

THANET SWIM CLUB

(Affiliated to the A.S.A. South East Region KCASA EIASA RLSS)

This meet is being held over 3 sessions, Afternoon of Saturday 5th December 2009 and the morning and afternoon on Sunday 6th December 2009 at Kingsmead Leisure Centre Canterbury Kent

TSC Winter 200 Open
(Under A.S.A. Laws and A.S.A. Technical Rules)

License Number
TBC

PROGRAMME OF EVENTS

Saturday 5th December 2009

Warm Up 2.30 pm. Start 3.00 pm

-
- 1 Girls 400 IM
 - 2 Boys 400 IM
 - 3 Girls 100m Backstroke
 - 4 Boys 100m Backstroke
 - 5 Girls 100m Butterfly
 - 6 Boys 100m Butterfly
 - 7 Girls 100m Breaststroke
 - 8 Boys 100m Breaststroke
 - 9 Girls 100m Freestyle
 - 11 Girls 400m Freestyle



- 10 Boys 100m Freestyle
- 12 Boys 400m Freestyle

Sunday 6th December 2009

Warm Up 9.10am. Start 10.00 am.

-
- 13 Girls 200m Backstroke
 - 14 Boys 200m Breaststroke
 - 15 Girls 50m Breaststroke
 - 16 Boys 50m Freestyle
 - 17 Girls 200 IM
 - 18 Boys 50m Backstroke
 - 19 Girls 50m Butterfly
 - 20 Boys 200m Butterfly
 - 21 Girls 200m Freestyle

Sunday 6th December 2009

Warm Up 2.10 pm. Start 3.00 pm.

-
- 22 Boys 200m Backstroke
 - 23 Girls 200m Breaststroke
 - 24 Boys 50m Breaststroke
 - 25 Girls 50m Freestyle
 - 26 Boys 200 IM
 - 27 Girls 50m Backstroke
 - 28 Boys 50m Butterfly
 - 29 Girls 200m Butterfly
 - 30 Boys 200m Freestyle

HEAT DECLARED WINNER ONLY
AGES AS AT Midnight 6th DECEMBER 2009, SWIMMERS MUST BE AT
LEAST 9 YEARS OLD AS AT THE ABOVE DATE
TSC WINTER 200 OPEN (2009)

**Minimum Qualifying Standards for Level 2 Meet from 1st September 2009
Level 2 Meets in Short Course Pools only**

Level 2 Licensed Meet - Minimum Permitted Qualifying Times - Short Course Pool										
BOYS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.1	39.3	37.2	35.1	33.1	31.3	29.9	29	28.4	27.4
100m Freestyle			1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	1:02.6	1:01.4	1:00.2
200m Freestyle	3:22.8	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	2:16.3	2:13.8	2:12.9
400m Freestyle			6:06.0	5:46.0	5:26.8	5:10.4	4:57.5	4:48.7	4:42.5	4:42.5
50m Breaststroke	55.1	51.3	48	45.1	41.9	39.6	37.7	36.4	35.7	34.4
100m Breaststroke			1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	1:18.4	1:16.7	1:15.0
200m Breaststroke	4:17.8	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:50.7	2:46.3	2:42.3
50m Butterfly	47.4	43.8	41	38.8	36.4	34.3	32.5	31.5	30.7	29.6
100m Butterfly			1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	1:08.8	1:07.0	1:05.1
200m Butterfly	4:08.3	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	2:31.7	2:26.9	2:24.4
50m Backstroke	48.6	45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1	30.4
100m Backstroke			1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	1:09.3	1:07.6	1:05.4
200m Backstroke	3:43.8	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	2:29.8	2:27.0	2:22.9
200m Individual Medley	3:49.7	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	2:33.7	2:30.5	2:27.6
400m Individual Medley			6:59.7	6:34.3	6:12.0	5:50.3	5:34.6	5:25.4	5:18.7	5:14.9
GIRLS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.6	39.9	37.7	35.7	34.3	33.3	32.5	32	31.9	30.5
100m Freestyle		1:27.6	1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	1:08.7	1:08.4	1:07.1
200m Freestyle	3:24.5	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	2:28.0	2:26.4	2:26.1
400m Freestyle	7:25.4	6:35.7	6:04.9	5:43.7	5:29.8	5:20.8	5:13.8	5:10.2	5:07.2	5:07.2
50m Breaststroke	55.9	51.7	48.3	45.4	43.2	41.8	40.8	40.3	40	38.5
100m Breaststroke		1:52.5	1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	1:26.2	1:24.9	1:23.2
200m Breaststroke	4:20.0	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	3:05.8	3:04.1	2:58.7
50m Butterfly	47.9	43.9	41.3	39.1	37.3	36.1	35.2	34.7	34.6	32.7
100m Butterfly		1:39.3	1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	1:15.8	1:14.9	1:12.2
200m Butterfly	4:11.0	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	2:44.8	2:42.8	2:39.0
50m Backstroke	48.9	45.3	42.7	40.5	38.7	37.5	36.8	36.1	35.8	34.4
100m Backstroke		1:38.5	1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	1:16.1	1:15.6	1:13.6
200m Backstroke	3:46.2	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	2:42.4	2:40.6	2:38.3
200m Individual Medley	3:51.6	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	2:47.2	2:45.7	2:44.2
400m Individual Medley			6:57.3	6:32.0	6:14.4	6:03.1	5:55.8	5:50.5	5:48.2	5:44.5

Conditions

- Facilities:** 25 metre 6 lane with anti-wave ropes
Warm down pool
Results will be posted on the Club web site a few days after the end of the meet.
Electronic timing with display.
- Rules:** The meet will be held under ASA Laws and Technical Rules.
The **one start rule** will be in operation throughout the meet with over the top starts.
All events will be on HDW basis.
- Information:** Tim Davies, 11 Gainsborough Avenue, Margate, Kent CT9 3QE
- Age Groups:** 9/10 11/12, 13/14, 15/16 17+
Age as on midnight of the last day of competition –6th December 2009
- Entries:** Closing date for entries is **12:00 midnight of Sunday 1stst November 2009**
All submitted times must be short course times.
All entries must show the swimmers full date of birth and ASA registration number if not entering using the Sports Systems Entry Manager. If using this means of entry which is preferred then generic entry files are available to download. Alternatively an entry file for specific clubs can be supplied on request to Lynn Gates, contact details as below.
If oversubscribed, the slowest entries in each age group may be rejected. The numbers will be restricted to allow the sessions to be completed within the times laid down in the programme. Improved times will not be accepted after the entries have closed and been accepted.

No entries will be processed until a cheque (payable to Thanet Swim Club) and a large stamped addressed envelope are received. These must be received prior to the closing date. All cheques must be accompanied by the entry summary form.

Completed forms/cheques must be forwarded in **one envelope per club** (where possible) **together with the fee an S.A.E** to:

Lynn Gates
77 Bromstone Road
Broadstairs
Kent
CT10 2HX

Tel 01843 604562

Email: lag77crl@btinternet.com

Consideration times are shown on the attached sheet.

Thanet Swim Club reserves the right to reject any entry without giving reason.

By submitting entries on the official entry forms/entry system, clubs and competitors accept the rules of the competition.

Officials

This being a Level 2 meet it is a requirement that that all officials be appropriately qualified, given the usual difficulties in meeting this requirement each club entering 8 or more swimmers should supply at least two officials who can act as a time Keeper and/or a judge that would be able to work for some or all of the sessions. If contact details of such persons could be supplied together with their availability and

qualification details at the time of entry on the summary entry form then they will be contacted by the official's organiser for the meet.

- Data Protection:** Swim meet entries and results will be managed electrically By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitted & recorded times, may be made public during the meet.
- Entry Fees:** £5.25 for 400 metre events £4.25 all other events
Cheques to be made payable to 'Thanet Swim Club'
The fees include the 25p levy per event, payable to SE Region
- Awards:** Awards will be made to the first three placed swimmers in each combined age group combination for each event, Top Boy and Top Girl also to overall top visiting club.
There will be no formally announced presentations during the gala.
- Coaches Passes:** **£10.00 – to include admittance to poolside in all sessions, programme results sheets sent by e-mail also pool side refreshments only. Only pass holders, swimmers and officials will be allowed on poolside.**
- Entry Cards:** There will be a cardless secondary entry system in operation and Competitors are to sign to signify they are to be swimming for each event where they have an accepted entry **at least 45 minutes** before the start of each session. The signing in area will be clearly indicated.
Failure to do this **could** result in an exclusion of a competitor.
Swimmers must report to the competitor stewards when instructed to do so.
Any competitor not reporting in time may be excluded.
The organisers reserve the right to amend the running order of events and to add nonscoring swimmers at their sole discretion.
'Over the top' starts will operate in all events (except backstroke).
As soon as possible after the closing date, a list of all entries accepted, together with any refund in respect of entries not accepted will be supplied to each club. All refunds will be made "en bloc" to the official named on the resume sheet. Swimmers may enter for any number of individual events in their own age group.
- Seeding:** All events are seeded, slowest to fastest, based on submitted entry times and the last heat of all HDW events will be spearheaded.

Safety and Security Guidelines for Swimmers, Coaches, Officials and Spectators

- Starts:** It is the responsibility of the competitors, coaches and clubs, to ensure that all swimmers are competent to the standard of the ASA competitive start award, to perform a shallow racing dive into the water. In the event of a false start, swimmers should perform a safe entry with a shallow racing dive and not fall into the water.
Swimmers are reminded that they are permitted to start in the water for all events, but must advise the referee of this prior to the start of their heat.
- Warm up:** During the warm-up, swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others. The instructions of Pool Lifeguards or others in authority must be obeyed immediately.
- Safety:** Everyone attending the event must familiarise themselves with the location of the Emergency Exits, which must be kept clear at all times. Due to limited space poolside everyone is asked to observe all normal precautions in the pool area and when moving around the sports centre, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to one of the Meet Directors representatives. The

pool depths are **1m** at the starting end of the pool and **2+m** at the diving pool end of the pool.

ALL SWIMMERS MUST WEAR SUITABLE FOOTWEAR AND TOPS WHEN IN THE STEWARDING AREA OR WHEN LEAVING POOLSIDE

- Behaviour:** The organisers and the pool management reserve the right to remove any swimmer or spectator from the pool area whose behaviour is either against the pool rules or the efficient running of the meet. Stewards will be patrolling the sports centre and anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building.
- Security:** Competitors are advised not to leave their belongings unattended and to ensure valuables are placed in a locked locker or deposited with someone for safekeeping.
Neither Thanet Swim Club nor the Pool Management will be held responsible for property that is lost.
- Photography:** In line with the recommendation in the ASA Child Protection Policy, the Meet Director of this event insists that any person wishing to engage in any video, zoom or close range photography and using a mobile phone with photographic capability should register their details in the book provided at the information desk, before carrying out any such photography.
- Litter:** Competitors and spectators are asked to place all litter in the receptacles provided and not to leave it on the floor, particularly in the spectator gallery, where it may become a safety hazard.
- Any situation not covered by the previous meet rules and information, will be at the discretion of the Meet Director, who also reserves the right to make any changes that may be considered necessary for the smooth running and discipline of the gala.**

