Girls open 100m Breaststroke
29. Boys open 50m Breaststroke
30. Girls open 50m Backstroke
31. Boys open 200m Freestyle
32. Girls 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 – 8th September 2009 ages as at 11th October 2009

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 2009 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 45 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 11th October 2009.
6. Heats will be seeded by submitted entry times. The organisers reserve the right to limit entries if necessary to ensure completion within the scheduled timescale.
7. The entries for the skins events will be the top **EIGHT** placed swimmers from the 200 IM event. Prizes for this event will be as 1st £75, 2nd £50, 3rd £30, 4th £25, 5th £20, 6th £15, 7th £10, and 8th £5
8. In the event of over subscription BOSSS. 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 BOSSS.officials.
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 organisers nor pool management can accept any responsibility for loss or damage. Any property lost or found should be handed to the organisers.
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.



10TH/11TH OCTOBER 2009
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
8th September 2009



Minimum Qualifying Times For BOSSS Open

Level 1 Licensed Meet - Minimum Permitted Qualifying Times – 50m

BOYS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.6	39	37	34.9	33	31.3	29.7	28.7	28.4	27.4
100m Freestyle			1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5	1:00.5
200m Freestyle	3:23.4	3:03.6	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7	2:13.7
400m Freestyle	7:22.5	6:26.4	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:49.1	4:44.6	4:43.4
50m Breaststroke	56.8	51.6	48.2	44.6	41.8	39.7	37.8	36.8	35.8	34.9
100m Breaststroke			1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9	1:17.0	1:15.8
200m Breaststroke	4:20.5	3:57.2	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:51.6	2:47.0	2:43.9
50m Butterfly	48.8	43.5	40.8	38.1	35.9	34	32.2	31.4	30.6	29.7
100m Butterfly			1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8	1:06.5	1:05.0
200m Butterfly	4:03.7	3:32.3	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4	2:27.6	2:24.7
50m Backstroke	50.3	46	43.2	40.5	38.2	36.1	34.5	33.5	32.7	31.7
100m Backstroke			1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3	1:07.5
200m Backstroke	3:46.7	3:25.8	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:31.4	2:28.6	2:26.7
200m Individual Medley	3:52.0	3:29.6	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0	2:29.2
400m Individual Medley	8:21.9	7:26.3	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:27.6	5:22.6	5:17.2

GIRLS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.8	39.8	37.3	35.4	34	32.9	32.2	31.9	31.8	30.5
100m Freestyle		1:26.2	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1	1:07.3
200m Freestyle	3:29.1	3:04.4	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8	2:25.8
400m Freestyle	7:20.7	6:27.4	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:09.2	5:06.3	5:06.3
50m Breaststroke	57	51.2	47.8	45	43.1	41.5	40.6	40.1	39.8	38.6
100m Breaststroke		1:50.3	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1	1:25.2	1:23.6
200m Breaststroke	4:27.3	3:55.5	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:05.8	3:04.0	2:59.8
50m Butterfly	48.2	44	40.7	38.6	36.7	35.7	34.8	34.2	34.2	32.6
100m Butterfly		1:37.1	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0	1:12.1
200m Butterfly	3:56.6	3:34.6	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:43.3	2:41.3	2:38.3
50m Backstroke	50.2	46	43.1	40.9	39.4	38	37	36.6	36.3	35.3
100m Backstroke		1:37.5	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3	1:14.6
200m Backstroke	3:52.7	3:26.3	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:43.9	2:42.8	2:39.9
200m Individual Medley	3:55.2	3:29.6	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5	2:43.7
400m Individual Medley	8:24.4	7:26.2	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:50.8	5:48.7	5:43.9

