



The Bramcote Open 2010  
Bramcote Swimming Club's 3<sup>rd</sup> Annual Open Meet  
Licensed Level 3 (3EM0355)

Sunday 28<sup>th</sup> November 2010, Bramcote Leisure Centre, Nottingham

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**Rules and Conditions:**

1. The 3<sup>rd</sup> Bramcote Open Meet will be held under ASA Laws and ASA Technical Rules. This Meet is level 3 licensed (**3EM0355**)
2. The Meet will be held on Sunday 28<sup>th</sup> November 2010. The venue will be Bramcote Leisure Centre, Derby Road, Nottingham NG9 3GF.
3. The Age Groups are 9, 10, 11, 12, 13 & 14/over. Ages are as on the day of the Meet,.
4. For Girls aged 9 & 10 and Boys aged 9 & 10, individual events are over 50m, all four strokes plus the 200m I.M and 200m Freestyle. For Girls aged 11/over and Boys aged 11/over, individual events are over 100m, all four strokes, with the addition of a 50m freestyle sprint, plus 200m I.M and 200m Freestyle. All events will be Age Group Heat Declared Winners.
5. The pool length is 25m, six lanes. The pool will be equipped with electronic timing and anti-wave lane ropes. Depth at the deep end is 11'6"; depth at the shallow end is 4'6".
6. Heats will be swum with all age groups combined and swimmers seeded by entry times. **Entries must be within (i.e. equal to or faster than) the published consideration times, but slower than the published upper cut-off times for each event.**
7. Overhead starts may be used at the Promoters discretion.
8. Awards and ribbons shall be presented to the first six places in each age group, in each individual event, after taking into account the upper qualifying times.
9. Swimmers who swim faster than the upper qualifying times will be ineligible for an award but will be presented with a speeding ticket.
10. Awards for Overall Top Boy, Overall Top Girl and Top Visiting Club will also be presented. Top Boy & Top Girl Awards and Top Visiting Club Awards are calculated as shown
11. For the 9 and 10 age group the 50m and the 200m events will count towards these awards (6 events)
12. For the 11,12,13,and 14& over age groups the 100m and 200m events will count towards these awards (6 Events) **but NOT the 50m Freestyle.**
13. Points will be awarded to the individual and to the club as follows:-

1 <sup>st</sup> Place = 6 Points	2 <sup>nd</sup> Place = 5 Points	3 <sup>rd</sup> Place = 4 points
4 <sup>th</sup> Place = 3 Points	5 <sup>th</sup> Place = 2 Points	6 <sup>th</sup> Place = 1 Point
14. An award for the Visiting Club with the best team support will also be given.
15. The meet will operate on a first come first served basis. It may be necessary to close some entries to some events prior to the Official Closing Date. **NO POOLSIDE ENTRIES WILL BE ACCEPTED**
16. Entries are to be made on the Hy-Tek Team Manager entry software. Paper entries will be accepted, but only at an additional cost.
17. For entry via Hy-Tek team manager the entry fee is £4.00 per event, and the closing date for entries will be Midnight November 18<sup>th</sup> 2010.
18. For paper entries, the entry fee is £4.50 per event and the closing date for entries will be November 7<sup>th</sup> 2010.
19. All entries must include the swimmer's ASA Registration Number, date of birth, and a contact telephone number as well as the club name, together with the correct fees.

If you are using Hy-Tek Team Manager, a cheque for the full number of entries should be sent with a print out of entries.

If you are sending a paper entry, then please send your cheque with your entry.

**All cheques should be made payable to Bramcote Swimming Club**

20. The Club Coach or an Official of the Club must verify entry times – PBs are acceptable. Incomplete entry forms will not be accepted.
21. This meet will be a cardless meet. Details confirming the events entered for all accepted swimmers will be published after 18<sup>th</sup> November on our website [www.swim-to-win.com/openmeet.html](http://www.swim-to-win.com/openmeet.html)
22. Refunds for unaccepted entries will be sent to the club after the open meet has finished. No refunds will be made for the withdrawal of accepted entries after the closing date. The Promoter reserves the right to refuse entry without reason.
23. To assist in the smooth running of the meet, and for the best interest of all competitors, if you intend not to compete in an event and it is after the closing date, then help your fellow competitors by e-mailing or texting the Open Meet Co-ordinator at 0780 198 7758 or [karen@dancedoctors.co.uk](mailto:karen@dancedoctors.co.uk) by Mid-day Saturday 27<sup>th</sup> November 2010. Swimmers wishing to withdraw from an event on the day of the meet **must do so prior to the start of the warm up session in which the event is due to be swum**; otherwise lanes will be left empty during that heat.
24. Entries will be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 1984, 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 Promoters.
25. The Meet will consist of two sessions:-
  - Session 1 – Warm up 8:30am, start 9:30am**
  - Session 2 – To be confirmed on return of the entries, but will be no later than 2.15pm**
  - Each session may be up to a maximum of 3 ¾ hrs with a total competition time of 7 ½ hrs.**
26. Swimmers will be called up to two events prior to their swim and should report to the Competitors Steward immediately. The Stewards will send the swimmers to the starting area.
27. Swimmers must wear appropriate footwear when leaving the poolside.
28. Swimmers & officials MUST NOT sit or climb over the spectator/poolside wall.
29. The Seating Capacity at Bramcote is 340 and there is a large, free car park at the Leisure Centre. There are no in-house catering facilities. However, the availability of on-site outside caterers will be confirmed with return of entries.
30. A coach's pass for the day will cost £10.00 per individual. This will include a programme, free meal between sessions and one full results sheet per club. Please indicate the number of coaches passes required and include the remittance with entry fees. You are reminded that entry to poolside without a pass will not be permitted
31. Spectator entry will be £6.00 for the day (£3.00 for OAPs & children) or £3.50 per session (£1.75 OAPs & children).
32. You are advised not to leave clothing or other articles unattended as neither the Promoter nor the Pool management are able to accept any responsibility for loss or damage. There are coin lockers available for storage of clothing and valuables operated using a £1.00 coin which is returnable.
33. By competing in the Meet, you are agreeing to photography taking place. An official photographer shall be in attendance, however, anyone wishing to use cameras, video recorders or camera phones should complete the register at the entry desk. Any concerns about photography should be raised with the meet co-ordinator.
34. A swim shop will be in operation on the day of the meet.
35. If you have any officials within your Club who can help with this meet please contact Karen Oates on 0780 198 7758 or by e-mail to [Karen@dancedoctors.co.uk](mailto:Karen@dancedoctors.co.uk). Food and refreshments will be provided for the officials between sessions.
36. Any conditions not covered by this information will be at the discretion of the Promoter.

**Please return all entries to:**

Karen Oates Open Meet Co-ordinator  
Bramcote Swimming Club  
Bramcote Leisure Centre  
Derby Road  
Nottingham  
NG9 3GF

e-mail: [Karen@dancedoctors.co.uk](mailto:Karen@dancedoctors.co.uk)  
Tel: 0780 198 7758 (please leave a message)

**Closing date for entries**

November 7<sup>th</sup> 2010 for paper entries

November 18<sup>th</sup> 2010 for electronic entry via Hy-Tek team manager.

All the information for electronic entry will be available on our website [www.swim-to-win.com](http://www.swim-to-win.com)

If you need help with doing the entries via Hy-Tek Team Manager, then please contact Karen Oates for further assistance.

Karen Oates Mobile: 0780 198 7758 or [Karen@dancedoctors.co.uk](mailto:Karen@dancedoctors.co.uk)

# BOYS Qualifying Times

Event	Age Group	No Slower Than	No Quicker Than
50 Freestyle	9 to Open	0:59.0	0:27.0
50 Fly	9	1:15.0	0:42.0
50 Back Stroke	9	1:10.0	0:38.0
50 Breast Stroke	9	1:15.0	0:44.0
200m Freestyle	9	4:00.0	2:50.0
200 Individual Medley	9	4:30.0	3:13.0
50 Fly	10	1:10.0	0:39.5
50 Back Stroke	10	1:05.0	0:37.5
50 Breast Stroke	10	1:10.0	0:42.0
200m Freestyle	10	3:40.0	2:41.8
200 Individual Medley	10	4:20.0	3:06.0
100 Freestyle	11	1:35.0	1:09.0
100 Fly	11	1:50.0	1:18.5
100 Back Stroke	11	1:45.0	1:18.5
100 Breast Stroke	11	1:55.0	1:28.5
200m Freestyle	11	3:15.0	2:30.5
200 Individual Medley	11	3:45.0	2:50.0
100 Freestyle	12	1:30.0	1:05.5
100 Fly	12	1:40.0	1:13.5
100 Back Stroke	12	1:40.0	1:14.0
100 Breast Stroke	12	1:50.0	1:24.5
200m Freestyle	12	3:00.0	2:22.5
200 Individual Medley	12	3:30.0	2:42.0
100 Freestyle	13	1:26.0	1:02.0
100 Fly	13	1:38.0	1:09.3
100 Back Stroke	13	1:35.0	1:09.9
100 Breast Stroke	13	1:48.0	1:18.5
200m Freestyle	13	2:55.0	2:15.0
200 Individual Medley	13	3:25.0	2:33.5
100 Freestyle	14+	1:25.0	0:57.5
100 Fly	14+	1:35.0	1:03.0
100 Back Stroke	14+	1:32.0	1:04.0
100 Breast Stroke	14+	1:43.0	1:12.5
200m Freestyle	14+	2:52.0	2:06.0
200 Individual Medley	14+	3:22.0	2:22.0

This meet is licenced at level 3 which means that time achieved will be forwarded to the ASA for inclusion in rankings and will be accepted for entry into District Championships. We have therefore set the cut off times for this meet with this in mind. Times achieved in this meet will not be accepted for entry into National competitions. This is in line with the ASA recommendations for "Competition for All"

## GIRLS Qualifying Times

Event	Age Group	No Slower Than	No Quicker Than
50 Freestyle	9 to Open	0:59.0	0:27.0
50 Fly	9	1:05.0	0:42.0
50 Back Stroke	9	1:10.0	0:38.0
50 Breast Stroke	9	1:15.0	0:44.0
200m Freestyle	9	4:00.0	2:50.0
200 Individual Medley	9	4:30.0	3:13.0
50 Fly	10	1:01.0	0:39.5
50 Back Stroke	10	1:00.0	0:37.0
50 Breast Stroke	10	1:10.0	0:42.0
200m Freestyle	10	3:30.0	2:41.0
200 Individual Medley	10	4:00.0	3:06.1
100 Freestyle	11	1:35.0	1:10.0
100 Fly	11	1:50.0	1:19.0
100 Back Stroke	11	1:45.0	1:19.0
100 Breast Stroke	11	1:55.0	1:30.0
200m Freestyle	11	3:20.0	2:32.0
200 Individual Medley	11	3:50.0	2:52.0
100 Freestyle	12	1:30.0	1:06.5
100 Fly	12	1:45.0	1:14.5
100 Back Stroke	12	1:40.0	1:14.7
100 Breast Stroke	12	1:50.0	1:25.0
200m Freestyle	12	3:15.0	2:24.0
200 Individual Medley	12	3:40.0	2:42.0
100 Freestyle	13	1:28.0	1:04.0
100 Fly	13	1:40.0	1:11.5
100 Back Stroke	13	1:38.0	1:12.0
100 Breast Stroke	13	1:48.0	1:21.5
200m Freestyle	13	3:00.0	2:20.0
200 Individual Medley	13	3:30.0	2:37.5
100 Freestyle	14+	1:26.0	1:02.0
100 Fly	14+	1:37.0	1:08.0
100 Back Stroke	14+	1:35.0	1:09.0
100 Breast Stroke	14+	1:45.0	1:18.0
200m Freestyle	14+	2:55.0	2:10.0
200 Individual Medley	14+	3:25.0	2:28.0

This meet is licenced at level 3 which means that times achieved will be forwarded to the ASA for inclusion in the rankings database and will be accepted for entry into District Championships. We have therefore set the cut off times for this meet with this in mind. Times achieved in this meet will not be accepted for entry into National competitions. This is in line with the ASA recommendations for "Competition for All"

## Schedule of Events:

### MORNING SESSION:

(Warm up: 8.30-8.55am Girls: 8.55am to 9.20am Boys)

1. Girls 9/10 yrs 50m Backstroke
2. Boys 9/10 yrs 50m Butterfly
3. Girls 11/over 100m Breaststroke
4. Boys 11/over 100m Freestyle
5. Girls 9/10 yrs 50m Butterfly
6. Boys 9/10 yrs 50m Backstroke
7. Girls 11/over 100m Freestyle
8. Boys 11/over 100m Breaststroke
9. Girls 9/over 200m Freestyle
10. Boys 9/over 200m Individual Medley

### AFTERNOON SESSION:

(Warm up Start Time: No later than 2.15pm. 25mins Boys then 25mins Girls)

11. Boys 9/10 yrs 50m Breaststroke
12. Girls 9/over 50m Freestyle
13. Boys 11/over 100m Backstroke
14. Girls 11/over 100m Butterfly
15. Boys 9/over 50m Freestyle
16. Girls 9/10 yrs 50m Breaststroke
17. Boys 11/over 100m Butterfly
18. Girls 11/over 100m Backstroke
19. Boys 9/over 200m Freestyle
20. Girls 9/over 200m Individual Medley

Each session will be no longer than 3hrs 45 mins. The total competition time will be a maximum of 7 ½ hrs.



# The Bramcote Open 2010

Please check the website for acceptances/rejections & draft programme after 18<sup>th</sup> November 2010

**This is a totally CARDLESS Meet**

## ENTRY FORM

Sunday 28<sup>th</sup> November 2010

Swimmer's Name \_\_\_\_\_ Gender Male / Female

Date of Birth \_\_\_\_\_ Age on day (28/11/10) \_\_\_\_\_

ASA No \_\_\_\_\_

Club	
Name & Address	
Phone No:	
Email Address	

<b>Events for:</b> GIRLS 9 & 10 yrs BOYS 9, 10 yrs	<b>50m Backstroke</b>	<b>50m Breaststroke</b>	<b>50m Butterfly</b>	<b>50m Freestyle</b>	
<b>Events for:</b> GIRLS 11 yrs/over BOYS 11 yrs/over	<b>100m Backstroke</b>	<b>100m Breaststroke</b>	<b>100m Butterfly</b>	<b>100m Freestyle</b>	<b>50m Freestyle</b>
<b>200m I.M</b> ALL GIRLS & BOYS	<b>200m I.M</b>				
<b>200m Freestyle</b> ALL GIRLS & BOYS	<b>200m Freestyle</b>	<b>Total Number of Individual Events</b>	_____ @£4.50 =	£.....	
		<b>Total Number of Coaches Pass</b> (includes programme, lunch, results sheet)	_____ @£10.00 =	£.....	
<b>QUALIFIED HELPERS:</b> Please tick here if you are qualified in any of the following skills and would be willing to help at the open meet if required. <input type="checkbox"/> Timekeeping <input type="checkbox"/> Judge <input type="checkbox"/> Referee	<b>Total Amount Enclosed</b> (Cheques payable to Bramcote Swimming Club)			£	
I certify that the particulars and times for the swimmer listed are correct and that the swimmer is an amateur in accordance with ASA Laws. SIGNED: _____ (Club secretary/coach/official)	<p><b><u>SEND THIS COMPLETED FORM TOGETHER WITH THE CORRECT FEE TO:</u></b>            Karen Oates - Open Meet Co-ordinator    <b>Closing Date: 7<sup>th</sup> November 2010</b>            Bramcote Swimming Club    e-mail: <a href="mailto:Karen@dancedoctors.co.uk">Karen@dancedoctors.co.uk</a>            Bramcote Leisure Centre    For electronic entries, please use Hy-Tek Team Manager            Derby Road    The closing date is later for electronic entries...and cheaper!            Nottingham NG9 3GF    Tel or Text: 0780 198 7758</p>				