

BARNET COPTHALL SWIMMING CLUB

AFFILIATED TO THE LONDON REGION A.S.A.

Licensed Meet Level 3 – 3LRxxxx

Barnet Copthall Swimming Pool, Champions Way, Hendon, London, NW4 1PS

020 8457 9900

County Qualifier & Development Meet 2:

SUNDAY 19th November 2017

UNDER A.S.A. LAWS AND FINA TECHNICAL RULES OF SWIMMING

| Morning session : Warm-up 8:30am | | Sign in by 8:30am | Start 9:30am |
|---|-------|--------------------------------|---------------------|
| Event 19 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 1500 FREESTYLE |
| Event 20 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 800M FREESTYLE |
| Event 1 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 200M BACKSTROKE |
| Event 2 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 200M BACKSTROKE |
| Event 3 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M BREASTSTROKE |
| Event 4 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M BREASTSTROKE |
| Event 5 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 200M BUTTERFLY |

| Afternoon session : Warm-up 12:30pm | | Sign in by 12:30 pm | Start 1:15 pm |
|--|-------|--------------------------------|----------------------|
| Event 6 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 200M BUTTERFLY |
| Event 7 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M BACKSTROKE |
| Event 8 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M BACKSTROKE |
| Event 9 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 200M FREESTYLE |
| Event 10 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 200M FREESTYLE |
| Event 11 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M BUTTERFLY |

| Evening session: Warm up 4:15pm | | Sign in by 4:15pm | Start 5:00pm |
|--|-------|--------------------------------|------------------------|
| Event 12 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M BUTTERFLY |
| Event 13 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M INDIVIDUAL MEDLEY |
| Event 14 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M INDIVIDUAL MEDLEY |
| Event 15 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 200M BREASTSTROKE |
| Event 16 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 200M BREASTSTROKE |
| Event 17 | BOYS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M FREESTYLE |
| Event 18 | GIRLS | 9, 10, 11, 12, 13, 14 & 15+Yrs | 100M FREESTYLE |

MEET This meet is a Level 3 Licensed Meet – number 3LRxxxx

VENUE. Barnet Copthall Leisure Centre, Champions Way, Hendon, London NW4 1PS

AGE GROUPS : Age groups as above. AGES AS ON 19TH November 2017

EVENTS: All events will be 'HEAT DECLARED WINNER'.
Heats will be seeded according to submitted entry times.
PLEASE NOTE THERE WILL BE 2 HEATS OF THE BOYS 1500M FREESTYLE AND 2 HEATS OF THE GIRLS 800M FREESTYLE ONLY. FIRST COME FIRST SERVED.

ENTRY FEE: £4-50 per event

AWARDS: Will be made to 1st, 2nd and 3rd placed swimmers in each age group. Presentations may take place during the swimming to ensure smooth running and to keep down the duration of the meet.

ENTRIES: All swimmers must be registered Cat 2 members of a club affiliated to the ASA

All entries should be made on our official entry forms, giving entry times in the appropriate columns or using Hy-Tek Team Manager. No time entries will not be accepted. Entry times must be no faster than the attached 'Upper Limit Times'. Entries will be accepted on a 'first come, first served' basis

CLOSING DATE: 31st October 2017 (or when meet is full)

ENQUIRIES & ENTRIES TO: Sarah Lawlor: 48 Lambs Close; Dunstable; Bedfordshire; LU5 4QA
07951600326 E-mail: Sarahjanebcsc@gmail.com

BARNET COPTHALL SWIMMING CLUB

COUNTY QUALIFIER & DEVELOPMENT MEET 2:

(County qualification for eligible swimmers)

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.

Licensed by the ASA at Level 3 under number 3LRxxxx

Sunday 19th November 2017

Barnet Cophall Leisure Centre, Champions Way, Hendon, London, NW4 1PS

RULES AND CONDITIONS:

1. This gala will take place at Barnet Cophall Leisure Centre Champions Way, Hendon, London, NW4 1PS and is licensed by the ASA at Level 3 under License number 3LRxxxx. It will run short course (25m) in accordance with A.S.A Laws and Fina Technical Rules of Swimming and the rules and conditions of this competition.
2. Over the top starts may be used at the promoter's discretion.
3. This will be a cardless meet, swimmers must ensure they have signed in for each session by the time stated.
4. The pool is 25m long, 8 lanes, anti-wave lane ropes and electronic timing.
5. SPECTATORS entry will be £5-00 including a programme. A copy of the results will be provided to clubs and will be available on our website as soon as possible after the gala.
6. Ages are at 19th November 2017. Age bands are 9 years, 10 years, 11 years, 12 years, 13 years, 14 years and 15 + Years..
7. Events are 100m Free; 100m Back; 100m Breast; 100m Fly; 100m IM; 200m Free; 200m Back; 200m Breast; 200m Fly; 800 / 1500m Free (2 heats only)
8. Entry fee is £4-50 per event – Time trials will be offered if there is space. They will be offered on a first come first served basis, you will be placed in the first heat and will not be eligible for an award. Anyone wishing to swim a time trial must go to the meet office before the start of the session, the fee will be £4-50.
9. Upper limit times are attached. Swimmers entering this meet are expected to enter their current best time and must not enter faster times than the upper limit
10. Entries may be held on a computer solely for the purposes of this competition and consent as required by the Data Protection Act 1984, to holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the meet on application to the promotor.
11. All events are heat declared winners. Awards will be given to the top 3 swimmers in each age group .
12. The pool will be available for warm up before each session, A second pool will be available during the meet for swim down.
13. The promoter reserves the right to restrict entries to meet the allocated pool time, or on grounds of health and safety. All entries are accepted on a first come first served basis presuming the swimmer's times fall within the cut off times. The closing date is 31st October 2017 .
14. Entries to be made on either the attached entry form or by hy tek. Clubs entering a large amount of swimmers please make payment by one cheque to Barnet Cophall Swimming Club – to be sent to Sarah Lawlor, 48 Lambs Close; Dunstable; Bedfordshire: LU5 4QA..

15. The promoter reserves the right to limit entries – any entry not accepted as a result of this paragraph will be refunded in full. NO OTHER MONEY WILL BE REFUNDED.
16. All swimmers including those aged 9 must be registered as Cat 2 members of a club affiliated to the ASA.
17. This meet has been licensed at Level 3 by the ASA. Times recorded at the meet will be accepted for entry into County and Regional Competitions and championships for eligible swimmers, and will be sent to the ASA for inclusion in the National Rankings.
18. Coaches' passes will be available at the cost of £6-00 (admission and programme) or £14-00 which will include lunch and Tea.
19. Any matters concerning the meet not covered in these rules will be dealt with according to the laws of the sport and at the discretion of the Meet Management or Promoters.
20. Mobile phones may not be used for making / receiving calls on poolside. If you need to make / receive a call please move to the entrance lobby to do so.
21. Mobile phones / camera's etc MUST not be used in the changing rooms at any time.
22. Hot drinks MUST not be taken on to poolside.
23. All participants must observe the safety precautions in operation at Barnet Copthall Leisure Centre. PLEASE NOTE THAT CHILDREN MUST NOT BE DROPPED OFF AND LEFT AT THE LEISURE CENTRE UNLESS THERE IS AN APPROPRIATE ADULT TO TAKE RESPONSIBILITY FOR THEM.
24. For any queries or further information please contact Sarah Lawlor on 07951600326 sarahjanebcsc@gmail.com

County qualifier and development meet 2:

Upper limit times:

| Boys | | | | | | | |
|------------|---------|----------|----------|----------|----------|----------|-----------|
| Event | 9 years | 10 years | 11 years | 12 years | 13 years | 14 years | 15+ Years |
| 100 Free | 1.09.00 | 1.07.00 | 1.02.00 | 0.59.00 | 0.56.00 | 0.55.00 | 0.52.00 |
| 100 Back | 1.19.00 | 1.17.00 | 1.12.00 | 1.07.00 | 1.03.00 | 1.00.00 | 0.56.00 |
| 100 Breast | 1.34.00 | 1.32.00 | 1.22.00 | 1.17.00 | 1.12.00 | 1.09.00 | 1.03.00 |
| 100 Fly | 1.19.00 | 1.17.00 | 1.12.00 | 1.07.00 | 1.02.00 | 0.59.00 | 0.55.00 |
| 100 IM | 1.21.00 | 1.19.00 | 1.15.00 | 1.12.00 | 1.10.00 | 1.07.00 | 1.04.00 |
| 200 Free | 2.25.00 | 2.18.00 | 2.12.00 | 2.11.00 | 2.03.00 | 1.59.00 | 1.52.00 |
| 200 Back | 2.46.00 | 2.36.00 | 2.27.00 | 2.25.00 | 2.17.00 | 2.10.00 | 2.02.00 |
| 200 Breast | 3.08.00 | 2.58.00 | 2.49.00 | 2.46.00 | 2.35.00 | 2.25.00 | 2.15.00 |
| 200 Fly | 2.50.00 | 2.40.00 | 2.31.00 | 2.28.00 | 2.20.00 | 2.10.00 | 2.04.00 |

| Girls | | | | | | | |
|------------|---------|----------|----------|----------|----------|----------|-----------|
| Event | 9 years | 10 years | 11 years | 12 years | 13 years | 14 years | 15+ years |
| 100 Free | 1.09.00 | 1.07.00 | 1.04.00 | 1.00.00 | 0.58.00 | 0.55.00 | 0.53.00 |
| 100 Back | 1.17.00 | 1.13.00 | 1.10.00 | 1.05.00 | 1.03.00 | 1.01.00 | 0.58.00 |
| 100 Breast | 1.29.00 | 1.26.00 | 1.21.00 | 1.17.00 | 1.15.00 | 1.12.00 | 1.10.00 |
| 100 Fly | 1.19.00 | 1.15.00 | 1.10.00 | 1.06.00 | 1.04.00 | 1.01.00 | 0.59.00 |
| 100 IM | 1.21.00 | 1.19.00 | 1.14.00 | 1.14.00 | 1.12.00 | 1.10.00 | 1.07.00 |
| 200 Free | 2.23.00 | 2.18.00 | 2.13.00 | 2.11.00 | 2.06.00 | 2.02.00 | 1.58.00 |
| 200 Back | 2.38.00 | 2.33.00 | 2.28.00 | 2.24.00 | 2.20.00 | 2.15.00 | 2.12.00 |
| 200 Breast | 3.09.00 | 3.01.00 | 2.51.00 | 2.48.00 | 2.40.00 | 2.35.00 | 2.30.00 |
| 200 Fly | 2.50.00 | 2.40.00 | 2.30.00 | 2.20.00 | 2.16.00 | 2.14.00 | 2.10.00 |

BARNET COPTHALL SWIMMING CLUB

Affiliated to London Region A.S.A. - Under A.S.A. Laws and FINA Technical Rules of swimming
Barnet Cophall Pools, Champions Way, HENDON, London, NW4 1PS (Tel: 020 8457 9900)

County Qualifier & Development Meet 2:

19th November 2017 (3LRxxxx)

Entries summary form:

| | |
|---------------------|--|
| Name of club | |
| Contact Name | |
| Address | |
| Post code | |
| Telephone | |
| Email | |

Number of entries boys: @ £4-50 = £

Number entries girls: @ £4-50 = £

Number of coach passes: @ £6-00 = £

Number of coach passes and meals: @14-00 = £

Total remittance £

Please make cheques payable to Barnet Cophall Swimming Club (BCSC)

Closing date for entries is 31st October 2017 **or when meet is full**

All entry summary forms, accompanied by the full entry fees should be sent to:

Sarah Lawlor
48 Lambs Close, Dunstable, Bedfordshire. LU5 4QA

BARNET COPTHALL SWIMMING CLUB
County Qualifier and Development Meet 2
 (Under A.S.A laws and FINA technical rules of swimming) Licensed level 3 – 3LRxxxx

ENTRY FORM

Club Name:.....

Contact Name and Number.....

Address and post code.....

Boy / girl please circle

| ASA | DOB | 800 / 1500 Free | 100 free | 100 Back | 100 Breast | 100 Fly | 100 IM | 200 Free | 200 Back | 200 Breast | 200 Fly |
|-----|-----|-----------------------|-------------|-------------|---------------|------------|-----------|-------------|-------------|---------------|------------|
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Entry fee 4-50 per event coach pass 6-00 or 14-00 with meals
 Closing date for entries 31st October 2017