

# Derwentside ASC

## Developmental Meet 2017



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at

The Louisa Centre, Stanley

4-5 March 2017

### SATURDAY

Session 1 Warmup 8:00	Start 9:00	
Event 101 Girls 12/Ov	200m IM	
Event 102 Boys 9/Ov	50m Freestyle	
Event 103 Girls 9/Ov	50m Backstroke	
Event 104 Boys 9/11 yrs	200m Breaststroke	
Event 105 Girls 10/Ov	200m Butterfly	
Event 106 Boys 9/Ov	100m Backstroke	
Event 107 Girls 9/11 yrs	200m Freestyle	
Event 108 Boys 12/Ov	200m Backstroke	
Event 109 Girls 9/Ov	100m Butterfly	
Event 110 Boys 9 yrs	Final of 50m Freestyle	
Event 111 Girls 9 yrs	Final of 50m Backstroke	
Event 112 Boys 10 yrs	Final of 50m Freestyle	
Event 113 Girls 10 yrs	Final of 50m Backstroke	
Event 114 Boys 11/12 yrs	Final of 50m Freestyle	
Event 115 Girls 11/12 yrs	Final of 50m Backstroke	
Event 116 Boys 13/Ov	Final of 50m Freestyle	
Event 117 Girls 13/Ov	Final of 50m Backstroke	

### Session 2 Warmup TBC

Event 201 Boys 12/Ov	200m Freestyle	
Event 202 Girls 9/Ov	50m Breaststroke	
Event 203 Boys 9/Ov	50m Butterfly	
Event 204 Girls 12/Ov	200m Breaststroke	
Event 205 Boys 9/Ov	100m Freestyle	
Event 206 Girls 9/11 yrs	200m Backstroke	
Event 207 Boys 9/11 yrs	100m IM	
Event 208 Girls 9/Ov	100m Breaststroke	
Event 209 Boys 9 yrs	Final of 50m Butterfly	
Event 210 Girls 9 yrs	Final of 50m Breaststroke	
Event 211 Boys 10 yrs	Final of 50m Butterfly	
Event 212 Girls 10 yrs	Final of 50m Breaststroke	
Event 213 Boys 11/12 yrs	Final of 50m Butterfly	
Event 214 Girls 11/12 yrs	Final of 50m Breaststroke	
Event 215 Boys 13/Ov	Final of 50m Butterfly	
Event 216 Girls 13/Ov	Final of 50m Breaststroke	

### SUNDAY

Session 3 Warmup 8:00	Start 9:00	
Event 301 Boys 12/Ov	200m IM	
Event 302 Girls 9/Ov	50m Freestyle	
Event 303 Boys 9/Ov	50m Backstroke	
Event 304 Girls 9/11 yrs	200m Breaststroke	
Event 305 Boys 10/Ov	200m Butterfly	
Event 306 Girls 9/Ov	100m Backstroke	
Event 307 Boys 9/11 yrs	200m Freestyle	
Event 308 Girls 12/Ov	200m Backstroke	
Event 309 Boys 9/Ov	100m Butterfly	
Event 310 Girls 9 yrs	Final of 50m Freestyle	
Event 311 Boys 9 yrs	Final of 50m Backstroke	
Event 312 Girls 10 yrs	Final of 50m Freestyle	
Event 313 Boys 10 yrs	Final of 50m Backstroke	
Event 314 Girls 11/12 yrs	Final of 50m Freestyle	
Event 315 Boys 11/12 yrs	Final of 50m Backstroke	
Event 316 Girls 13/Ov	Final of 50m Freestyle	
Event 317 Boys 13/Ov	Final of 50m Backstroke	

### Session 4 Warmup TBC

Event 401 Girls 12/Ov	200m Freestyle	
Event 402 Boys 9/Ov	50m Breaststroke	
Event 403 Girls 9/Ov	50m Butterfly	
Event 404 Boys 12/Ov	200m Breaststroke	
Event 405 Girls 9/Ov	100m Freestyle	
Event 406 Boys 9/11 yrs	200m Backstroke	
Event 407 Girls 9/11 yrs	100m IM	
Event 408 Boys 9/Ov	100m Breaststroke	
Event 409 Girls 9 yrs	Final of 50m Butterfly	
Event 410 Boys 9 yrs	Final of 50m Breaststroke	
Event 411 Girls 10 yrs	Final of 50m Butterfly	
Event 412 Boys 10 yrs	Final of 50m Breaststroke	
Event 413 Girls 11/12 yrs	Final of 50m Butterfly	
Event 414 Boys 11/12 yrs	Final of 50m Breaststroke	
Event 415 Girls 13/Ov	Final of 50m Butterfly	
Event 416 Boys 13/Ov	Final of 50m Breaststroke	

**AGE AS AT 5 MARCH 2017**

**Fastest swimmers in each age group refunded if the meet is over-subscribed**

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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), 100m IM;
  - 10/11 years: 50m, 100m and 200m form strokes, 100m IM;
  - 12/Over years: 50m, 100m and 200m form strokes, 200m IM;
  - FINALS for 50m events;
  - All events will be Heat Declared Winner by Age Group (see Para 13) as well as awards to first three in finals.
- 5) Entries close 1 February 2017 – **late entries (£6.00) will be accepted if the meet is not full.**
- 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 March 2017.
- 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](mailto: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 save 50m events which will be cyclically seeded. 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: HDW 9, 10, 11, 12, 13/Ov; Finals 9, 10, 11/12, 13/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, at the organiser's discretion, 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) Hot drinks are not permitted on poolside.
- 25) 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.
- 26) 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.
- 27) 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.**
- 28) Officials' expenses will be limited to £25 per day for those officials without a child competing and £12.50 for those with a child competing.
- 29) The Lead Referee will be: Chris Johnston: 8, Corvan Terrace, White-le-Head, Tantobie, Stanley, Co Durham DH9 9SJ, Tel: 01207284199.
- 30) Any points not covered here will be at the discretion of the meet organisers.

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### UPPER LIMITS

#### GIRLS

EVENT	9 yrs	10 yrs	11 yrs	12 yrs	13/Ov yrs
50 Freestyle	No Upper Limit				
100 Freestyle	01:06.0	01:06.0	01:06.0	01:06.0	01:02.0
200 Freestyle	02:31.0	02:31.0	02:20.0	02:20.0	02:11.0
50 Breaststroke	No Upper Limit				
100 Breaststroke	01:28.0	01:28.0	01:28.0	01:28.0	01:23.0
200 Breaststroke	03:23.0	03:23.0	03:10.0	03:10.0	03:02.0
50 Butterfly	No Upper Limit				
100 Butterfly	01:17.0	01:17.0	01:17.0	01:17.0	01:09.0
200 Butterfly		03:13.0	02:55.0	02:55.0	02:37.0
50 Backstroke	No Upper Limit				
100 Backstroke	01:17.0	01:17.0	01:17.0	01:17.0	01:10.0
200 Backstroke	02:50.0	02:50.0	02:39.0	02:39.0	02:30.0
100 IM	01:25.0				
200 IM				02:30.0	

#### BOYS

EVENT	9 yrs	10 yrs	11 yrs	12 yrs	13/Ov yrs
50 Freestyle	No Upper Limit				
100 Freestyle	01:06.0	01:06.0	01:06.0	01:06.0	01:02.0
200 Freestyle	02:31.0	02:31.0	02:20.0	02:20.0	02:11.0
50 Breaststroke	No Upper Limit				
100 Breaststroke	01:28.0	01:28.0	01:28.0	01:28.0	01:23.0
200 Breaststroke	03:23.0	03:23.0	03:10.0	03:10.0	03:02.0
50 Butterfly	No Upper Limit				
100 Butterfly	01:17.0	01:17.0	01:17.0	01:17.0	01:09.0
200 Butterfly		03:13.0	02:55.0	02:55.0	02:37.0
50 Backstroke	No Upper Limit				
100 Backstroke	01:17.0	01:17.0	01:17.0	01:17.0	01:10.0
200 Backstroke	02:50.0	02:50.0	02:39.0	02:39.0	02:30.0
100 IM	01:25.0				
200 IM				02:30.0	

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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 70509000

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>

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**Club:**

NAME	ASA Reg	DoB	Freestyle			Backstroke			Breaststroke			Butterfly			IM	
			50m	100m	200m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m