

BISHOP'S STORTFORD SWIMMING CLUB

AFFILIATED TO, ASA EAST REGION

**PRESENT THEIR
AUTUMN OPEN MEET
Licence No 3ER0407**

**ON
SATURDAY 25TH, SUNDAY 26TH SEPTEMBER 2010**

PROGRAMME

**GIRLS 9, 10 YEARS 50M ALL STROKES, 100M, 200M IND. MEDLEY & 200M FREESTYLE
BOYS 9, 10, 11 YEARS 50M ALL STROKES, 100M, 200M IND. MEDLEY & 200M FREESTYLE
GIRLS 11/OVER 50M, 100M ALL STROKES, 100M, 200M IND. MEDLEY & 200M FREESTYLE
BOYS 12/OVER 50M, 100M ALL STROKES, 100M, 200M IND. MEDLEY & 200M FREESTYLE
ALL EVENTS HEAT DECLARED WINNER
SKINS**

**AT
BRAINTREE SWIMMING CENTRE
CHARTER WAY
BRAINTREE
ESSEX
CM77 8YJ**

BISHOP'S STORTFORD SWIMMING CLUB

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CONDITIONS OF ENTRY

THE COMPETITION: This will be swum under ASA Law and Technical Rules of Racing and is licensed by the ASA East Region as a level 3 meet (3ER0407).

THE MEET: This will be held at Braintree Swimming Centre, Charter Way, Braintree CM77 8YJ which is within the grounds of Freeport Shopping Centre. There is a selection of food outlets available here. The pool has eight lanes and fully complies with level 3 meet requirements. It has electronic timing, which is for information only, and anti-wave lane ropes as well as a spacious viewing gallery.

COMPETITORS: All must be ASA Registered and have an ASA number validating they belong to an affiliated club.

ENTRY FEE: This has been set at £4.00 per event. Individual entrants and those from small clubs must be on an official entry form (photocopies accepted), and must include the entrant's ASA registration number together with all entry fees. **All entries of 5 or more must be made electronically, this helps eliminate errors.** SPORTSYSTEMS Entry Manager is available on request from Pam Spratt at info@bsswimclub.org.uk or can be downloaded from our website, www.bsswimclub.org.uk.

THE EVENT: For the processing of entries this will be run on a first come first served basis.

ENTRY CARDS: This meet will operate without cards. Swimmers must report to the appropriate desk and sign-in at least 45 minutes before the start of the session. No late sign-ins will be accepted after the start of warm-up. Coaches, Team managers and parents please note only the named swimmer should sign themselves in. Over the top starts will operate where applicable. As soon as possible after the closing date, written confirmation bearing details of each swimmer will be sent via email for the accepted entries. Any errors must be notified to Pam Spratt by 31st August 2010. **No corrections can be made to the programme after this date.**

DATA PROTECTION ACT: Swim meet entries and results will be managed on a computer, by submitting entries, consent is thereby assumed to hold, store and make public that information.

AGE GROUPS: 9, 10, 11, 12, 13, 14, 15/Over (Age as at 26th September 2010)

EVENTS: Girls 9, 10 Boys 9, 10, 11 years 50m all strokes, 200m Freestyle, 100m, 200m, Ind. Medley. Girl's 11/over, Boys 12/Over 50m all strokes, 100m all strokes, 200m Freestyle, 100m, 200m, Ind. Medley. **All events are heat declared winners.**

QUALIFYING TIMES: There are upper and lower limit qualifying times. Please note swimmers must have swum faster than the lower limit but no faster than the upper limit times. Heats will be swum with all age groups combined and swimmers seeded by entry times. The last heat of each event will be spearheaded. **PLEASE NOTE NO TIME = NO SWIM**

AWARDS: These will be awarded to the top 8 in each individual age group.

COACHES' PASSES: These must be purchased beforehand and will not be available on the day. A two day pass costs £15 and one day £8, the pass includes a programme and buffet meal between sessions. The officials and coaches room is located on the right hand side just past the stairs on the ground floor.

SAFETY AND SECURITY: It is the responsibility of coaches and parents to ensure the safety of their swimmers. All swimmers should have an ASA competitive start award and should obey all safety notices and announcements. The organisers and pool management reserve the right to remove any spectator or swimmer from the pool area whose behaviour is against the rules of the pool or the efficient running of the meet. Stewards will be patrolling the centre and anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building. **At no time are swimmers permitted in the learner pool or the leisure pool. For health and safety reasons only small drawstring bags will be allowed poolside.** Lockers are available with a refundable £1 deposit. Any large bag will be removed by a clerk of the course. Neither B.S.S.C nor the pool management will be held responsible for any loss or damage to personal property.

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WARM-UP: any changes to stated warm-up times will be notified with accepted swims and be published on B.S.S.C website.

SKINS: Fastest 8 swimmers for the skins events will be taken from the 200m Ind. Medley events and will be swam at the end of session 4. Cash prizes will be awarded to 1st, 2nd 3rd place swimmers.

POOLSIDE: All persons must be wearing an approved pass while in the pool complex, poolside shoes and clothing are essential for all competitors, as swimmers will not be allowed in the spectator's area in wet swimwear. **At no time will glass containers or bottles be allowed on poolside or in the changing areas.**

PHOTOGRAPHY: In line with the recommendations in the ASA Child Protection Policy, the Event organiser insists any person wishing to engage in any type of photography MUST register their details at the pay desk before carrying out any such photography.

LITTER: Competitors and swimmers must place all litter in the receptacles provided.

SWIMSHOP: GOGGLEBOX will be providing a swim shop with a full range of products during the meet.

RESULTS: Will be posted poolside and in the spectator gallery. At the end of the meet results will be available to download from www.bsswimclub.org.uk and a set will be sent to all clubs who purchased a coach pass.

CAR PARKING: There is ample free car parking.

CLOSING DATE: Friday 30th July 2010 or when full.

PAYMENT: Cheques should be made payable to BSSC (one cheque per club). If an entry has been submitted electronically only the summary sheet is required, **do not** send entry forms.

RETURN ENTRIES: All entries and cheques should be sent to Mrs. P. Spratt, 18 Honeybourne, Bishop's Stortford, Herts CM23 2RU.

THE MEET DIRECTOR RESERVES THE RIGHT TO MAKE ANY CHANGES THAT MAY BE CONSIDERED NECESSARY FOR THE SMOOTH RUNNING AND DISCIPLINE OF THE MEET.

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SPECIAL CONDITIONS FOR SKINS EVENT

Heats: From the 200m Ind. Medley heats the fastest 8 swimmers will qualify for the skins final. In the event of a tie for 8th place there will be a swim off at the end of the relevant session.

Final:

- The final will consist of 7 rounds
- The position achieved in the heats shall determine the swimmer's lane allocation for the final based on a spearheaded approach. Swimmers remain in the same lane for each round except for the final round when the remaining two swimmers will be placed in the central two lanes.
- There shall be a strict interval of 3 minutes between each round. Boys and Girls rounds will alternate.
- The start of round 1 will be as normal – i.e. Whistle; 'Take your Marks'; starting signal.
- The starting procedure for the following rounds shall be as follows:
 - ❖ At 10 seconds prior to the start time an audible signal (e.g. a whistle) will be given. This is followed 10 seconds later by the starting signal. The command "Take your marks" will NOT be used.
- The last placed swimmer in each round will be eliminated and take no further part in the event.
- Disqualified swimmers shall be automatically eliminated and take no further part in the event. Such swimmers will be deemed to have finished last in the round in question.
- Should there be a tie for last place in a round, no swimmers will be eliminated but the number of swimmers eliminated in the subsequent round will be equal to the number of swimmers involved in the tie.
- The swimmer eliminated at the end of each round will select the stroke for the next round. The strokes are Backstroke, Breaststroke, Butterfly, or Freestyle.

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PROGRAMME OF EVENTS

SESSION 1	SATURDAY 25 TH SEPT	WARM-UP 1:00PM	SESSION 1 START 2:00PM
EVENT 1	FEMALE	100M	BUTTERFLY
EVENT 2	MALE	100M	BACKSTROKE
EVENT 3	FEMALE	50M	FREESTYLE
EVENT 4	MALE	50M	BREASTSTROKE
EVENT 5	FEMALE	100M	IND. MEDLEY
EVENT 6	MALE	200M	FREESTYLE

SESSION 2	SATURDAY 25 TH SEPT	WARM-UP T.B.C	SESSION 2 START T.B.C
EVENT 7	FEMALE	50M	BACKSTROKE
EVENT 8	MALE	100M	FREESTYLE
EVENT 9	FEMALE	100M	BREASTSTROKE
EVENT 10	MALE	50M	BUTTERFLY
EVENT 11	FEMALE	200M	FREESTYLE

SESSION 3	SUNDAY 26 TH SEPT	WARM-UP 11:00AM	SESSION 3 START 12:00PM
EVENT 12	MALE	100M	IND. MEDLEY
EVENT 13	FEMALE	100M	BACKSTROKE
EVENT 14	MALE	50M	FREESTYLE
EVENT 15	FEMALE	50M	BREASTSTROKE
EVENT 16	MALE	100M	BUTTERFLY
EVENT 17	FEMALE	200M	IND. MEDLEY

SESSION 4	SUNDAY 26 TH SEPT	WARM-UP T.B.C	SESSION 4 START T.B.C
EVENT 18	MALE	200M	IND. MEDLEY
EVENT 19	FEMALE	50M	BUTTERFLY
EVENT 20	MALE	100M	BREASTSTROKE
EVENT 21	FEMALE	100M	FREESTYLE
EVENT 22	MALE	50M	BACKSTROKE
EVENT 23	FEMALE		SKINS
EVENT 24	MALE		SKINS

BISHOP'S STORTFORD SWIMMING CLUB AUTUMN 2010 OPEN MEET QUALIFYING TIMES

GIRLS LOWER LIMIT TIMES

GIRLS LOWER LIMIT TIMES							GIRLS UPPER LIMIT TIMES							
9	10	11	12	13	14	15+	9	10	11	12	13	14	15+	
54.10	50.50	48.00	46.00	44.50	43.80	43.30	50M FREESTYLE	36.10	32.50	31.00	28.00	26.50	25.80	25.10
		1.29.70	1.25.10	1.23.40	1.20.90	1.20.00	100M FREESTYLE			1.09.70	1.05.10	1.02.40	1.00.90	59.40
3.48.70	3.28.50	3.17.50	3.05.30	2.55.30	2.48.80	2.46.10	200M FREESTYLE	3.10.70	2.49.50	2.37.30	2.27.30	2.20.80	2.18.10	2.14.00
1.00.60	55.80	52.80	50.50	48.50	47.80	47.40	50M BACKSTROKE	42.60	37.80	36.80	32.50	30.70	29.80	28.90
		1.38.90	1.37.30	1.35.70	1.33.90	1.32.50	100M BACKSTROKE			1.18.90	1.13.00	1.11.50	1.09.90	1.07.40
1.07.20	1.01.80	58.00	55.10	53.00	51.90	51.10	50M BREASTSTROKE	49.20	43.80	40.00	37.10	35.00	33.90	32.90
		1.50.70	1.44.40	1.42.00	1.39.10	1.38.10	100M BREASTSTROKE			1.32.70	1.26.40	1.22.00	1.19.10	1.16.70
59.60	54.50	51.60	49.20	47.50	46.50	45.90	50M BUTTERFLY	41.60	38.50	33.60	31.20	29.50	28.50	27.60
		1.35.90	1.33.00	1.31.50	1.29.10	1.28.50	100M BUTTERFLY			1.18.90	1.13.00	1.11.50	1.09.10	1.06.90
2.02.70	1.52.90	1.45.70	1.41.00	1.37.10	1.35.50	1.34.50	100M IND. MEDLEY	1.38.70	1.28.90	1.21.70	1.17.00	1.12.10	1.11.50	1.09.50
4.11.80	4.02.80	3.42.80	3.23.00	3.14.80	3.08.30	3.04.10	200M IND. MEDLEY	3.38.60	3.11.80	2.59.00	2.48.80	2.40.30	2.36.10	2.26.60

BOYS LOWER LIMIT TIMES

BOYS LOWER LIMIT TIMES							BOYS UPPER LIMIT TIMES							
9	10	11	12	13	14	15+	9	10	11	12	13	14	15+	
54.00	50.70	48.10	45.70	43.40	41.80	40.70	50M FREESTYLE	38.00	33.60	32.60	28.00	26.00	24.80	23.00
			1.24.90	1.20.00	1.17.00	1.14.90	100M FREESTYLE				1.04.90	1.02.00	57.00	53.10
3.49.60	3.29.50	3.19.50	3.08.60	2.56.00	2.46.20	2.38.80	200M FREESTYLE	3.10.60	2.53.50	2.39.60	2.28.00	2.18.20	2.10.80	2.03.00
58.50	54.60	51.60	48.60	45.80	44.10	42.50	50M BACKSTROKE	42.50	38.60	35.60	31.60	29.80	28.10	25.50
			1.33.90	1.29.80	1.25.90	1.23.20	100M BACKSTROKE				1.13.90	1.09.80	1.05.90	59.40
1.07.20	1.02.50	58.70	55.10	51.70	49.70	48.10	50M BREASTSTROKE	49.20	44.60	40.70	36.10	33.70	31.70	29.00
			1.44.60	1.39.30	1.35.40	1.32.20	100M BREASTSTROKE				1.24.60	1.19.30	1.15.40	1.08.00
59.50	57.20	52.00	49.30	46.60	44.70	43.20	50M BUTTERFLY	41.50	37.20	34.00	30.30	28.60	26.70	24.10
			1.33.50	1.29.20	1.25.30	1.22.30	100M BUTTERFLY				1.13.50	1.09.20	1.05.30	58.60
2.02.20	1.51.30	1.47.40	1.41.50	1.35.50	1.31.20	1.28.50	100M IND. MEDLEY	1.38.20	1.29.30	1.23.40	1.17.50	1.10.50	1.07.20	1.02.00
4.15.40	4.05.40	3.45.00	3.29.70	3.12.60	3.05.50	2.56.40	200M IND. MEDLEY	3.37.40	3.17.00	3.01.70	2.48.60	2.37.50	2.28.40	2.18.90

BISHOP'S STORTFORD SWIMMING CLUB

AUTUMN 2010 OPEN MEET

A LEVEL 3 LICENSED MEET NO: 3ER0407

On Saturday 25th, Sunday 26th September 2010

Closing date Friday 30th July 2010 or when full

Entry Form

Surname				Full First Name				Middle Initial	
Date of Birth	Date	Month	Year	Age on 26th Sept 2010	yrs	PLEASE DELETE	BOY	GIRL	
ASA No.									
Club									

All information entered above **MUST** be the same as on your ASA registration card.

Event	Event		Submitted Time
	Female	Male	
50m Freestyle	3	14	
100m Freestyle	21	8	
200m Freestyle	11	6	
50m Backstroke	7	22	
100m Backstroke	13	2	
50m Breaststroke	15	4	
100m Breaststroke	9	20	
50m Butterfly	19	10	
100m Butterfly	1	16	
100m Ind. Medley	5	12	
200m Ind. Medley	17	18	
Total number of entries @ £4.00 =			

Please accept my entries for the events indicated above. The time indicated against each event has been achieved. I declare that the details entered on this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the promoters conditions.

Signature

PLEASE RETURN COMPLETED ENTRY FORM WITH CORRECT ENTRY FEES AND ENTRY SUMMARY
TO
B. S. S. C, 18, HONEYBOURNE, BISHOP'S STORTFORD,
HERTS, CM23 4EF

BISHOP'S STORTFORD SWIMMING CLUB

AUTUMN 2010 OPEN MEET

A LEVEL 3 LICENSED MEET NO: 3ER0407

On Saturday 25th, Sunday 26th September 2010

Closing date Friday 30th July 2010 or when full

Entry Summary Form

One of these forms must accompany ALL entries. The club contact named below will receive ALL pre-meet information VIA e-mail regarding entries and rejections for distribution to their swimmers.

CLUB	
CONTACT NAME	
ADDRESS	
POST CODE	
TELEPHONE	
MOBILE	
E-MAIL	

Total Number of Entries @ £4.00	Entries	£
Coach Passes @ £15.00 each	Passes Both Days	£
Coach Passes @ £8.00 each	Passes Saturday	£
Coach Passes @ £8.00 each	Passes Sunday	£
Total Remittance		£

Total Number of submitted entry forms or Sportsystems entry files emailed on	
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Make cheques payable to:

Closing date for entries:

Post your entries to:

Any queries Phone:

E-mail queries to

Web Address for results and information:

B. S. S. C

Friday 30th July 2010 or when full.

**Mrs Pam Spratt, 18 Honeybourne,
Bishop's Stortford, Herts, CM23 4EF**

07958 343870

info@bsswimclub.org .

www.bsswimclub.org.uk

BISHOP'S STORTFORD SWIMMING CLUB

(Affiliated to ASA East Region)



REQUEST FOR OFFICIALS SATURDAY 25TH, SUNDAY 26TH SEPTEMBER 2010

As you know, Open Meets such as ours cannot run without qualified Officials. We would like to invite all ASA Registered Officials to help us at our Open Meet. We offer tea or coffee and biscuits on arrival, a lunch on Saturday, and the same on Sunday, with plenty of refreshments on poolside.

If you are available on either or both of the dates, please reply to:

Joyce Barton, 5 Maze Green Heights, Bishop's Stortford CM23 2RU. Email joyce.barton@ntlworld.com

Session 1 warm-up Saturday 25th September 1:00pm

Session 2 warm-up Saturday 25th September T.B.C

Session 3 warm-up Sunday 26th September 11:00am

Session 4 warm-up Sunday 26th September T.B.C

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BISHOP'S STORTFORD SWIMMING CLUB AUTUMN OPEN MEET SATURDAY 25TH SUNDAY 26TH SEPTEMBER 2010

NAME					CLUB				
CONTACT INFORMATION	PHONE NO.								
	ADDRESS								
	E-MAIL								
QUALIFICATION	TIMEKEEPER	JUDGE 1	JUDGE 2	STARTER	REFEREE				
I AM WILLING TO HELP IN:-	SESSION 1	SESSION 2	SESSION 3	SESSION 4					