

**COLCHESTER SWIMMING CLUB**  
**Regional Qualifier Meet 2019**  
**16th & 17th March 2019**  
**License No 3ER190150**

**Meet Conditions**

GENERAL

1. The Competition is a category 3 Licensed Meet (License 3ER190150). This licensed meet shall be subject to ASA Laws and Regulations and ASA Technical Rules of Racing and to these criteria.
2. Venue: Braintree Swimming & Fitness, Charter Way, Essex, Braintree CM77 8YJ, Phone: 0345 260 1535
3. The competition will be held in an 8 lane, 25m deck level pool with anti-wave lane ropes. The depth of the shallow end is 1.1m. The blocks are 700mm above the water line at the deep end of the pool. Omega electronic timing will be in operation.
4. Colchester Swimming Club is affiliated to the Amateur Swimming Association East Region.
5. All entrants must be members of an ASA affiliated club and registered as a Cat 2 member of the ASA.

ENTRIES

6. All entries for this meet must be processed online via our website (see <http://www.colchesterswimming.com/openmeet.shtml>). To enter, use the appropriate Meet Entry Link on the Club Website for each Open Meet. Please note, it is free to create an account on Swimfee.com.
7. Entry times will be updated after you submit your entry. The time that is displayed on Swim England rankings at the closing date of the meet will be the time that they are entered at.
8. Entry times must be slower than the Qualifying Times listed.
9. Entries are processed on a first-come first-served basis.
10. The list of accepted entries will be confirmed in your Swimfee Account 3-5 working days after the Meet Closing Date. Swimfee will also email your accepted entries to the email address registered with your Swimfee account. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes / changes that is required. Club contacts will be notified of any rejections where/if appropriate.
11. There will be no refunds of Entry Fees unless the entries are rejected by the Organisers for any reason.
12. The Meet Promoter will check entries against the ASA British Rankings Database. Falsely entered times will be rejected without refund.
13. The closing date for entries is **midnight on 18th February 2019.**
14. **Entry fee £5.50 per event.**

AGE GROUPS

15. Age groups: 9 years, 10 years, 11 years, 12 years, 13 years, 14 years 15 years and over. **Age as at date of Meet.**
16. Each event will incorporate all relevant age groups and age group winners will be on a Heat Declared Winner basis.

#### THE COMPETITION

17. Over the top starts may be used at the Referee's discretion.
18. All events will be seeded and spearheaded on submitted times.
19. In the event of a no show of a swimmers for a session of racing, we ask that the coach responsible for that swimmers completes a withdrawal form, enclosed in the coaches pack, and deliver it to the AOE suite not less than 45 minutes before the start of the session that swimmer was due to compete in.
20. Swimmers must report to the Competitors Stewards when instructed to do so by the announcer. Any competitor not reporting in time will be excluded.
21. Team Managers/Coaches passes can be applied for with Entries Summary Forms at a cost of £10.00 each. The application must include the Club Secretary's confirmation that the Team Managers/Coaches have been DBS checked. Entry to poolside will be restricted to swimmers, officials and coach pass holders. Maximum of 2 passes up to 20 swimmers.
22. Results sheets will be posted on the day at the venue, as soon as possible after each event, in a position where spectators and swimmers can see the final positions for each event. Results will also be available on the Colchester Swimming Club website as soon as possible after the meet.

#### AWARDS

23. The first three swimmers in each age category 9, 10, 11, 12.13.14.15+ will receive an award

#### ADDITIONAL INFORMATION

24. Admission for spectators will be £5.00 all day, £3.00 single session.
25. Entries to the meet will be held on a computer and consent, as required by the Data Protection Act 1998 to the 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 Promoter.
26. The promoter reserves the right to refuse admission to any person.
27. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing
28. The meet Promoter is Helen Stephens, mobile 07973 368765.

## Regional Qualifier Meet

### Promoter's Meet Notes and Information

#### 1. Venue and Host Information

a) A Press photographer may be present at this event.

#### 2. Admission and Facilities

- a) **Mobile phones must be turned off** or switched to silent in the pool area and spectator's gallery.
- b) Space is limited and only a small bag will be allowed on poolside. Swimmers are advised to bring a £1 coin (refundable) to use the lockers in the changing rooms. No valuables should be left unattended. The promoter cannot accept liability for any losses or damage that may occur.
- c) Refreshments will be on sale during the Meet..
- d) There will be a swim shop selling costumes, goggles and other accessories.
- d) Spectators will not be able to remain in the pool area or spectators' gallery between each session.

#### 3 Officials

- a) Mentoring will be offered to all officials; please indicate on the officials form, mentoring required.
- b) Officials at the Meet will be provided with poolside drinks, Saturday lunch time snack and midsession meal Sunday breakfast, mid-morning snack and lunch.

#### 4 Safety

- a) FIRE EXITS are clearly marked. Everyone attending this Meet must ensure that they familiarise themselves with these exits in case of need in any emergency.
- b) Team Managers/Coaches shall satisfy themselves that their swimmers are competent to the standard of the ASA Competitive Start Award. Any swimmer not so competent must start from the poolside or in the water and shall inform the referee to this effect. In the event of a faulty start swimmers must execute a shallow racing dive. They must not topple into the water head first as this is dangerous.

#### 5 Warm Up

- a) Swimmers will only be permitted to warm up at their designated time.
- b) At least one Team Manager/Coach must be in attendance at each end of each lane during the warm up period before warm up will be allowed to commence.
- c) No diving will be allowed from either end except when lanes are designated as sprint lanes at which time diving will be allowed in those lanes from the deep end only.

#### 6 Results and Awards

- a) **Spot Prize** will be awarded to heat winners randomly in all events. A bell will be rung to announce a spot prize heat.
- b) All Competitors' times and disqualifications will be published on our web site [www.colchesterswimming.com](http://www.colchesterswimming.com) as soon as possible after the Meet.

#### 7 Photography

In order to comply with the Swim England's child protection policy and the conditions of the meet licence, all members should ensure they familiarise themselves with the Club's Mobile Phone and Email Policy found on our website before the meet. There is not a requirement to register your own phone, tablet or camera before or at this meet. However, all photos should only be taken in accordance with our Mobile Phone and Email Policy, to ensure we continue to safeguard all our members. The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Note that any photography in the changing rooms is absolutely forbidden by both the club and the swimming pool management.

Affiliated to Essex County ASA & the ASA East Region

# COLCHESTER

## SWIMMING CLUB



### REGIONAL QUALIFIER MEET

This licensed meet shall be subject to ASA Laws and Regulations and ASA Technical Rules of Racing and to these criteria.

**Saturday - Sunday 16th & 17th March 2019**

Braintree Swimming & Fitness Centre, Level 3 Licence 3ER19150

### Programme of Events

Saturday 16th March 2019	Saturday 16th March 2019	Sunday 17th March 2019	Sunday 17th March 2019	Sunday 17th March 2019
Session 1	Session 2	Session 3	Session 4	Session 5
<b>Warm up 13.00 Start 14.00</b>	<b>Warm up 16.00 Start 16.45</b>	<b>Warm up 08.00 Start 08.50</b>	<b>Warm up 10.30 Start 11.15</b>	<b>Warm up 13.25 Start 14.10</b>
Event 1 Boys 200m IM Event 2 Girls 200m IM Event 3 Boys 100m Butterfly Event 4 Girls 100m Butterfly Event 5 Boys 50m Backstroke Event 6 Girls 50m Backstroke	Event 7 Boys 200m Breaststroke Event 8 Girls 200m Breaststroke Event 9 Boys 100m Backstroke Event 10 Girls 100m Backstroke Event 11 Boys 400m Freestyle Event 12 Girls 400m Freestyle	Event 13 Boys 200m Butterfly Event 14 Girls 200m Butterfly Event 15 Boys 100m Breaststroke Event 16 Girls 100m Breaststroke Event 17 Boys 50m Freestyle Event 18 Girls 50m Freestyle	Event 19 Boys 200m Backstroke Event 20 Girls 200m Backstroke Event 21 Boys 100m Freestyle Event 22 Girls 100m Freestyle Event 23 Boys 50m Breaststroke Event 24 Girls 50m Breaststroke	Event 25 Boys 200m Freestyle Event 26 Girls 200m Freestyle Event 27 Boys 50m Butterfly Event 28 Girls 50m Butterfly Event 29 Boys 400m IM Event 30 Girls 400m IM



**Regional Qualifier Meet**  
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 Racing and to these criteria)



**Saturday 16th & Sunday 17th March 2019**

**Braintree Swimming and Fitness**

[Level 3 Licence – 3ER190150](#)

**Upper Limit Times**

Boys							No faster than Upper Limit	Girls						
9	10	11	12	13	14	15+	EVENT	9	10	11	12	13	14	15+
37.00	34.02	32.53	28.66	28.56	26.70	23.79	<b>50m FLY</b>	38.23	34.05	31.03	30.48	28.84	28.35	26.40
39.31	34.81	33.39	31.25	29.50	27.76	25.25	<b>50m BACK</b>	39.31	35.64	32.75	32.21	29.85	29.77	28.09
45.58	38.81	37.62	34.84	33.32	30.03	28.05	<b>50m BREAST</b>	45.47	40.26	38.20	35.45	34.20	32.48	31.16
34.12	30.45	29.74	26.47	25.96	24.75	22.33	<b>50m FREE</b>	33.47	31.34	29.75	28.14	27.27	26.75	25.48
01:28.95	01:20.15	01:12.12	01:05.70	01:02.33	59.38	53.27	<b>100m FLY</b>	01:27.63	01:20.04	01:13.13	01:06.79	01:04.54	01:02.00	58.97
01:24.77	01:17.20	01:13.41	01:06.79	01:02.83	01:00.50	54.23	<b>100m BACK</b>	01:24.66	01:17.19	01:11.16	01:09.40	01:04.11	01:02.60	59.70
01:40.55	01:26.84	01:24.24	01:18.00	01:08.16	01:06.34	01:00.52	<b>100m BREAST</b>	01:37.77	01:29.21	01:23.35	01:16.73	01:12.31	01:10.11	01:07.58
01:14.77	01:07.83	01:05.20	58.10	57.81	53.61	48.35	<b>100m FREE</b>	01:16.56	01:10.23	01:05.14	01:02.18	58.97	57.78	55.45
03:12.91	02:58.39	02:38.40	02:27.15	02:19.84	02:10.35	01:58.19	<b>200m FLY</b>	03:29.79	02:52.45	02:45.08	02:28.30	02:24.52	02:20.40	02:07.90
02:59.32	02:39.11	02:23.25	02:23.56	02:19.42	02:09.00	02:01.32	<b>200m BACK</b>	02:54.83	02:43.68	02:23.74	02:27.48	02:19.35	02:13.60	02:11.44
03:40.61	03:04.60	02:59.04	02:40.59	02:36.92	02:27.51	02:13.97	<b>200m BREAST</b>	03:30.78	03:13.14	02:58.58	02:44.85	02:39.23	02:35.50	02:27.94
02:41.89	02:27.54	02:18.28	02:08.07	02:02.23	01:58.21	01:47.77	<b>200m FREE</b>	02:42.20	02:28.51	02:21.81	02:10.43	02:07.17	02:04.38	01:59.85
03:08.93	02:46.53	02:41.66	02:23.10	02:18.86	02:13.68	02:01.71	<b>200m IM</b>	03:05.95	02:47.12	02:37.64	02:33.05	02:22.93	02:14.46	02:12.74
05:45.88	05:01.92	04:45.57	04:28.26	04:13.98	04:03.11	03:51.89	<b>400m FREE</b>	05:40.30	05:06.89	04:53.55	04:30.69	04:24.07	04:14.76	04:07.76
06:23.63	05:44.08	05:28.37	04:57.60	04:46.42	04:37.83	04:14.56	<b>400m IM</b>	07:06.97	05:52.07	05:20.82	05:02.69	04:58.35	04:45.62	04:39.49



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## SWIMMING CLUB



### Regional Qualifier Meet 2019

(This licensed meet shall be subject to ASA Laws and Regulations and ASA Technical Rules of Racing and to these criteria.)

**17<sup>th</sup> & 18<sup>th</sup> March 2019**

Braintree Swimming & Fitness centre  
Level 3 Licence – 3ER190150

### Officials Details & Coach Passes

Club \_\_\_\_\_

Contact Name and Number \_\_\_\_\_

Email Address \_\_\_\_\_

Coaches passes @ £10 each	
<b>Name of Official</b> Session 1 (1)	<b>Qualifications</b> (J1/J2/J2S/Referee)
<b>Name of Official</b> Session 2 (1)	<b>Qualifications</b> (J1/J2/J2S/Referee)
<b>Name of Official</b> Session 3 (1)	<b>Qualifications</b> (J1/J2/J2S/Referee)

<b>Name of Official</b> Session 4 (1)	<b>Qualifications</b> (J1/J2/J2S/Referee)

<b>Name of Official Session 5 (1)</b>	<b>Qualifications (J1/J2/J2S/Referee)</b>

(1) Please indicate if mentoring is required

Please indicate any dietary requirements, e.g. Gluten free or Vegetarian

Send to : [open.entries@colchesterswimming.com](mailto:open.entries@colchesterswimming.com)

Payment for coaches passes by bank transfer to:

Account Name - Colchester Swimming Club

Account Number - 80241326

Sort Code            20-22-67