Affiliated to the Northumberland & Durham A.S.A.



Present Their

**November 2019**

# **LEVEL 3 MEET**

(Under FINA Rules & ASA Guidance & ASA Law)

**DATE 9th/10th November 2019**

**Venue: - Woodhouse Close, Leisure Complex,**

**Bishop Auckland, Co. Durham**

**SUNDAY 10th Novemeber**

**Session 3 9 (a.m.)**

**Warm-up t.b.a**

15 Boy’s 10/Over 200m Freestyle

16. Girl’s 10/Over 50m Butterfly

1. Boy’s 10/Over 50m Backstroke
2. Girl’s 10/Over 200m Butterfly

19. Boy’s10/Over 100m Breaststroke

20. Girl’s10/Over 100m Backstroke

21. Boy’s 10/Over 100m I.M.

**Session 4 (p.m.)**

**Warm-up t.b.a**

22. Girl’s 10/Over 200m I.M.

23. Boy’s 10/Over 200m Backstroke

24. Girl’s 10/Over 50m Breaststroke

1. Boy’s 10/Over 50m Freestyle

26. Girl’s 10/Over 200m Breaststroke

1. Boy’s10/Over 100m Butterfly
2. Girl’s10/Over 100m Freestyle

**SATURDAY 9th November**

**Session 1 9 (a.m.)**

**Warm-up t.b.a**

1. Girl’s 10/Over 200m Freestyle

2. Boy’s 10/Over 50m Butterfly

3. Girl’s 10/Over 50m Backstroke

4. Boy’s 10/Over 200m Butterfly

1. Girl’s 10/Over 100m Breaststroke
2. Boy’s10/Over 100m Backstroke
3. Girl’s 10/Over 100m I.M.

**Session 2 (p.m.)**

**Warm-up t.b.a**

8. Boy’s 10/Over 200m I.M.

9. Girl’s 10/Over 200m Backstroke

10. Boy’s 10/Over 50m Breaststroke

1. Girl’s 10/Over 50m Freestyle

12. Boy’s 10/Over 200m Breaststroke

1. Girl’s 10/Over 100m Butterfly
2. Boy’s10/Over 100m Freestyle

* Electronic Timing All swims are HDW
* Computer Recording Age Groups 10, 11,12, 13,14, 15,16/over
* 25m 6 Lane Anti-Wave Pool Age as at 31st December 2019
* **Entry Fee**:- Individual swims-£5.50 per swim

**Closing Date for Entries – 23rd April 2004. Age as at 23rd May 2004**

**FURTHER INFORMATION FROM**

**Natasha Raisbeck, 8 Spencer Road, Spennymoor, Co Durham. DL16 7WA**

**Tel: 07796156122**

**E-mail natasha.raisbeck@gmail.co.uk**

**CLOSING DATE : 11th October 2019**



**November 2019**

##### **LEVEL 3**

###### **MEET INFO**

1. This meet is held under FINA Rules & ASA Guidance & ASA Law.
2. The pool is 25m in length having 6 lanes fitted with anti-wave lane ropes using the Colorado Electronic Timing System.
3. All warm-ups will be split, having the morning warm-up starting @ 8:00(may be subject to change) with the afternoon warm-up to be advised. All will be confirmed upon receipt of accepted entries.
4. All withdrawals must be presented in the back room no later than 45 minutes before the commencement of each session.
5. Entries will not be accepted from swimmers who have swam faster than the enclosed cut off times.
6. 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 31st December 2019.
7. 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 (maximum of 3 hours 15 minutes per session)
8. In the event of over subscription Wear Valley ASC 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 will be accepted at the discretion of WVASC.
12. The order of events may be changed at the discretion of the meet organiser.
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 organiser.
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 vandalising Wood House Close Leisure Complex will be required to leave the premises without any refund of entries.
18. Lead referee for this meet is, contact details are:- Christine Golightly, [christine.golightly@hotmail.co.uk](mailto:christine.golightly@hotmail.co.uk)

**November 2019**

##### **LEVEL 3**

##### **MEET**



##### **Entry Form**

Club Tel. No

Competition Secretary Email Address

Total No of Individual Entries

Indiv.entries entered on disk @ 5.50 £

Number of Coach Passes @ 12.00 £

*(Includes: results, programme & meals)*

Total to Pay £

Please forward all entries, [Natasha.raisbeck@gmail.co.uk](mailto:Natasha.raisbeck@gmail.co.uk) and contact details together with a cheque made payable to WEAR VALLEY ASC to (or if you prefer payment can be made via bank transfer, please contact for details):-

**Natasha Raisbeck, 8 Spencer Road, Spennymoor, Co Durham DL16 7WA**

**Tel: 07796156122**

**CLOSING DATE FOR ENTRIES**

**11th October 2019**