

Derwentside ASC

7th Annual Charity Swim Meet 2016



Patron: Jenny Agutter OBE

**Cystic
Fibrosis**

Registered Charity No. 1079049



**THE
great north
CHILDREN'S HOSPITAL**
Registered Charity No. 502473

All proceeds in aid of

The Cystic Fibrosis Trust and The Great North Children's Hospital Charity (PICU and Ward 9)

(licensed by ASANER 3NE160129)

at

The Louisa Centre, Stanley

4-5 June 2016

SATURDAY

Session 1 Warmup 8:00 Start 9:00
Event 101 Boys 9/11 Yrs 200m Backstroke
Event 102 Girls 9 Yrs/Over 50m Freestyle
Event 103 Boys 12 Yrs/Over 200m Breaststroke
Event 104 Girls 9 Yrs/Over 100m Butterfly
Event 105 Boys 9 Yrs/Over 50m Breaststroke
Event 106 Girls 9/11 Yrs 200m Freestyle
Event 107 Boys 9 Yrs/Over 100m Backstroke
Event 108 Girls 12 Yrs/Over 200m IM
Event 109 Boys 10 Yrs/Over 200m Butterfly
FINALS 9/11 and 12/Ov Girls 50m Breaststroke
and Boys 50m Freestyle

Session 2 Warmup TBC
Event 201 Girls 9/11 Yrs 100m IM
Event 202 Boys 9/11 Yrs 200m Breaststroke
Event 203 Girls 9 Yrs/Over 50m Backstroke
Event 204 Boys 9 Yrs/Over 50m Butterfly
Event 205 Girls 9 Yrs/Over 100m Freestyle
Event 206 Boys 9 Yrs/Over 100m Breaststroke
Event 207 Girls 12 Yrs/Over 200m Freestyle
Event 208 Boys 12 Yrs/Over 200m Backstroke
FINALS 9/11 and 12/Ov Girls 50m Backstroke
and Boys 50m Butterfly

SUNDAY

Session 3 Warmup 8:00 Start 9:00
Event 301 Girls 9/11 Yrs 200m Backstroke
Event 302 Boys 9 Yrs/Over 50m Freestyle
Event 303 Girls 12 Yrs/Over 200m Breaststroke
Event 304 Boys 9 Yrs/Over 100m Butterfly
Event 305 Girls 9 Yrs/Over 50m Breaststroke
Event 306 Boys 9/11 Yrs 200m Freestyle
Event 307 Girls 9 Yrs/Over 100m Backstroke
Event 308 Boys 12 Yrs/Over 200m IM
Event 309 Girls 10 Yrs/Over 200m Butterfly
FINALS 9/11 and 12/Ov Boys 50m Freestyle
and Girls 50m Breaststroke

Session 4 Warmup TBC
Event 401 Boys 9/11 Yrs 100m IM
Event 402 Girls 9/11 Yrs 200m Breaststroke
Event 403 Boys 9 Yrs/Over 50m Backstroke
Event 404 Girls 9 Yrs/Over 50m Butterfly
Event 405 Boys 9 Yrs/Over 100m Freestyle
Event 406 Girls 9 Yrs/Over 100m Breaststroke
Event 407 Boys 12 Yrs/Over 200m Freestyle
Event 408 Girls 12 Yrs/Over 200m Backstroke
FINALS 9/11 and 12/Ov Boys 50m Backstroke
and Girls 50m Butterfly

This meet is "first come, first served"

Opening date for entries: 8am, Friday 22 April

Closing date: when full

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Meet Conditions

- 1) Held under ASA Laws & ASA Technical Rules.
- 2) Meet to be held at The Louisa Centre, Stanley – the Pool length is 25m of variable depth with 6 lanes & anti-wave lane ropes; a separate swim down facility is available.
- 3) Colorado Electronic Timing will be in operation with scoreboard display. Times displayed are for information only.
- 4) Age groups/Events will be:
 - 9 years: 50m, 100m and 200m form strokes (**excluding 200m Butterfly**);
 - 9/11 years: 100m IM;
 - 10/Over years: 50m, 100m and 200m form strokes;
 - 12/Over years: 200m IM;
 - FINALS for 50m events (9/11 and 12/Ov);
 - 100/200m events will be Heat Declared Winner by Age Group (see Para 13).
- 5) This meet is "First come – First served", entries open 8am, Friday 22 April.
- 6) Entry times must be no faster than the accompanying QTs.
- 7) If necessary, entry times should be converted to 25m pool times by use of ASA Conversion Tables.
- 8) Ages are as at 5 June 2016.
- 9) Entry fees: £5.50 "paper" entries, £5.00 Sportsystem Entry Manager entries;
Coach passes cost £15.00 which includes programme, start sheets and refreshments;
Coaches will not be permitted on poolside without the necessary pass.
- 10) Entries must be submitted on the Entry Manager file or by email and include the swimmer's full date of birth and ASA number.
 - a. The appropriate entry fee and summary sheet should be posted to:
Kevin Hughes, 2 Meadowfield Way, Tanfield Lea, Stanley, Co Durham, DH9 9PG.
 - b. Email Sportsystems Entry Manager file to philip@blencathra.org.uk (see Summary Sheet for online payment details).
- 11) Cheques should be made payable to "Derwentside ASC". A valid email address or SAE must be supplied for entry confirmation.
- 12) Heats will be seeded by submitted entry times from slowest to fastest (swimmers not submitting an entry time will be seeded in the earliest heats) and all heats will be spearheaded. The organisers reserve the right to limit entries if required to ensure completion of the meet within the scheduled timescale.
- 13) Awards will be made to the first three in each age group as listed below:
HDW (100/200m) events 9, 10/11, 12/13, 14/Ov; Finals (50m) 9/11, 12/Ov.
- 14) Swimmers will be permitted to compete for only one club during the meet.
- 15) For safety reasons only swimmers who can perform an ASA competitive start may perform a shallow racing dive from the starting blocks. Where possible, over-the-top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 16) Admission for spectators will be £5 per day, programme £2, weekend pass £10 (includes programme).
Children, accompanied by adults, will be admitted free.

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- 17) Poolside entries, £6.00 may be accepted if the meet has not been over-subscribed.
- 18) Derwentside ASC will **NOT** be responsible for any unaccompanied swimmer on the poolside. The responsibility falls on the club entering the swimmer, who should appoint an individual to be on the poolside i.e. a DBS (CRB) checked adult with a coach's pass.
- 19) Coaches/Team managers are responsible for ensuring competitors report to the marshalling area at the required time. Swimmers failing to report to the competitive marshals in time for the start of their race may not be allowed to compete.
- 20) Only pool staff, coaches, officials and authorised club volunteers are allowed in the changing area and on poolside – a poolside pass or ASA pass must be worn at all times and coaches and authorised club helpers should wear an identifying club top. Parents are not permitted in the changing area, poolside or on the stairways down from the spectator area.
- 21) Coaches or Team Managers should advise the recorders of any missing swimmers at least 45 minutes before the session start. Seeded heat start lists will be produced prior to the start time of the session.
- 22) **Swimmers and parents are not permitted on the stairways down to poolside as these are for official and emergency use only.**
- 23) Swimmers leaving the pool area must wear a top and footwear.
- 24) Anyone found damaging or misusing property or equipment at the host venue may be disqualified from any further involvement in the competition and may be subject to further action from the Pool Management.
- 25) Derwentside ASC and Derwentside Trust for Sport and the Arts (Leisureworks) cannot be held responsible for loss or damage to spectators' or swimmers' property. Swimmers are advised to use the lockers (50p refundable) in the changing rooms and not to leave belongings unattended in the changing area or on poolside.
- 26) Anyone wishing to use photographic equipment within the spectator area must register at the spectators' desk beforehand and wear the identifying wristband at all times. **Under no circumstance may photographs be taken in the changing area. Only an officially designated photographer will be permitted on poolside.**
- 27) The Lead Referee will be: Chris Johnston: 8, Corvan Terrace, White-le-Head, Tantobie, Stanley, Co Durham DH9 9SJ, Tel: 01207284199.
- 28) Any points not covered here will be at the discretion of the meet organisers.

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UPPER LIMITS

GIRLS

9 yrs	10/11 yrs	12/13 yrs	14/Ov	EVENT
No Upper Limit				50 Freestyle
01:09.8	01:09.8	01:04.7	00:58.4	100 Freestyle
02:30.7	02:30.7	02:18.5	02:06.0	200 Freestyle
No Upper Limit				50 Breaststroke
01:33.7	01:33.7	01:27.6	01:15.5	100 Breaststroke
03:19.4	03:19.4	03:07.2	02:42.9	200 Breaststroke
No Upper Limit				50 Butterfly
01:24.1	01:24.1	01:14.0	01:05.0	100 Butterfly
	03:05.3	02:46.1	02:23.8	200 Butterfly
No Upper Limit				50 Backstroke
01:21.0	01:21.0	01:14.3	01:06.4	100 Backstroke
02:49.0	02:49.0	02:38.9	02:22.8	200 Backstroke
01:20.0	01:20.0			100 IM
		02:39.6	02:23.9	200 IM

BOYS

9 yrs	10/11 yrs	12/13 yrs	14/Ov	EVENT
No Upper Limit				50 Freestyle
01:07.0	01:07.0	01:03.0	00:52.9	100 Freestyle
02:25.0	02:25.0	02:15.5	01:55.7	200 Freestyle
No Upper Limit				50 Breaststroke
01:30.0	01:30.0	01:24.5	01:08.4	100 Breaststroke
03:12.0	03:12.0	03:00.1	02:29.7	200 Breaststroke
No Upper Limit				50 Butterfly
01:16.0	01:16.0	01:13.0	00:58.5	100 Butterfly
	02:55.0	02:46.1	02:11.4	200 Butterfly
No Upper Limit				50 Backstroke
01:16.0	01:16.0	01:11.9	01:00.9	100 Backstroke
02:42.0	02:42.0	02:34.9	02:12.0	200 Backstroke
01:18.0	01:18.0			100 IM
		02:35.5	02:12.1	200 IM

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CLUB SUMMARY SHEET

CLUB:

Entries				Total Cost
"Paper" entries	Male @ £5.50	Total swims		
"Paper" entries	Female @ £5.50	Total swims		
Entry Manager	Male @ £5.00	Total swims		
Entry Manager	Female @ £5.00	Total swims		

Coach Passes @	£15	No required		
		TOTAL		

Names of registered coaches [may exceed required passes]

I confirm that all swimmers and poolside staff are club members and that poolside staff are DBS (CRB) checked.

Signed: _____

on behalf of _____

Club contact email address:

Please make cheques payable to Derwentside ASC and post it, along with summary sheet, to:

Clubs may make payment by Online Banking:

Sort Code 20-33-51
Account Number 90663050

Kevin Hughes
2 Meadowfield Way
Tanfield Lea
Stanley
Co Durham
DH9 9PG

If paying by online, please email this summary sheet and reference number to:

<mailto:klemhughes@yahoo.co.uk>

