

Stockport Metro April Meet 2013

License Number: 1NW3039

To be held at Life Leisure Grand Central, Stockport

Friday 12th to Sunday 14th April 2013

(under ASA Laws and ASA Technical Rules)

Welcome,

We are pleased to present to you our April Meet details. Now in its 7th year, our Long Course Meet is growing in quality, and we hope to make this year's event the most successful ever, with fast swimming and a superb atmosphere. We have again incorporated 10 minute breaks into each session to allow swimmers to swim down.

The main features of the event are:

- Swimmers will swim Age on the Day (14.04.13)
- There will be an award for top visiting club

Included in this pack:

- Programme of Events
- Minimum Qualifying Standards for a Level 1 meet (as per ASA Licensing Guidelines)
- Competition Rules and Meet Information
- Individual Entry Form

Our website, www.stockport-metro.co.uk, will include all information and regular updates. A map of the area and directions to Life Leisure Grand Central is also available on the website.

These events continue to be successful thanks to the support and hard work of the officials and volunteer helpers. If you have any comments or suggestions to help us improve the way we do things, please do not hesitate to tell us, either during the course of the event, or via the website, where a results service will also be available. Alternatively if you need any more information please contact me by phone or email.

We look forward to receiving your entries.

Richard Blackshaw

Meet Organiser

0161 429 5826

richard.blackshaw@lifeleisure.net

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Meet Programme

SESSION 1: Friday 12th Apr 2013

W/Up: 5.00pm Start: 5.45pm

101	G	OPEN	HDW	800 Freestyle
10 minute warm down				
102	B	OPEN	HDW	1500 Freestyle

SESSION 2: Saturday 13th Apr 2013

W/Up: 8.00am Start: 9.00am

201	G	OPEN	HDW	400 IM
202	B	OPEN	HDW	200 IM
203	G	OPEN	Heats	100 Butterfly
204	B	OPEN	Heats	100 Freestyle
10 minute warm down				
205	G	OPEN	Heats	100 Breaststroke
206	B	OPEN	HDW	200 Backstroke
207	G	OPEN	HDW	50 Butterfly
208	B	OPEN	HDW	50 Backstroke
209	G	AGE	Final	100 Butterfly
210	G	YOUTH	Final	100 Butterfly
211	B	AGE	Final	100 Freestyle
212	B	YOUTH	Final	100 Freestyle
213	G	AGE	Final	100 Breaststroke
214	G	YOUTH	Final	100 Breaststroke

SESSION 3: Saturday 13th Apr 2013

W/Up: 1.30pm Start: 2.30pm

301	B	OPEN	HDW	400 Freestyle
302	G	OPEN	HDW	200 Freestyle
303	B	OPEN	HDW	200 Breaststroke
10 minute warm down				
304	G	OPEN	Heats	100 Backstroke
305	B	OPEN	HDW	200 Butterfly
306	G	OPEN	HDW	50 Freestyle
307	B	OPEN	HDW	50 Breaststroke
308	G	AGE	Final	100 Backstroke
309	G	YOUTH	Final	100 Backstroke
310	B	14/U	Invitation	Medley "SKINS"
311	B	15/O	Invitation	Medley "SKINS"

SESSION 4: Sunday 14th Apr 2013

W/Up: 8.00am Start: 9.00am

401	B	OPEN	HDW	400 IM
402	G	OPEN	HDW	200 IM
403	B	OPEN	Heats	100 Butterfly
404	G	OPEN	Heats	100 Freestyle
10 minute warm down				
405	B	OPEN	Heats	100 Breaststroke
406	G	OPEN	HDW	200 Backstroke
407	B	OPEN	HDW	50 Butterfly
408	G	OPEN	HDW	50 Backstroke
409	B	AGE	Final	100 Butterfly
410	B	YOUTH	Final	100 Butterfly
411	G	AGE	Final	100 Freestyle
412	G	YOUTH	Final	100 Freestyle
413	B	AGE	Final	100 Breaststroke
414	B	YOUTH	Final	100 Breaststroke

SESSION 5: Sunday 14th Apr 2013

W/Up: 1.00pm Start: 2.00pm

501	G	OPEN	HDW	400 Freestyle
502	B	OPEN	HDW	200 Freestyle
503	G	OPEN	HDW	200 Breaststroke
10 minute warm down				
504	B	OPEN	Heats	100 Backstroke
505	G	OPEN	HDW	200 Butterfly
506	B	OPEN	HDW	50 Freestyle
507	G	OPEN	HDW	50 Breaststroke
508	B	AGE	Final	100 Backstroke
509	B	YOUTH	Final	100 Backstroke
510	G	14/U	Invitation	Medley "SKINS"
511	G	15/O	Invitation	Medley "SKINS"

Over the Top Starts (wherever possible)

Age as at 14th April 2013

Please return all entries to Meet Entries Co-ordinator:

Ian Proud
67 Buckinghamshire Road
Belmont
Durham DH1 2BE
swimming@proudys.plus.com

Entry Fees:	via SportsSystems Files	via email/paper
Distance Events (800s & 1500s)	£7.00 (discounted to £5.50 if entering events on Sat and/or Sun as well)	£7.50 (discounted to £6.00 if entering events on Sat and/or Sun as well)
All Other Events	£5.50	£6.00

Please check the Stockport Metro website for details and for a downloadable entry pack.

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Meet Entry Form

Name													
Sex	MALE	or	FEMALE	(circle one)									
Club													
Date of Birth	DD	MM	YY	Age on Day (14/04/13)									
ASA Registration Number													
Please complete with current best times													
	Event	Best Time											
		Tick if time is a conversion	Long Course Time										
	50m FREE												
	100m FREE												
	200m FREE												
	400m FREE												
	800m FREE												
	1500m FREE												
	50m BACK												
	100m BACK												
	200m BACK												
	50m BREAST												
	100m BREAST												
	200m BREAST												
	50m FLY												
	100m FLY												
	200m FLY												
	200m IM												
	400m IM												
No of Entries @ £7.00 by SportsSystems Files = £..... by Cheque No of Entries @ £7.50 by paper or email = £..... by Cheque No of Entries @ £5.50 by SportsSystems Files = £..... by Cheque No of Entries @ £6.00 by paper or email = £..... by Cheque													

Entries to be returned by 17th March 2013.

The information above is correct, signed _____ swimmer/parent.

A swimmer who wishes to be considered for an Age Group Category award should try to enter at least one 100m event, one 200m event (on Fly, Back or Breast), one distance event and one I.M. event.

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Meet Conditions

1. The meet will be held under ASA Laws and Technical Rules and is licensed by the ASA for entry into national competitions and championships. Ages are as on the final day of the competition.
2. The pool is 50 metres long with 8 lanes, jumbo anti-wave lane ropes and electronic Omega timing in operation, with continuous scoreboard display. Results service will operate on-line using Sportsystems. Live results will be posted onto the website in real time. Full results will also be published in PDF format on the website after the meet www.stockport-metro.co.uk
3. "Over the top" starts will be used in the heats at the discretion of the promoter.
4. Warm-up and swim-down facilities will be available before and after sessions, and for 10 minutes during a mid-session break. Coaches / team managers are responsible for ensuring that their swimmers use the facility for the purpose intended.
Strictly no diving in or climbing over pads during warm up in the competition pool.
5. The meet is cardless and will use start sheets to facilitate flow. All entries and rejections will be posted on the Stockport Metro website; there is no requirement to send a stamped addressed envelope.
6. Coaches / Team Managers are requested to inform the meet organisers of any withdrawals no later than 15 minutes after the start of the Warm Up for that session.
The details of any withdrawals can be sent to the following number: **07722 013 099** during the meet weekend.
7. Refunds will only be made where a swimmer is rejected from the meet as a consequence of the meet being over-subscribed. No refunds will be made for entries withdrawn after the meet has been closed to new entrants.
8. All coaches will receive a withdrawal form in their coach's pack.
9. The programme will cover the 50m, 100m, 200m 400m, 800m and 1500m events swum at National Age and National Youth competitions (except relays). All events will be heat declared (HDW), except the 100m events where there will be finals for Age and Youth as explained below. All heats will be swum combined.
 - Boys Age category: 11/14, Youth category: 15/over
 - Girls Age category: 11/14, Youth category: 15/over
10. Medals will be awarded for 1st, 2nd and 3rd in the 100m Finals. No medals or prizes will be awarded for other individual events.
Awards will be made with a formally announced presentation at the end of the meet to:
 - Top 1 in each age group for 11/12/13/14 year old boys and 11/12/13/14 year old girls who have accrued FINA points from their best event in each category section. Category sections will be Distance, I.M, Form, and 100s.
 - Top boy in 15/over and top girl in 15/over for the best individual performance (FINA points) from two events.
11. An award will be made to the top visiting team using points scoring (1st = 8 points, 2nd = 7 points down to 8th = 1 point). Disqualified swimmers and non-starters will not score.

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12. Coaches' passes will be available at a cost of £20.00 each and will include admission to all sessions, programmes, start list, lunch and results sheets. Only pass holders, swimmers & officials will be allowed on poolside. Swimmers must wear footwear when leaving the pool area. No swimmers are allowed up to the balcony other than via the rear staircase.
13. Entries to events will be restricted and will be accepted on an entry time basis. There are no upper qualifying cut-off times. The entry fee for Friday night's 800m and 1500m events is £7.00 for entries via SportsSystem disc, and £7.50 for entries via email/paper. This is discounted to £5.50/£6.00 for swimmers also entering events on Saturday and/or Sunday. The entry fee for events held on Saturday and Sunday is £5.50 per event entered via SportsSystem disc, and £6.00 for entries via email/paper. All entry fees include the 35p licensed meet levy per event.
Random checks will be made against the current ASA rankings database and any swimmer found to be submitting false times will be rejected from all events, unless a result sheet is available to confirm entry times. Entry times will be submitted as Short Course (for the events on Saturday and Sunday). Any entry not accepted will be refunded in full.
14. Sportsystems entry files for clubs will be provided by e-mailing swimming@proudys.plus.com. The completed entry files to be returned by e mail to the same address (with cheques to follow by post and received by the due closing date of 17th March 2013).
All entry forms must be completed in capitals and posted to Stockport Metro SC, 67 Buckinghamshire Road, Belmont, Durham DH1 2BE with cheques made payable to Stockport Metro SC . Entry forms may be e-mailed to: swimming@proudys.plus.com but will not attract the same discount as Sportsystems electronic entry files, which is the preferred method of entry to this meet. A full list of accepted/rejected will be posted on the website.
15. Poolside entries will not be accepted.
16. Users of any video, zoom or close range cameras must register their details at the entrance.
17. Photographs and Video of the meet may be taken by representatives of the promoter of the event, and may be used for promotional purposes. Entry into the competition implies acceptance of this condition.
18. Stockport Metro Swimming Club cannot be held responsible for the loss or damage of spectators' or competitors' property. Competitors are advised to use the lockers in the changing area.
19. Rules for 'Invitation Medley Skins' are included in this information pack
20. Qualifying times are included below.
21. The promoters reserve the right to refuse admission to any competitor or spectator.

Anything not covered above, and not printed in the programme, will be at the promoter's discretion.

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Stockport Metro Invitation Medley Skins

1. This 'Skins Event' will be a continuous competition commencing with 8 competitors and over a continuous series of races over a distance of 50m. One or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 3 minutes from the start of the previous race a verbal warning signal being given 10 seconds prior to the start of each round.
2. The Event shall take place at Grand central pools Stockport, on the 13th and 14th April 2013.
3. Skins competitions will be held for:
 - a. Boys 14 years and under
 - b. Boys 15 years and over
 - c. Girls 14 years and under
 - d. Girls 15 years and overEvents (a) and (b) will swim concurrently with a separation of 90 seconds between races. Younger Age Group starts first. Events (c) and (d) will follow the same format.
4. Age as on 14th April 2013.
5. The Prizes for each event will be:

1st - £40 2nd - £35 3rd - £30 4th - £25 5th - £20 6th - £15 7th - £10 8th - £5

6. The competitors for each Event shall be the eight swimmers with the highest number of accumulated FINA points determined by the published results from the qualifying events. The qualifying events shall be the 200 I.M in each age.
7. Lanes will be allocated on the basis of 'spearheading' in accordance with FINA swimming rule SW312 – the highest point scoring swimmer occupying the centre lane. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race. The remaining two swimmers will occupy the centre lanes – the highest point qualifying swimmer occupying Lane 4 the second swimmer in Lane 5.
8. The stroke for each individual race will be by random draw from a choice of Frontcrawl, Breaststroke, Butterfly and Backstroke. The draw for the stroke to be contested in the first round will be undertaken by a person to be nominated by the meet promoter. Draws for subsequent rounds will be by the swimmer eliminated from the previous round. If more than one swimmer is eliminated in a round, the draw will be by the first swimmer eliminated, or by decision of the Referee if eliminated at the same time.
9. The first race in each Event will commence in accordance with ASA Swimming Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m.
10. Subsequent rounds will start at the starting end of the pool, following an interval of 3 minutes from the previous Start. The starter will give a verbal 10 second warning. Competitors feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips when the Start Signal is given. For Backstroke rounds competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the Starting Platform.

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11. In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions – failure to do so will lead to elimination by disqualification – any competitor so eliminated will receive any prize money won to that time including the round in which eliminated.
12. The slowest competitor in each round shall be eliminated – unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition.
13. Times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmer will be by the Referee utilising either Automatic Officiating Equipment (AOE) or manual Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly.
14. In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated and the accumulated prize money for the positions divided equally between the relevant swimmers.
15. Should for any reason the competition have to be halted before its conclusion it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.
16. In the case of a dead heat in the final race, the race will be declared a tie, and the remaining prize money will be divided equally between the two remaining swimmers.
17. In the event of a faulty start, the round will be delayed, and will resume after 3 minutes.
18. If any issue arises not covered by the above then that issue will be determined by the meet promoters.

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Stockport Metro April Meet – Level 1 Minimum Permitted Qualifying Times - Long Course Pool

BOYS								GIRLS								
11	12	13	14	15	16	17	OPEN	EVENT	11	12	13	14	15	16	17	OPEN
37.0	34.9	33.0	31.3	29.7	28.7	28.4	27.4	50m Freestyle	37.3	35.4	34.0	32.9	32.2	31.9	31.8	30.5
1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5	1:00.5	100m Freestyle	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1	1:07.3
2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7	2:13.7	200m Freestyle	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8	2:25.8
5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:49.1	4:44.6	4:43.4	400m Freestyle	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:09.2	5:06.3	5:06.3
								800m Freestyle	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1	10:28.3
24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0	18:43.3	1500m Freestyle								
48.2	44.6	41.8	39.7	37.8	36.8	35.8	34.9	50m Breaststroke	47.8	45.0	43.1	41.5	40.6	40.1	39.8	38.6
1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9	1:17.0	1:15.8	100m Breaststroke	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1	1:25.2	1:23.6
3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:51.6	2:47.0	2:43.9	200m Breaststroke	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:05.8	3:04.0	2:59.8
40.8	38.1	35.9	34.0	32.2	31.4	30.6	29.7	50m Butterfly	40.7	38.6	36.7	35.7	34.8	34.2	34.2	32.6
1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8	1:06.5	1:05.0	100m Butterfly	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0	1:12.1
3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4	2:27.6	2:24.7	200m Butterfly	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:43.3	2:41.3	2:38.3
43.2	40.5	38.2	36.1	34.5	33.5	32.7	31.7	50m Backstroke	43.1	40.9	39.4	38.0	37.0	36.6	36.3	35.3
1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3	1:07.5	100m Backstroke	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3	1:14.6
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 Backstroke	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:43.9	2:42.8	2:39.9
3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0	2:29.2	200m I.M.	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5	2:43.7
6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:27.6	5:22.6	5:17.2	400m I.M.	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:50.8	5:48.7	5:43.9