

NOVA CENTURION SWIMMING CLUB

MAY LEVEL 1 LONG COURSE OPEN MEET

21ST & 22ND MAY 2016

Harvey Hadden Sports Village – Nottingham NG8 4PB

(Under the relevant ASA/FINA/IPC Laws and Technical Rules of Swimming)

License Number 1EM160524

Meet Information

- The meet is to be held at the new Harvey Hadden Sports Village Swimming Pool in Nottingham.
- The pool is 50mtrs x 8 lanes each 2.5mtrs wide with Colorado timing system and 'wedge' starting blocks. The depth will be a constant 2mtrs.
- The meet is licensed Level 1 for entry into National Competitions.
- Meet Administrator: Denise Mead, 22 Bracadale Road Nottingham NG5 5EE
Mobile 07535 241370 Email: meets@novacenturion.co.uk
Cheques Payable to 'Nova Centurion SC'
BACS payments accepted, please email for account details
- The meet will operate a SPORTSYSTEMS results service. Live start lists and results will be available at www.novacenturion.co.uk Result sheets in PDF format will be available to download as soon as possible following the end of each session.
- Coaches / Team Manager passes are issued subject to holding a current DBS certificate and must be applied for in advance, £10 per day, £15 for the weekend. Includes a programme and start sheets only.
- Para-Swimmers, in addition to a coach a personal care assistant may be permitted for classes S1 to S5 & S11. A poolside pass must be applied for in advance and is free of charge, the applicant must hold a current DBS certificate.
- Only authorised persons are allowed on the poolside and must display a valid pass at all times.
- If leaving the poolside for any reason swimmers must dress appropriately and suitable footwear must be worn.
- The use of mobile phones and the taking of photographs are not permitted on the poolside. Anyone found taking photographs in the changing village or adjacent areas will be immediately excluded from the competition and escorted off the premises.
- Photographs or video of the meet may only be taken by persons who have registered their details at the entry desk. Authorisation labels must be attached to the device in use and be visible at all times. Any photographs taken by registered persons will be in the public domain and entry into the competition implies acceptance of this condition.
- All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
- Admission £8 per day or £5 per session. Weekend programme £1

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Promoters Conditions

General

1. The promoter is 'Nova Centurion Swimming Club'
2. The meet will be held under the relevant ASA/FINA/IPC Laws and Technical Rules of Swimming.
3. The competition is open to ASA or other National Swimming Association registered swimmers only.

Entries

- 1) All meet information can be downloaded via the website www.novacenturion.co.uk
- 2) **Age as at 31st December 2016**
- 3) Entry times must meet the published qualifying standards and verified against **GB Ranking from the 1st January 2015**. Times are long course 50m pool, conversions allowed. Warm up will be available before the start of each session and during the 10 minute mid-session breaks.
- 4) **The closing date is Wednesday 4th May 2016.**
- 5) Should the meet be oversubscribed the qualifying times will be reduced by a percentage across all events. This will be done on a session by session basis to fit within the available time. If this situation arises then the events will be filled such that prior to withdrawals there are no empty lanes.
- 6) The preferred method of entry is using **SPORTSYSTEMS Entry Manager**. When using Entry Manager the completed entry file is submitted by email and payment made by cheque or BACS.
- 7) Where a number of swimmers are entering from one club it is requested that one person coordinate the entries and submits one entry file.
- 8) Individual manual entries may be submitted by post or email.
- 9) Entries by post must include payment by cheque unless you have notified intention to pay by BACS
- 10) The entry fee is £7.00 per swim using Entry Manager, or £7.50 per swim for a manual entry.
- 11) Individual entry forms are not required to be submitted however an entry form has been included in the entry pack for clubs to facilitate collection of swimmers details.
- 12) Entries are welcome from Para-Swimmers who are of sufficient standard to swim in a 50m pool. Entry times must be submitted for the purposes of seeding but the times do not need to meet any qualifying standards. Para Swimmers swim inclusive within the able bodied programme and seeded on their entry time. The decision to accept such entries will be at the discretion of the promoter.
- 13) Notification of accepted entries shall be via a list on the website. Day of meet information, confirmation of session times and withdrawal procedures will also be available on the website as soon as possible after the closing date. There will be no other communication of these matters.
- 14) Refunds will only be considered for withdrawals prior to the closing date, or in the case of a bona fide medical problem for which evidence may be requested.
- 15) The promoter reserves the right to return any entry not fulfilling the above requirements.

Events and Age Groups

- 16) Events are 50m, 100m & 200m all strokes, 200IM, 400IM and 400m, 800m & 1500m Freestyle. The Girls 800m & Boys 1500m events shall be restricted to the fastest 16 swimmers (2 heats), with 3 reserves/
- 17) All events are 'Open' to swimmers 10yrs/over
- 18) Events are heat declared winners except for 100m events and 200IM which have finals for Junior 14/under & Senior 15/over.

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Awards

19) Awards will be presented to the following:

- a) The top 3 placed swimmers in each age group in HDW events.
- b) The top 3 placed swimmers in 14/under & 15/over in each event with Finals.
- c) Para-Swimmers awards will be to 1st, 2nd and 3rd places based on multi-classification using Para-Swimming Points in an open age group, for less than 4 swimmers in any one event the -1 rule will be applied i.e. for 3 swimmers 1st & 2nd place are awarded, for 2 swimmers only 1st place is awarded. Should there only be one swimmer then an award will be made if the swimmer has improved on their entry time.
- d) The top visiting team using standard points scoring (1st = 8 points, 2nd = 7 points down to 8th = 1 point) on HDW events or finals as appropriate.

20) Full details of the awards will be announced on the day of meet and published in the meet programme.

The Competition

- 21) Heats that culminate in a final shall be spearheaded, the last 3 heats being cyclically seeded. All heats of a heat declared winner event shall be spearheaded.
- 22) The names of the finalists and up to 2 reserves shall be published as soon as practical following completion of the event.
- 23) Finalists and reserves who do not wish to swim the final must withdraw within 30mins of the publication of the event result.
- 24) All finalists and reserves must report to the competitor stewards for the final unless they have withdrawn. Reserves may be allowed to swim if a finalist does not show and has failed to withdraw.
- 25) If a reserve is brought in at short notice then the reserve shall occupy the vacant lane and there shall be no change to the allocations of the other lanes.
- 26) It is the swimmers' responsibility to report to the Competitors' Stewards when their event is called, races will not wait for missing swimmers.
- 27) Over the top starts may be used at any time at the discretion of the lead referee.

Withdrawals

- 28) If a swimmer is unable to swim or simply wishes to withdraw then it is important to notify the recorders. This is to ensure the smooth running of the meet by minimising empty lanes.
- 29) Known withdrawals prior to the meet should be notified immediately by email and on the day of meet by one of the following options:
 - a) To the recorders at the venue, no later than one hour prior to the start of the session.
 - b) Text message to a given number published at close of entries. Note that this number will only be active on the day of meet and is for text messages only, texts received will not be responded to and voice calls will not be answered.
 - c) By email to: meets@novacenturion.co.uk
- 30) All other matters regarding the administration and running of this meet shall be decided by the promoter.

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MEET SCHEDULE

Session1	Start 9:00am		Saturday 21 ST MAY		Session 4	Start 9:00am		Sunday 22 ND MAY
101	Girls Open	400m	Ind Medley HDW		401	Boys Open	400m	Ind Medley HDW
102	Boys Open	200m	Ind Medley		402	Girls Open	200m	Ind Medley
103	Girls Open	100m	Butterfly		403	Boys Open	100m	Butterfly
104	Boys Open	100m	Freestyle		404	Girls Open	100m	Freestyle
	10 min break					10 min break		
105	Girls Open	100m	Breaststroke		405	Boys Open	100m	Breaststroke
106	Boys Open	200m	Backstroke HDW		406	Girls Open	200m	Backstroke HDW
107	Girls Open	50m	Butterfly HDW		407	Boys Open	50m	Butterfly HDW
108	Boys Open	50m	Backstroke HDW		408	Girls Open	50m	Backstroke HDW
	FINALS					FINALS		
109	Boys 14/under	200m	Ind Medley		409	Girls 14/under	200m	Ind Medley
110	Boys 15/over	200m	Ind Medley		410	Girls 15/over	200m	Ind Medley
111	Girls 14/under	100m	Butterfly		411	Boys 14/under	100m	Butterfly
112	Girls 15/over	100m	Butterfly		412	Boys 15/over	100m	Butterfly
113	Boys 14/under	100m	Freestyle		413	Girls 14/under	100m	Freestyle
114	Boys 15/over	100m	Freestyle		414	Girls 15/over	100m	Freestyle
115	Girls 14/under	100m	Breaststroke		415	Boys 14/under	100m	Breaststroke
116	Girls 15/over	100m	Breaststroke		416	Boys 15/over	100m	Breaststroke
Session 2	Start TBA		Saturday 21 ST MAY		Session 5	HEATS Start TBA		Sunday 22 ND MAY
201	Boys Open	400m	Freestyle HDW		501	Girls Open	400m	Freestyle HDW
202	Girls Open	200m	Freestyle HDW		502	Boys Open	200m	Freestyle HDW
203	Boys Open	200m	Breastroke HDW		503	Girls Open	200m	Breaststroke HDW
	10 min break					10 min break		
204	Girls Open	100m	Backstroke		504	Boys Open	100m	Backstroke
205	Boys Open	200m	Butterfly HDW		505	Girls Open	200m	Butterfly HDW
206	Girls Open	50m	Freestyle HDW		506	Boys Open	50m	Freestyle HDW
207	Boys Open	50m	Breaststroke HDW		507	Girls Open	50m	Breaststroke HDW
	FINALS					FINALS		
208	Girls 14/under	100m	Backstroke		508	Boys 14/under	100m	Backstroke
209	Girls 15/over	100m	Backstroke		509	Boys 15/over	100m	Backstroke
Session 3	Start TBA		Saturday 21 ST MAY					
301	Girls Open	800m	Freestyle					
	10 min break							
302	Boys Open	1500m	Freestyle					

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Minimum Consideration Times to be achieved from 1st Jan 2015 – Ages as at 31st December 2016
Based on 50m Pool

BOYS	10/11	12	13	14	15	16	17 +
EVENT							
50m Freestyle	37.0	34.9	33.0	31.3	29.7	28.7	28.4
100m Freestyle	1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5
200m Freestyle	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7
400m Freestyle	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:49.1	4:44.6
1500m Freestyle	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0
50m Breaststroke	48.2	44.6	41.8	39.7	37.8	36.8	35.8
100m Breaststroke	1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9	1:17.0
200m Breaststroke	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:51.6	2:47.0
50m Butterfly	40.8	38.1	35.9	34.0	32.2	31.4	30.6
100m Butterfly	1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8	1:06.5
200m Butterfly	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4	2:27.6
50m Backstroke	43.2	40.5	38.2	36.1	34.5	33.5	32.7
100m Backstroke	1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3
200m Backstroke	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:31.4	2:28.6
200m Individual Medley	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0
400m Individual Medley	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:27.6	5:22.6
GIRLS	10/11	12	13	14	15	16	17 +
EVENT							
50m Freestyle	37.3	35.4	34.0	32.9	32.2	31.9	31.8
100m Freestyle	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1
200m Freestyle	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8
400m Freestyle	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:09.2	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
50m Breaststroke	47.8	45.0	43.1	41.5	40.6	40.1	39.8
100m Breaststroke	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1	1:25.2
200m Breaststroke	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:05.8	3:04.0
50m Butterfly	40.7	38.6	36.7	35.7	34.8	34.2	33.7
100m Butterfly	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0
200m Butterfly	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:43.3	2:41.3
50m Backstroke	43.1	40.9	39.4	38.0	37.0	36.6	36.3
100m Backstroke	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3
200m Backstroke	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:43.9	2:42.8
200m Individual Medley	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5
400m Individual Medley	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:50.8	5:48.7

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VOLUNTEER OFFICIALS WE NEED YOU!

This is a level 1 licensed meet so the requirement is for all officials to be qualified and licensed for the role undertaken.

Benefits:

Free admission and programme/start sheets

Refreshments and lunch provided.

Travel allowance of 40p per mile,

(reduced to 20p if accompanying a swimmer)

Ring side view of the action 😊

Name:.....

ASA No:.....

Contact Email.....

Phone.....

Please tick:

Licensed as J1.....J2/S.....Referee.....

WE DO NEED AND APPRECIATE YOUR HELP

THANK YOU

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COACHES POOLSIDE PASS APPLICATION FORM

CLUB	
NAME	
ASA NUMBER	
DBS NUMBER	
HOME ADDRESS	
	Tick
Saturday £10	
Sunday £10	
Weekend £15	
Personal Care Assistant (Free of Charge)	

Poolside passes must be applied for in advance and will only be issued to registered club coaches, team managers or personal care assistants with current DBS certificates.

Please collect passes on the day of meet from the door stewards

Cheques payable to 'Nova Centurion SC'
BACS Please email for account details

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ENTRY FORM for Manual entries or Club use

Club:	
Given Name:	
Family Name:	
DOB	MALE / FEMALE
ASA Reg No:	Email:
Contact Name:	Phone:

Event	Tick to Swim (Times will be downloaded from GB Ranking)
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
800m Freestyle	
1500m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m Individual Medley	
400m Individual Medley	

Number of entries..... @ £7.50 =

**Cheques payable to 'Nova Centurion SC'
BACS Please email for account details**

NB: If you enter using Sportsystems Entry Manager then the cost is only £7.00 per swim

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