



ARNOLD SWIMMING CLUB

The Ernehale Open Meet



Rules & Information

- This competition hosted by Arnold Swimming Club will be held under A.S.A. Laws and Technical Rules of Swimming, unless swimmers from other governing bodies compete.
- Level 3. License No 3EM160113.**
- The venue for the meet is Hucknall Leisure Centre, Linby Road, Hucknall, Nottingham, NG15 7TX, 0115 956 8750
- All Events shall have heat declared winners.
- The events are:-
 - 50m Free, Breast and Back **MIXED Disability Specific (MC).**
 - 100m all 4 strokes all age groups except 9 years.
 - 200m all 4 strokes & 200m IM all age groups.
 - 400m Freestyle and IM all age groups.
- The age groups shall be:- **Age as at 13th March 2016.**
Boys - 9, 10, 11, 12, 13, 14yrs.
Girls - 9, 10, 11, 12, 13, 14yrs.
- The pool length is 25m, six lanes, and will be equipped with OMEGA ARES21 electronic timing, Piccolo timing display and anti wave lane ropes.
- Awards will be given to the **top six** placed swimmers in each **age group (9 to 14)** in each individual event and a participation Award to all competitors in the MC events. There will also be an overall top girl/boy award based on gala position points (award will be split for joint top result).
- Heats will be swum with all age groups combined and swimmers seeded by entry times in with the fastest heat spearheaded. **Entries must be within (i.e. equal to or faster than) the published qualification times, but slower than the published upper limit cut off times for each event.** These entries will be accepted on a **first come, first served basis.** If similar amounts of entries are not received for each session, the start time of the later sessions may be subject to change (earlier or later) and will be confirmed with the return of entry information via the website.
- Should a session be excessively over subscribed, the promoters reserve the right to close entries early, at their discretion. Over the top/side by side starts may be used at the promoter's discretion.
- The entry fee is £5.00 per event. All entries **MUST** include the entrants ASA Registration No. together with all entry fees. No entries will be accepted after the closing date or during the meet unless due to promoters error or omission, or under the discretion of the promoter to fill the meet. **Cheques made payable to Ernehale Open Meet or request BACS details when submitting entry. Preferred entry is via the electronic entry file, downloadable from our website.**
- This meet will operate as a CARDLESS MEET.**
- To assist in the smooth running of the meet and for the best interest of all competitors, if, after the closing date you do not intend to compete in one or all of the events you have entered, please help your fellow swimmers by completing the official withdrawal form.
- All accepted entries will be confirmed upon our website.
- Closing date for all entries is **Thursday 28th January 2016**
- Reimbursements for unaccepted entries are to be returned via your club secretary. No refunds will be made for the cancellation of accepted entries after the published closing date.
- Any swimmer wishing to withdraw can do so by emailing the open meet secretary with the relevant details at ernehale@arnoldswimmingclub.org.uk no later than **Friday 11th March 2016 9:00pm.** 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, at the IT desk or by contacting the number opposite, except for the Saturday events which must be made by 2:00pm on the Saturday of the events.**
- Results will be computer processed. These will be available on the Ernehale website during the meet (connection dependant). You can request a printed copy of the results covering all sessions which can be collected on the final day or posted to you, this will cost £3 per copy (inc. P&P).
- Spectator admission prices:
Saturday
 - Adults £1.50
 - Children/Senior Citizens £1.50
 - Starts Lists - FOC with entry**Sunday**
 - Adults £3.00 per session / £5.00 for the day
 - Children/Senior Citizens £1.50 per session / £2.50 full day
 - Programmes - £2.50
- Lockers are available at £1.00 each (returned),
- Poolside passes are available to bona fide helpers supporting competing swimmers. These are priced at **£5** for the Saturday, **£10** for the Sunday, or **£12** for a 2 day pass. Poolside passes must be ordered via your club when submitting your club entries, and collected on the day of the meet from "front of house". For reasons of Child Protection, these will **not** be sold on the day. All Coaches are to be fully DBS checked by their club. Passes are limited to 4 per club.
- For the purposes of Child Protection, no persons, unless displaying a valid pass shall be allowed on poolside at any time. In line with ASA and Hucknall Leisure Centre guidelines, **photography on poolside is not permitted except for the Meet Licensed Official Photographer. No photography is allowed in the changing rooms at any time. Mobile telephones MUST NOT be used on poolside OR in the changing rooms at any time.**
- For reasons of Health and Safety, please note that spectator entry to the viewing gallery commences as warm up for each session begins.
- The promoters reserve the right to delay the start of a session to allow swimmers a safe and adequate warm up.
- There is limited parking available at the Leisure Centre. There is additional parking around the area within a 5 minute walk from the Centre. We ask that you car share where possible.
- The Large Sports Hall will be used to hold swimmers and organise each Heat & Event. **Therefore swimmers are advised to bring poolside footwear, t-shirt and shorts, sweat tops/pants or tracksuits to keep warm as they will need to walk to and from poolside.**
- Any conditions not covered in the above will be at the discretion of the promoters "**Arnold Swimming Club**".
- Neither the organisers nor the pool management will be able to accept responsibility for loss or damage to personal property.

All entries and enquiries should be posted to:

Ernehale Open Meet, 11 Brookfield Road, Arnold, Nottingham, NG5 7ER
Text Only Phone: 0772 532 0970 E: ernehale@arnoldswimmingclub.org.uk



Information and Results available on our website:

ernehale.arnoldswimmingclub.org.uk