



(AFFILIATED TO LINCOLNSHIRE COUNTY ASA AND EAST MIDLANDS REGION)

# ROB WELBOURN OPEN MEET 2014

Level 3 Licenced Meet – Licence No: 3EM4700

(HELD UNDER ASA LAWS AND REGULATIONS AND FINA TECHNICAL RULES OF SWIMMING)

**SATURDAY 4<sup>th</sup> and SUNDAY 5<sup>th</sup> OCTOBER 2014**  
**DEEPINGS LEISURE CENTRE, DEEPING ST JAMES PE6 8NF**

- ENTRY FEE** £4.50 per event  
All entries will be accepted on a 'first come first serve' basis to a maximum capacity.
- EVENTS** 50m and 200m Freestyle, Backstroke, Breaststroke and Butterfly, and 200m Individual Medley. All events will be heat declared winners
- AGES** 9, 10, 11, 12, 13, 14, 15/over  
Age as at 5<sup>th</sup> October 2014
- SESSIONS** 1<sup>st</sup> session will commence at 1.30pm  
2<sup>nd</sup> session will commence at approx. 5.00pm  
3<sup>rd</sup> session will commence at 9.00am  
4<sup>th</sup> session will commence at approx. 1.00pm  
5<sup>th</sup> session will commence at approx. 5.00pm  
Actual times of warm up and start for sessions 2, 4 and 5 will be notified with the accepted entries – emailed to the Club Contact.  
Warm up sessions will be supervised
- ENTRY CARDS** This meet will be 'cardless', Swimmers must sign in to indicate their intention to swim Sign In sheets will close 45minutes before the start of each session. Any swimmer not signed in will be assumed not to have entered and removed from their events.

**All entries will be accepted on a first come first serve basis to a maximum capacity No late entries will be accepted.**

**CLOSING DATE FOR ENTRIES Midnight Monday 8<sup>th</sup> September 2014**  
**Further copies can be found on our website**

[www.deepingssc.co.uk](http://www.deepingssc.co.uk)



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### **PROGRAMME OF EVENTS**

**Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> October 2014**

#### **PROGRAMME OF EVENTS**

**Event** Session 1 – Warm up 13.30 – Start 14.30

- |   |       |                  |
|---|-------|------------------|
| 1 | Girls | 50m Backstroke   |
| 2 | Boys  | 200m Backstroke  |
| 3 | Girls | 200m Butterfly   |
| 4 | Boys  | 50m Breaststroke |

**Event** Session 2 – Warm up tbc – Start tbc

- |   |       |                  |
|---|-------|------------------|
| 5 | Girls | 200m Backstroke  |
| 6 | Boys  | 50m Backstroke   |
| 7 | Girls | 50m Breaststroke |
| 8 | Boys  | 200m Butterfly   |

**Event** Session 3 – Warm up 9.00am – Start 10.00am

- |    |       |                   |
|----|-------|-------------------|
| 9  | Girls | 50m Freestyle     |
| 10 | Boys  | 200m Freestyle    |
| 11 | Girls | 200m Breaststroke |
| 12 | Boys  | 50m Butterfly     |

**Event** Session 4 – Warm up tbc – Start tbc

- |    |       |                   |
|----|-------|-------------------|
| 13 | Boys  | 50m Freestyle     |
| 14 | Girls | 200m Freestyle    |
| 15 | Boys  | 200m Breaststroke |
| 16 | Girls | 50m Butterfly     |

**Event** Session 5 – Warm up tbc – Start tbc

- |    |       |         |
|----|-------|---------|
| 17 | Girls | 200m IM |
| 18 | Boys  | 200m IM |

**AGE AS AT 5<sup>th</sup> October 2014**



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### MEET INFORMATION AND RULES

#### General

1. The competition will be held under current ASA Laws and Regulations and FINA Technical Rules of swimming.
2. The competition is Open to ASA registered swimmers only and is a Level 3 Licenced Meet – Licence 3EM4700.
3. The venue is Deepings Leisure Centre, Park Road, Deeping St James, PE6 8NF

#### Entries

4. Applications for entry must be received at the published address, by the published closing date, on a correctly and legibly completed entry form (or photocopy); together with a contact email address. Club cheques preferred. (£4.50 per event Cheques payable to "Deepings Swimming Club"). The promoter reserves the right to return any entry not fulfilling these requirements.
5. Entries will be accepted on a first come first serve basis to a maximum capacity. **Closing date is Midnight on Monday 8<sup>th</sup> September 2014.** Full reimbursement of fees shall be made to unsuccessful applicants.
6. Club entries may be partially declined if the numbers designated for each event are oversubscribed. Acceptance lists of entries will be notified to Clubs by email.
7. No entries will be accepted after the closing date or during the meet. Unless the promoter has made an error or omission.
8. The individual entry form and summary entry form have provision for applying for "coaches' passes". For reasons of Child Protection these will not be sold on the day. All applicants should have registered with the ASA's scheme- see your Club Secretary. The chief warm up steward may request pass holders to assist in supervising warm ups.
9. Notification of successful applicants will be notified to the contact email address as soon as possible after the closing date. All refunds will be made 'en block' to the club submitting the entries, these will be available for collection by the clubs over the weekend.
10. Clubs with 8 or more entries are requested to provide 2 qualified licenced officials for each session – names to be supplied prior to the event.

#### Age groups

11. Age groups are based on **swimmer's age on the last day of the competition (5<sup>th</sup> October 2014).**
12. Age groups are: 9yrs, 10yrs, 11 yrs, 12yrs, 13yrs, 14 yrs, 15yrs/over

#### The competition

13. This meet will be run 'cardless' swimmers must sign in to indicate their intention to swim. Sign in sheets will close **45 minutes before the times advertised for starts, any swimmers not signed in will be assumed not to have entered and removed from their events. Late entries will only be accepted at the promoter's discretion.**
14. It is the swimmers' responsibility to report to the Competitors' Stewards when the event is called, so that they are ready for the start of their event. **Swimmers WILL NOT be fetched.**
15. Events are to be swum in integrated age groups with seeding by submitted times.
16. All events will have heat declared winners. There will be no finals.
17. Over the top starts will be at the promoter's discretion.
18. The final heat in each event will be spearheaded.

#### Awards

19. There will be an award for the three fastest swimmers in each age group for each event.
20. Awards to be collected from the Trophy Stewards following the final announcement of the results.
21. Cash Awards of £30 each will be presented at the start of session 5 to – Top Boy & Top Girl, and a Trophy for Top Visiting Club. Awards are based on points gained in events excluding the Individual Medley.

#### Other

22. All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
23. Access to the pool will be restricted to swimmers taking part in the gala in progress, officials and coaches with an official pass. **NO OUTDOOR SHOES ARE PERMITTED ON POOLSIDE.** Footwear used *exclusively* on poolside is permitted.
24. During warm-ups swimmers will be under the control of the Chief Warm-Up Steward who will be responsible for all aspects of safety. Warm-up details will be posted around the pool and announced.
25. All swimmers must be able to execute a competitive racing dive as laid down by ASA law or they should start in the water. It is the swimmer's or their representative's responsibility to inform a meet official of any reason why they cannot conform to the ASA technical rules; this should be done before the event in which they are taking part commences.
26. Coaches or team managers are responsible for the swimmers' conduct at all times.
27. Please do not leave clothing or valuables lying around as neither the Promoter nor the Pool Management can accept liability for loss or damage.
28. The Promoter reserves the right to refuse admission to any person.
29. Your co-operation is requested to keep fire exits free and clear of obstruction at all times.
30. **NO FOOD IS TO BE EATEN ON POOLSIDE**
31. Anything not covered within these rules will be at the discretion of the meet organiser and/or the promoter of the competition, i.e. Deepings Swimming Club.



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### INDIVIDUAL ENTRY FORM

Please complete all details requested below in full

Name				Male/Female
Address				
Telephone No: (we require a contact No)				
Email address				
Date of birth		Age as at 5 <sup>th</sup> October 2014		
Club				
ASA registration Number				

EVENT	ENTRY TIME 50m	ENTRY TIME 200m
Freestyle		
Backstroke		
Breaststroke		
Butterfly		
Individual Medley		

Total no of entries		@£4.50 per event = Total	£
No of coaches Passes required		@ £20.00 each includes programme	£

Cheques should be made payable to “Deepings Swimming Club”

Please return entries by **Closing date Midnight 8<sup>th</sup> September 2014**

To: Edna Hingle  
2 Riverbank Close  
Deeping St James  
Peterborough  
PE6 8TL  
Tel: 01778 343863

email: [hingleht@btinternet.com](mailto:hingleht@btinternet.com)

Coaches passes at £20 each including programme.



## OFFICIALS AVAILABILITY

### DEEPINGS SWIMMING CLUB

#### ROB WELBOURN OPEN MEET 2014

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Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> October 2014

If you are a qualified official (or under training) and are able to assist, please indicate below and return with your Club's entry form.

Thank you

Full Name.....

Swimming Club.....

Telephone no.....

E-mail.....

Qualification.....

ASA Licence Number .....

#### Availability

Session 1	
Session 2	
Session 3	
Session 4	
Session 5	