

4th Level 1 - Long Course Open Meet

Ponds Forge International Pool, Sheffield

(LICENSE NO 1EM0118)

Derventio eXcel Swim Squad invites you to their 4th Level 1 - Long Course open meet at Ponds Forge International Pool, Sheffield.

Meet Rules and Conditions

Date	April 4 th /5th 2010
Venue	Ponds Forge International Pool, Sheffield, The pool length is 50m, ten lanes, and will be equipped with electronic timing with full display and anti-wave lane ropes. Continuous warm up and swim down facilities will be available, however it is the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended.
Age Groups	As at 5th April 2010. Age groups 10, 11, 12, 13, 14, 15 plus.
Cost	The Entry Fee is £6.00 per event. This will be a cardless meet and all details of accepted/rejected swimmers will be posted on the club website (www.derventioexcel.org.uk). No details will be sent by post unless specifically requested and a stamped address envelope provided. Please check the posted details on our web site and notify us of any corrections.
Acceptances	Entries will be accepted on “ quickest times submitted by age group basis ” and must meet the set qualifying times. The Promoter would recommend ELECTRONIC ENTRY . Files will be available via the Derventio website www.derventioexcel.org.uk or by e mail request to entries.openmeet@derventioexcel.org.uk . All entries should be submitted through the swimmers club. The method of submission of entries is the “Sportsystems” entry program, which is available for all clubs. backed up with the correct 2010 entry form. Completed forms should be sent as per details on entry form with the correct entry fee. No entries will be processed until form and payment received. Please note there will be a surcharge for manual entries of £10.00 per club. There will be no surcharge for individual entrants. Any paper entries must be on the official entry form (Photocopies accepted), and MUST include the entrants ASA registration number together with all entry fees. Please submit 25m entry times. No entries will be accepted after the closing date or during the meet unless due to promoters error or omission.

Cheques payable to DERVENTIO EXCEL SWIM SQUAD.

Closing dates for entries is 23rd February 2010.

No refunds after closing date.

Events

All events will be Heat Declared Winners and consist of:-

50m, 100m & 200m all 4 strokes, 400m Freestyle,, 200m IM & 400m IM

Heats will be swum with all age groups combined and swimmers seeded by entry times.

Overseas Clubs

The promoter reserves the right to guarantee entries of up to a maximum of four clubs, and not exceeding a total of 400 entries, where booking of flights is required to travel to and from the event. All entries must meet the published qualifying times, proof may be requested. This will be on a first come first served basis and application must be by e mail to the promoter on promoter.openmeet@derventioexcel.org.uk The promoter strongly recommends that no travel arrangements are confirmed until the club receives a written confirmation of entry.

Awards

Awards will be given to the top three placed swimmers in each age group in each individual event.

In addition to the individual event awards there will be the following overall awards:

A Top Team award

A Best Supported Team award

Top three Boy/Girl awards.

The individual awards will be calculated as follows, FINA Points will be calculated for all swims in the following categories.

SPRINT	Best 50m All strokes
100m	Best 100m All strokes
FORM	Best 200m Back, Breast or Fly
DISTANCE	Best 200m or 400m Free
IM	Best 200m or 400m Ind Med

FINA points will be accumulated into the appropriate Category for each single year. The overall top three swimmers in each of the AGE GROUPS will receive a medal and cash prizes.



Top Team

Event points will be accumulated for all swimmers (from all age groups), for each Club. The overall Top Club will receive a Trophy.

Best Supported Team will receive a trophy. This award will be made at the discretion of the promoters.

If there is a tie for any of these awards then the prizes will be shared.

Starts

Over the top starts will be used at the promoter's discretion.

Data Protection

Entries will be managed using meet software, and by entering the meet it will be deemed that all swimmers have given consent, as required by the Data Protection Act, to the holding and distribution of personal information, required to enable the running of the meet.

General Information

1. Spectator tickets and programmes will be available at the table situated at the spectator's entrance to the pool.

Spectator admission prices:

Children under 16 Free

All Day Sunday Adult £7.00 OAP £3.50

All Day Monday Adult £7.00 OAP £3.50

Two Day Pass Adult £12.00 OAP £6.00

Session Pass Adult £4.00 OAP £2.00

Weekend Programme £6.00

2. Coaches passes and Pool Side passes are available to Coaches supporting competing swimmers.

They include a Programme and Results sheets.

£20.00 for both Sunday and Monday.

£10.00 for Sunday or Monday only.

Coaches Passes must be ordered with entries.

Pool Side Passes can not be bought on the day unless identity is verified by a club official and proof of CRB check is produced.

3. Presentation of medals will be made as soon as possible after the event.





4. Result sheets will be on sale for spectators as soon as possible after each event at a price of 20p per event.
5. Ponds Forge Restaurant will be open on both days.
6. In accordance with the recommendations of the ASA Child Protection Policy, any person wishing to use any camera, video or digital capturing device (including mobile phones) should first register their details on the approved ASA form provided at the spectator entrance with proof of identity. An identification label will be issued which must be on show at all times. This policy will be vigorously enforced and any person found to be contravening this policy will be asked to leave the gala without refund.
7. An accredited team of photographers will be present at the meet on both days where video and stills will be made of the competition..

(Please check our web site at www.derventioexcel.org.uk)
8. Any conditions not covered in the above will be at the discretion of the promoters **Derventio Excel Swim Squad** and includes any alterations to the program and warm up times as necessary.
9. The safety of all competitors, officials and spectators is of paramount importance. During this event announcements concerning your safety will be made in accordance with the recommendations of the ASA. The organisers ask everyone to pay particular attention to these announcements and instructions. Also please keep all emergency exits clear of obstruction and follow all the safety instruction given by the organisers or the Sports Centre staff.



SCHEDULE OF EVENTS

Sunday

Session 1

Warm Up 7.50am
 Start 9.00am
 Expected Finish 12.30pm

Event	1	Male	100	Free
	2	Female	400	IM
	3	Male	50	Breast
	4	Female	200	Back
	5	Male	100	Back
	6	Female	50	Fly
	7	Male	200	IM
	8	Female	200	Fly

Monday

Session 3

Warm Up 7.50am
 Start 9.00am
 Expected Finish 12.30pm

Event	16	Female	100	Free
	17	Male	400	IM
	18	Female	50	Breast
	19	Male	200	Back
	20	Female	100	Back
	21	Male	50	Fly
	22	Female	200	IM
	23	Male	200	Fly

Session 2

Warm Up 12.45pm est tbc
 Start 14.00pm est tbc
 Expected Finish 17.30pm

Event	9	Male	400	Free
	10	Female	200	Breast
	11	Male	50	Back
	12	Female	100	Fly
	13	Male	100	Breast
	14	Female	50	Free
	15	Male	200	Free

Session 4

Warm Up 12.45pm est tbc
 Start 14.00pm est tbc
 Expected Finish 17.30pm

Event	24	Female	400	Free
	25	Male	200	Breast
	26	Female	50	Back
	27	Male	100	Fly
	28	Female	100	Breast
	29	Male	50	Free
	30	Female	200	Free

Please note there will be a 15 minute interval taken during the middle of each session



**Qualifying times**

BOYS	National (AAA) Qualifying Times		Short Course Pool			
	10	11	12	13	14	15+
EVENT						
50m Freestyle	37.30	35.40	33.40	31.60	30.10	28.80
100m Freestyle	1:21.5	1:16.6	1:12.0	1:07.9	1:04.6	1:02.3
200m Freestyle	2:56.4	2:46.2	2:36.5	2:27.8	2:20.7	2:15.6
400m Freestyle	6:11.6	5:47.5	5:28.7	5:11.7	4:57.7	4:46.5
50m Breaststroke	48.8	45.8	43	40.1	38.1	36.4
100m Breaststroke	1:46.5	1:38.5	1:32.3	1:26.0	1:21.7	1:18.2
200m Breaststroke	3:47.5	3:31.8	3:19.2	3:06.7	2:56.6	2:49.5
50m Butterfly	41.7	39	37	34.8	33	31.4
100m Butterfly	1:34.3	1:26.3	1:20.7	1:15.6	1:11.4	1:08.2
200m Butterfly	3:26.8	3:09.0	2:57.9	2:46.9	2:38.2	2:29.9
50m Backstroke	42.9	40.5	38.4	36	34.4	32.8
100m Backstroke	1:33.3	1:26.2	1:21.2	1:16.2	1:12.1	1:09.0
200m Backstroke	3:16.4	3:04.0	2:53.7	2:43.5	2:35.0	2:28.7
200m Individual Medley	3:21.8	3:08.1	2:57.5	2:47.9	2:38.7	2:32.5
400m Individual Medley	7:12.9	6:39.2	6:14.9	5:55.1	5:36.1	5:22.5

GIRLS	National (AAA) Qualifying Times		Short Course Pool					
	Based on 45% of the National Level		10	11	12	13	14	15+
EVENT								
50m Freestyle			37.9	36.0	34.2	32.9	32.1	31.4
100m Freestyle			1:23.3	1:17.5	1:13.2	1:10.5	1:08.6	1:07.5
200m Freestyle			2:57.5	2:46.9	2:37.5	2:31.4	2:27.7	2:24.8
400m Freestyle			6:16.3	5:47.2	5:28.0	5:16.1	5:08.6	5:02.5
50m Breaststroke			49.2	46.0	43.4	41.5	40.3	39.4
100m Breaststroke			1:47.1	1:38.7	1:33.0	1:28.6	1:25.4	1:24.1
200m Breaststroke			3:48.1	3:31.7	3:19.6	3:10.2	3:04.4	3:01.4
50m Butterfly			41.8	39.5	37.4	35.9	34.8	34
100m Butterfly			1:34.5	1:26.7	1:21.2	1:18.0	1:15.4	1:14.2
200m Butterfly			3:29.6	3:10.9	2:58.2	2:50.3	2:44.7	2:41.1
50m Backstroke			43.2	40.7	38.7	37.2	36.1	35.5
100m Backstroke			1:33.7	1:26.7	1:21.5	1:18.2	1:16.1	1:14.4
200m Backstroke			3:18.7	3:03.5	2:53.6	2:47.3	2:42.9	2:39.1
200m Individual Medley			3:22.1	3:08.4	2:58.0	2:51.4	2:46.6	2:43.5
400m Individual Medley			7:12.9	6:37.2	6:14.4	5:59.0	5:49.6	5:43.2

**4th Long Course Open Meet
Ponds Forge International Pool, Sheffield
4th & 5th April 2010**

(Under ASA Laws and ASA Technical Rules of Swimming)

Individual Entry Form

Please return the completed entry form with the appropriate entry fee by the closing date of **23rd February 2010**.

All times to be 25m (short course) times. Age as at 5th April 2010.

Name:			
Gender:	Male / Female	Entry No: (Official Use Only)	
Date of Birth:	/ /	ASA No:	
Club:			
Address:			
Tel No:		Email:	

Event	Entry Time	Event	Entry Time
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		200m Breaststroke	
400m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
100m Backstroke		200m Butterfly	
200m Backstroke		200m Individual Medley	
		400m Individual Medley	

Total No of Entries:		@ £6.00 per Event	£ - p
Coaches Passes Req'd		@ £10.00 per Day	£ - p
Coaches Passes Req'd		@ £20.00 for Both Days	£ - p

This event is Level 1 Licensed by the ASA for entry into National Championships, entries must be equal to or faster than the published qualifying times for each event.

These entries will be accepted on a **"quickest times submitted by age group basis"**. Please see meet rules and conditions for details.

I certify that the above details are correct, I will abide by the promoter's conditions and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association.

Swimmer's Signature: _____ Date: ___/___/___.

Please return all completed entry forms, together with entry fees to:

(cheques payable to Derventio Excel Swim Squad)

Mrs Kathryn Middleton, 14 Radford Meadow, Castle Donnington, DE74 2NZ : E mail k.middleton@btinternet.com

Promoter; Andy Smithurst (07875 468504), E mail promoter.openmeet@derventioexcel.org.uk





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Would you or any of the club you are attending the 4th Derventio Open Meet with be interested in helping out during the weekend?

We will endeavour to keep you well watered and fed really well; please ask others who have been before you.

Is so please contact Andy Smithurst on 07875 468504 or promoter.openmeet@derventioexcel.org.uk

We look forward to seeing you at Easter.





4th Long Course Open Meet

**At Ponds Forge International Pool, Sheffield
On 4th & 5th April 2010**

Level 1 Licensed Meet: 1EM0118
Affiliated to EMASA and Derbyshire ASA
(Held under ASA Laws and Technical Rules)

50 Metre, 10 Lane Pool
Age Groups: 10, 11, 12, 13, 14 & 15+
(as at 5th April 2010)
Distances 50, 100 & 200 All strokes
400 Free, 200 IM & 400 IM

- *Medals for Top Three in each Event***
- *Medals & Cash for Top Three in Age Groups***
- *Trophy for Top Team***
- *Trophy Best Supported Club***

Closing date for entries: 23rd February 2010

For further details and entry forms please visit our Website

www.derventioexcel.org.uk

or

Email: promoter.openmeet@derventioexcel.org.uk

Promoter: Andy Smithurst 07875 468504

