



R.A.S.C.A.L.S.

RIPLEY AMATEUR SWIMMING CLUB AND LIFE SAVERS
www.ripleyrascals.org.uk



Affiliated to East Midlands Region and Derbyshire ASA

AGE ON THE DAY JUNIOR "B GRADE" OPEN MEET
SUNDAY 4TH JULY 2010

Alfreton Leisure Centre, Church Street, Alfreton, Derbyshire
DE55 7BD

9YRS, 10YRS, 11YRS, 12YRS & 13YRS

Events

50m Butterfly, Backstroke, Breast stroke Freestyle - 9 & 10yrs
100m Butterfly, Backstroke, Breast stroke Freestyle - 11yrs and over
200m Freestyle and Individual Medley – All Ages

Session One 8.30am Warm Up 9.30am Start

Session Two 1.00pm Warm Up 2.00pm Start (to be confirmed)

Event Number	Session One	Event Number	Session Two
1	Boys 200m IM	11	Boys 200m Free
2	Girls 200m Free	12	Girls 200m IM
3	Boys 50m Back	13	Boys 50m Breast
4	Girls 50m Breast	14	Girls 50m Fly
5	Boys 100m Free	15	Boys 100m Fly
6	Girls 100m Fly	16	Girls 100m Free
7	Boys 50m Fly	17	Boys 50m Free
8	Girls 50m Free	18	Girls 50m Back
9	Boys 100m Back	19	Boys 100m Breast
10	Girls 100m Breast	20	Girls 100m Back





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Meet Rule and Information

1. The competition will be held under ASA Laws and Technical Rules.
2. Age groups are based on ages at 04/07/2010 (9yrs must be 9 by 04/07/2010)
3. Officials will be from the County and Regional lists as applicable.
4. Application for entry must have been correctly submitted by the specified date and accepted by the promoter. The Promoter reserves the right to reject any entry or to limit the number of entries to the event. Entry times of swimmers should not exceed the time limit specified for the B grade event.
5. Heats will be arranged according to the submitted entry time, swimmers without a time shall swim in the first heat.
6. All Starts will be into deep water
7. Over the top starts may be used at the Promoter's discretion
8. All events are Heat Declared Winners
9. The fastest 6 swimmers whose time does not exceed the cut off time in each age group shall receive an award. Swimmers exceeding the time will receive speeding tickets.
10. Age group awards are 9, 10, 11, 12 & 13
 - a. An additional award will be presented to the top boy and top girl.
Points will be awarded as follows:-

1 st = 6 points	2 nd = 5 points	3 rd = 4 points
4 th = 3 points	5 th = 2 points	6 th = 1 point
11. Entry cards will not be in use for this meet. Any withdrawals from the event should be made by Friday 2nd July 2010 to Karen.dening@sky.com
12. Awards will be available for collection throughout the day.





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13. No outdoor shoes may be worn on poolside or in the changing areas (overshoes are provided at the leisure centre)
14. Entry Fee: £3.50 per individual entry
15. Coach's Pass: £8.00 each (includes full programme). Passes are limited to - 1-10 entrants max 2 passes, 11-20 entrants max 3 passes, 21+ max 4 passes
16. Spectator admission: £7.00 full day, £4.00 one session only (includes programme).
17. CLOSING DATE FOR ENTRIES IS FRIDAY 14th MAY 2010
18. Entry Procedure: No entry will be accepted unless the correct fee is enclosed. Entries will not be accepted after the closing date – Friday 14th May. No Refunds will be made for cancellation of accepted entries after the closing date. Cheques should be made payable to RASCALS and should be accompanied by an entry form which can be printed off the website. Photocopies will be accepted. Electronic entries can be made through the website (please ensure that paper copies and monies are still sent)

Entry forms and fees should be sent to
Karen Dening
64 Birchen Holme
South Normanton
Derbyshire
DE55 3LS
19. Only swimmers, officials and coaches with passes will be allowed on the poolside.
20. The small pool will be out of bounds throughout the day. All swimmers must abide by this and the other health and safety rules that are displayed on poolside. Any swimmer contravening these rules may be disqualified from the competition. No Glass on poolside. Shoes must be worn in all other areas of the leisure centre
21. Coaches/team managers are responsible for the good behaviour and whereabouts of their swimmers at all times.
22. Anything not covered within the above will be at the discretion of the Promoters, R.A.S.C.A.L.S





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AGE ON THE DAY JUNIOR "B GRADE" OPEN MEET SUNDAY 4TH JULY 2010

CLOSING DATE: FRIDAY 14th MAY 2010

Name:	DOB:
Male Female (please circle)	Age on 04/07/2010
ASA Registration No. :	
Contact Address:	
E-mail Address:	
Club:	Contact Number:
Event	Time
Back	
Breast Stroke	
Butterfly	
Freestyle	
200m Freestyle	
200m IM	

Please send completed form, monies and a SAE to Karen Dening 64 Birchen Holme South Normanton Derbyshire DE55 3LS

Sign _____ I enclose a cheque for £ _____

Date _____





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JUNIOR "B GRADE" OPEN MEET

Qualifying Times (No faster than)

Boys	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs
50m Free	39.45	36.71			
50m Fly	44.55	41.05			
50m Back	45.59	42.26			
50m Breast	51.71	48.06			
100m Free			1:15.58	1:10.94	1:06.89
100m Fly			1:25.07	1:19.57	1:14.57
100m Back			1:24.99	1:20.08	1:15.17
100m Breast			1:37.25	1:30.98	1:24.91
200m Free	3:09.65	2:53.43	2:43.81	2:34.30	2:25.76
200m IM	3:35.13	3:18.38	3:05.47	2:55.07	2:45.63

Girls	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs
50m Free	39.95	37.31			
50m Fly	45.15	41.16			
50m Back	45.98	42.51			
50m Breast	52.61	48.44			
100m Free			1:16.32	1:12.06	1:09.61
100m Fly			1:25.42	1:20.05	1:17.03
100m Back			1:25.41	1:20.38	1:17.16
100m Breast			1:37.24	1:31.70	1:27.51
200m Free	3:11.82	2:54.68	2:44.24	2:35.17	2:29.48
200m IM	3:37.51	3:19.06	3:05.53	2:55.31	2:49.17

