

CITY OF
BRISTOL
SWIMMING CLUB

LEVEL 3 LONG COURSE OPEN MEET

October 31st / November 1st 2015

AT THE HENGROVE PARK LEISURE CENTRE

(Held under ASA Laws and Technical Rules - Licence Number 3SW151421)
Licensed Level 3 for entry into local and regional competitions.
50m, 10 lane pool with anti-wave ropes and electronic timing.
Large spectator seating area and spacious Cafeteria.

All events from 50m to 400m

All events are heat declared winners

All events are subject to entry times being achieved.

Club entries of over 5 to be via HY-TEK entry file (see website for details)

Clubs will be expected to supply one qualified official for every 5 swimmers entered.

Age as on 1st November 2015

Awards will be given in the following age groups:-
9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15/over.
There will also be awards for top girl and top boy.

Open meet information/entry pack can be downloaded from the website www.cobswimmingclub.co.uk
or e-mail us at cobswimmingclub@hotmail.co.uk

Entries will be on a "first come, first served" basis.

Entries close midnight Sunday 27th September 2015

In partnership with



BATH DOLPHIN



PROGRAMME OF EVENTS

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park
Bristol, United Kingdom, BS14 0JZ
Licence Number 3SW151421

Saturday 31st October 2015

Session 1 – Warm Up 8:15am – Start 09:00am

Event 1	Girls	9 and over	400 Freestyle	HDW
Event 2	Boys	9 and over	400 IM	HDW

Session 2 – Warm Up 10:00am – Start 11:00am

Event 3	Girls	9 and over	200 IM	HDW
Event 4	Boys	11 and over	100 Backstroke	HDW
Event 5	Girls	10 and over	100 Breaststroke	HDW
Event 6	Boys	9 and over	200 Freestyle	HDW
Event 7	Girls	9 and over	50 Breaststroke	HDW
Event 8	Boys	9 and over	50 Backstroke	HDW

Session 3 – Warm Up 2.15pm – Start 3.15pm

Event 9	Girls	9 and over	200 Backstroke	HDW
Event 10	Boys	9 and over	200 Breaststroke	HDW
Event 11	Girls	9 and over	200 Freestyle	HDW
Event 12	Boys	11 and over	100 Freestyle	HDW
Event 13	Girls	10 and over	100 Butterfly	HDW
Event 14	Boys	9 and over	50 Butterfly	HDW
Event 15	Girls	9 and over	50 Freestyle	HDW

Sunday 1st November 2015

Session 4 – Warm Up 8:15am – Start 09:00am

Event 16	Boys	9 and over	400 Freestyle	HDW
Event 17	Girls	9 and over	400 IM	HDW

Session 5 – Warm Up 10:00am – Start 11:00am

Event 18	Boys	9 and over	200 IM	HDW
Event 19	Girls	10 and over	100 Backstroke	HDW
Event 20	Boys	11 and over	100 Breaststroke	HDW
Event 21	Girls	9 and over	200 Butterfly	HDW
Event 22	Boys	9 and over	200 Butterfly	HDW
Event 23	Girls	9 and over	50 Backstroke	HDW
Event 24	Boys	9 and over	50 Breaststroke	HDW

Session 6 – Warm Up 2.15pm – Start 3.15pm

Event 25	Girls	9 and over	200 Breaststroke	HDW
Event 26	Boys	9 and over	200 Backstroke	HDW
Event 27	Girls	10 and over	100 Freestyle	HDW
Event 28	Boys	11 and over	100 Butterfly	HDW
Event 29	Girls	9 and over	50 Butterfly	HDW
Event 30	Boys	9 and over	50 Freestyle	HDW

City of Bristol Level 3 Open Meet – 31st October / 1st November 2015

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park,
Bristol, United Kingdom, BS14 0JZ

All times are 50m pool times - Licence Number 3SW151421

MENS		9yrs * see note	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs
No slower than	50m	56.00	50.00	48.00	47.00	46.25	43.70	40.00
No faster than	Free	34.00	34.00	31.50	30.00	28.00	26.50	25.29
No slower than	100m	n/a	n/a	01:31.62	01:31.62	01:28.15	01:24.69	01:20.95
No faster than	Free	n/a	n/a	01:02.86	01:02.86	00:59.46	00:57.18	00:54.95
No slower than	200m	03:57.04	03:57.04	03:37.90	03:18.76	03:11.28	03:03.63	02:55.99
No faster than	Free	02:20.00	02:20.00	02:17.38	02:17.38	02:10.00	02:04.27	01:58.63
No slower than	400m	07:50.00	07:50.00	07:28.50	07:05.50	06:45.50	06:25.50	06:10.50
No faster than	Free	04:58.00	04:58.00	04:50.12	04:50.12	04:34.71	04:23.78	04:14.31
No slower than	50m	1:20.00	1:03.00	1:00.00	57.00	55.00	53.50	52.00
No faster than	Breast	46.50	46.50	42.00	39.00	37.00	34.50	29.72
No slower than	100m	n/a	n/a	02:00.11	02:00.11	01:44.38	01:43.33	01:42.29
No faster than	Breast	n/a	n/a	01:22.86	01:22.86	01:17.41	01:13.20	01:10.22
No slower than	200m	03:56.12	03:56.12	03:55.50	03:54.19	03:53.63	03:48.62	03:43.62
No faster than	Breast	03:02.00	03:02.00	02:57.21	02:57.21	02:45.53	02:38.80	02:32.38
No slower than	50m	1:07.00	1:04.00	54.50	53.00	51.50	49.00	47.50
No faster than	Fly	38.00	38.00	35.00	33.00	31.00	29.00	25.93
No slower than	100 Fly	n/a	n/a	01:47.24	01:47.24	01:31.18	01:29.03	01:26.89
No faster than		n/a	n/a	01:09.53	01:09.53	01:06.44	01:03.26	00:59.08
No slower than	200m	03:52.00	03:52.00	03:49.12	03:36.41	03:23.71	03:18.48	03:13.26
No faster than	Fly	02:48.00	02:48.00	02:35.37	02:35.37	02:27.40	02:21.07	02:13.19
No slower than	50m	1:02.00	1:00.00	56.90	54.90	53.40	51.90	50.50
No faster than	Back	40.00	40.00	37.00	34.50	33.00	30.50	28.78
No slower than	100m	n/a	n/a	01:49.46	01:49.46	01:35.58	01:33.10	01:30.63
No faster than	Back	n/a	n/a	01:11.99	01:11.99	01:08.18	01:03.86	01:01.55
No slower than	200m	03:56.00	03:56.00	03:46.37	03:36.30	03:26.24	03:20.19	03:14.14
No faster than	Back	02:38.00	02:38.00	02:32.86	02:32.86	02:26.02	02:18.89	02:13.38
No slower than	200 IM	04:15.00	04:00.00	03:47.00	03:37.00	03:27.00	03:18.00	03:10.00
No faster than		02:40.00	02:40.00	02:34.79	02:34.79	02:28.13	02:21.46	02:15.90
No slower than	400 IM	07:20.00	07:20.00	07:10.00	07:00.00	06:50.00	06:40.00	06:30.00
No faster than		05:42.00	05:42.00	05:26.09	05:26.09	05:13.30	05:01.28	04:51.45

*** Note: 100m events are open to age 11 and over boys only**

City of Bristol Level 3 Open Meet – 31st October / 1st November 2015

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park,
Bristol, United Kingdom, BS14 0JZ

All times are 50m pool times - Licence Number 3SW151421

WOMENS		9yrs * see note	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs
No slower than	50m	56.00	50.00	48.50	47.50	46.50	43.50	42.00
No faster than	Free	34.00	34.00	31.50	30.00	29.50	28.50	28.08
No slower than	100m	n/a	01:34.37	01:34.37	01:32.33	01:30.30	01:29.20	01:28.10
No faster than	Free	n/a	01:04.63	01:04.63	01:04.63	01:02.09	01:00.92	00:59.72
No slower than	200m	04:00.00	03:56.00	03:22.28	03:18.54	03:14.80	03:11.88	03:08.97
No faster than	Free	02:20.00	02:20.00	02:18.46	02:18.46	02:13.82	02:11.36	02:08.91
No slower than	400m	07:50.00	07:50.00	07:25.50	07:05.50	06:40.50	06:20.50	06:10.50
No faster than	Free	05:00.00	05:00.00	04:51.89	04:51.89	04:41.55	04:37.79	04:32.29
No slower than	50m	01:18.00	01:03.00	58.50	58.00	57.50	56.90	55.90
No faster than	Breast	45.00	45.00	41.00	39.00	37.50	36.50	35.91
No slower than	100m	n/a	02:00.99	02:00.99	01:57.63	01:54.28	01:52.74	01:51.20
No faster than	Breast	n/a	01:21.72	01:21.72	01:21.72	01:18.50	01:17.43	01:16.42
No slower than	200m	04:28.83	04:28.83	04:21.35	04:13.87	04:06.39	04:02.32	03:58.25
No faster than	Breast	03:04.00	03:04.00	02:56.79	02:56.79	02:48.14	02:47.37	02:46.94
No slower than	50m	1:07.00	1:04.00	59.00	54.00	53.00	51.00	50.00
No faster than	Fly	38.00	38.00	35.00	33.00	31.50	30.50	29.58
No slower than	100	n/a	01:48.56	01:48.56	01:43.33	01:38.11	01:36.68	01:35.25
No faster than	Fly	n/a	01:11.21	01:11.21	01:11.21	01:08.19	01:06.71	01:05.37
No slower than	200m	03:57.04	03:57.04	03:50.00	03:42.96	03:35.92	03:32.29	03:28.66
No faster than	Fly	02:50.00	02:50.00	02:37.59	02:37.59	02:30.53	02:29.50	02:26.60
No slower than	50m	1:03.00	1:00.90	57.00	55.00	54.00	51.90	50.50
No faster than	Back	40.00	40.00	37.00	34.50	33.50	32.50	31.96
No slower than	100m	n/a	01:48.78	01:48.78	01:44.32	01:39.87	01:39.33	01:38.80
No faster than	Back	n/a	01:13.02	01:13.02	01:13.02	01:09.80	01:07.87	01:06.33
No slower than	200m	03:59.57	03:59.57	03:51.32	03:43.07	03:34.82	03:32.84	03:30.86
No faster than	Back	02:40.00	02:40.00	02:35.35	02:35.35	02:28.63	02:25.67	02:22.44
No slower than	200	04:15.00	04:00.00	03:48.00	03:38.00	03:28.00	03:20.00	03:12.00
No faster than	IM	02:42.00	02:42.00	02:37.45	02:37.45	02:30.53	02:29.50	02:26.60
No slower than	400	07:20.00	07:20.00	07:10.00	07:00.00	06:50.00	06:40.00	06:30.00
No faster than	IM	05:45.00	05:45.00	05:33.56	05:33.56	05:18.15	05:14.19	05:11.76

*** Note: 100m events are open to age 10 and over girls only**

City of Bristol Level 3 Open Meet – 31st October / 1st November 2015

CONDITIONS

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park,
Bristol, United Kingdom, BS14 0JZ

Licence Number 3SW151421

- 1 The meet will be held under ASA Laws and Regulations and ASA Technical Rules of Racing and has been Licensed Level 3 by the ASA for entry into District Competitions.
- 2 Qualifying and cut off times will be applied to all events. Entries of 6 or more swimmers from the same Club must be made electronically (HY Tek). Entries of 5 or less swimmers from the same club may be made using the official meet entry form. Entries (including summary and cheque) must reach the Meet Secretary on or before midnight on **Saturday 27th September 2015** – No late entries will be accepted.
- 3 All competitors must be Category 2 members of an affiliated club, registered with the ASA and may compete in the name of one club only.
- 4 The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a **first come first served** basis, allowing for an equal balance of swimmers across the age groups
- 5 As soon as possible after the closing date, club list sheets will be emailed to club secretary for accepted entries, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or available for collection by Clubs on the day.
- 6 Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date.
- 7 The age groups are: 9, 10, 11, 12, 13, 14, 15 and over - **ages as at 1st November 2015**
- 8 The pool is 50m and the meet will be swum long course. Anti-wave devices will be in place and electronic timing/placing will be used.
- 9 Entry fees are £6.50 per event and include the levy per accepted entry made by the ASA for licensed events. Coach/team manager passes (maximum of 4 per club) are £15 each and entitle the holder to admission to all sessions, a programme plus a full set of results per club. Entry fees should be made in one consolidated payment, payable to **City of Bristol Swimming Club**.
- 10 BACS payments can also be accepted, please email for account details.
- 11 Weekend Event programme **£3.00 (£2.00 Sunday) adult spectator entry fee (per session) £2.00, all day pass £5.00**
- 12 Entries and results for this meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.
- 13 The one start rule will be in operation during this event.
- 14 The meet will be run without cards. Heats will be pre-seeded. Swimmers will be required to sign in for the '400m'events **ONLY**
- 15 Swimmers must report to the competitors' stewards' eight heats prior to their own.
- 16 Wet swimmers are not allowed in the spectator areas. The small pool may be used at the discretion of the lifeguards and is for swim down only.
- 17 All events are HDW. Swimmers who perform more than 5% quicker than the upper cut off time will not be eligible for medals but will receive a 'speeding' certificate.
- 18 In accordance with recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance.
- 19 Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- 20 The promoter reserves the right to alter these conditions if necessary, any alterations being announced during the meet or by prior notice. Any matter not covered by these conditions shall be at the promoter's discretion if not covered under ASA Laws and Regulations and ASA Technical Rules of Racing.
- 21 Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoters discretion.
- 22 Any swimmer breaking these conditions will be liable to disqualification from any or all events.
- 23 There will be medals in every event for the first three overall swimmers in each age group. Any disqualified swimmer will not receive awards.
- 24 Awards will be made to the top boy and top girl swimmer using a points system based on swimmers achieving 1st to 10th places in each event
- 25 Refunds will also be given for medical reasons on production of a Doctor's note **only**.
- 26 The promoters reserve the right to refuse admission to any competitor or spectator.
- 27 **Coaches Passes will not be sold on the day. No pass - no admission to poolside**
- 28 Teams are required to **provide one licensed official for every 5 swimmers entered**. Any team that is unable to meet this requirement should email the meet secretary (details below) as soon as possible so we can ensure the meet is adequately staffed

- 29 Entry times shall be those for 50m pool times, converted if necessary. All times submitted must be truthful and correct as define by the ASA Code of Conduct. Entry times may be checked against ASA rankings.
- 30 Over the top starts may be used at the promoter's discretion.

Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags (lockers are available in the changing village -£1 refundable) and report any issues immediately to a member of the pool staff or to the Open Meet Promoter

WARNING TO ALL COACHES, TEAM MANAGERS & SWIMMERS

ANY SWIMMER UNABLE TO EXECUTE A SAFE DIVE FROM THE BLOCKS INTO SHALLOW WATER ARE REMINDED THAT THEY MAY START FROM THE SIDE OF THE POOL OR IN THE WATER

Hengrove Park will be open from 08.00 on both days, Parkwood will not allow earlier entry.

**In partnership with
Further Meets**

2016

April 8th / 9th / 10th - Level 1

July 9th / 10th - Level 3

October/November - TBC

December 17th / 18th - TBC



BATH DOLPHIN



City of Bristol Swimming Club Long Course Level 3 Open Meet 2015
CLERICAL ENTRY FORM

Name _____ Club _____

Male / Female Date of Birth _____ Age at 01.11.15 _____ ASA Member ID _____

Saturday

Session 1			
#	Sex	Event	Entry Time (LC)
1	Female	400m Freestyle	
2	Male	400m Individual Medley	
Session 2			
3	Female	200m Individual Medley	
4	Male	100m Backstroke	
5	Female	100m Breaststroke	
6	Male	200m Freestyle	
7	Female	50m Breaststroke	
8	Male	50m Backstroke	
Session 3			
9	Female	200m Backstroke	
10	Male	200m Breaststroke	
11	Female	200m Freestyle	
12	Male	100m Freestyle	
13	Female	100m Butterfly	
14	Male	50m Butterfly	
15	Female	50m Freestyle	

Sunday

Session 4			
#	Sex	Event	Entry Time (LC)
16	Male	400m Freestyle	
17	Female	400m Individual Medley	
Session 5			
18	Male	200m Individual Medley	
19	Female	100m Backstroke	
20	Male	100m Breaststroke	
21	Female	200m Butterfly	
22	Male	200m Butterfly	
23	Female	50m Backstroke	
24	Male	50m Breaststroke	
Session 6			
25	Female	200m Breaststroke	
26	Male	200m Backstroke	
27	Female	100m Freestyle	
28	Male	100m Butterfly	
29	Female	50m Butterfly	
30	Male	50m Freestyle	

Total number of entries @ £6.50 = No: _____ Total £'s: _____

Note: This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 6 swimmers are being entered. Entry forms should be sent with a completed payment form as per the payment form instruction.

City of Bristol Swimming Club Long Course Level 3 Open Meet 2015
Payment Form

CLUB	
CONTACT ADDRESS	
TEL: NO:	
E-MAIL	

Total Number of Swimmer Entries _____

Total Cost of Entries @ £6.50 each _____

Total Cost of Coaches Passes @ £15.00 each _____

Total Cheque enclosed _____

(All Cheques should be made payable to 'City of Bristol Swimming Club' or BACS – details upon request)

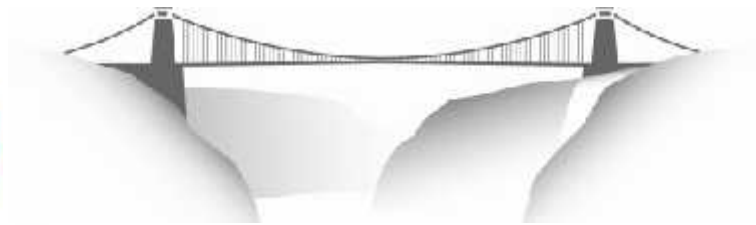
Greater than 5 swimmers

Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to cobswimmingclub@hotmail.co.uk

5 or less swimmers

Clerical entry forms, completed summary form, and cheque should be sent to:

Adrian Noon
67 Smyth Road
Ashton
Bristol
BS3 2DS



CITY OF **BRISTOL** SWIMMING CLUB

Open Meet Entry Checklist

Your entry envelope should contain the following:-

- ✓ Summary sheet completed
- ✓ HyTek reports (fees and event entries) or clerical forms if <5 swimmers
- ✓ Cheque for entries

Post to Meet Secretary by first class mail **DO NOT** send by recorded delivery as this can delay your entry reaching the secretary if no-one is available to sign for it!

This completes the entry. Acknowledgement of receipt of paperwork will be sent by email.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries are **NOT** accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.

Further Meets

2016

April 8th / 9th / 10th - Level 1

July 9th / 10th - Level 3

October/November - TBC

December 17th / 18th - TBC

In partnership with



BATH DOLPHIN

