

Nuneaton & Bedworth Swimming Club

Spring "Qualifying" Open Meet

Affiliated to ASA West Midland Region and Warwickshire ASA
(Under ASA Laws and ASA Technical Rules of Swimming)

Saturday 31st March & Sunday, 1st April 2012

EVENT: This Meet has been Licensed L2 (2WM2039) by the ASA for Entry into Regional and National Competitions.

VENUE: The Meet will take place at the Pingles Pool, Avenue Road, Nuneaton, Warwickshire. CV11 4LX.

DATE: **Saturday 31st March and Sunday 1st April, 2012.** There are two sessions each day:
Session 1 & 3 - 8.00 am warm-up, 9.00 am start
Session 2 & 4 - time to be determined
Session duration - All Sessions approximately 2½ - 3hours respectively
Results sheets will be available on-line after the event at www.nun-bed-sc.co.uk

POOL **All distances for this Open Meet will be 50m, 100m, 200, & 400m**
25metre 8 lane Pool with anti-turbulence lane ropes. Electronic timing with 10-line scoreboard is to be used in conjunction with a computerised result service.

AGE GROUPS: The competition is open to eligible competitors as defined by ASA Laws in the following age groups:
9/10 years, 11/12 years, 13/14 years, 15 years & over (ages as at Midnight, 1st April, 2012). **ASA event entry conditions for age group swimming will be applied.**

SCHEDULE OF EVENTS:

SATURDAY 31 st March 2012				SUNDAY 1 st April 2012			
Event No		Event		Event No		Event	
SESSION 1				SESSION 3			
1	BOYS	50m FREESTYLE	Heats	22	GIRLS	50m FREESTYLE	Heats
2	GIRLS	100m BACKSTROKE	HDW	23	BOYS	100m BACKSTROKE	HDW
3	BOYS	100m BUTTERFLY	HDW	24	GIRLS	100m BUTTERFLY	HDW
4	GIRLS	50m BREASTROKE	HDW	25	BOYS	50m BREASTROKE	HDW
5	BOYS	200m FREESTYLE	HDW	26	GIRLS	200m FREESTYLE	HDW
6	GIRLS	50m BUTTERFLY	HDW	27	BOYS	50m BUTTERFLY	HDW
7	BOYS	100m BREASTSTROKE	HDW	28	GIRLS	100m BREASTSTROKE	HDW
8	GIRLS	200m BUTTERFLY	HDW	29	BOYS	200m BUTTERFLY	HDW
9	BOYS	9/10 yrs 50m FREESTYLE	FINAL	30	GIRLS	9/10 yrs 50m FREESTYLE	FINAL
10	BOYS	11/12 yrs 50m FREESTYLE	FINAL	31	GIRLS	11/12 yrs 50m FREESTYLE	FINAL
11	BOYS	13/14 yrs 50m FREESTYLE	FINAL	32	GIRLS	13/14 yrs 50m FREESTYLE	FINAL
12	BOYS	15/over 50m FREESTYLE	FINAL	33	GIRLS	15/over 50m FREESTYLE	FINAL

SESSION 2				SESSION 4			
13	GIRLS	400m INDIVIDUAL MEDLEY	HDW	34	BOYS	400m INDIVIDUAL MEDLEY	HDW
14	BOYS	200m INDIVIDUAL MEDLEY	HDW	35	GIRLS	200m INDIVIDUAL MEDLEY	HDW
15	GIRLS	100m FREESTYLE	Heats	36	BOYS	100m FREESTYLE	Heats
16	BOYS	50m BACKSTROKE	HDW	37	GIRLS	50m BACKSTROKE	HDW
17	GIRLS	200m BREASTSTROKE	HDW	38	BOYS	200m BREASTSTROKE	HDW
18	BOYS	200m BACKSTROKE	HDW	39	GIRLS	200m BACKSTROKE	HDW
19	GIRLS	11/12 yrs 100m FREESTYLE	FINAL	40	BOYS	11/12 yrs 100m FREESTYLE	FINAL
20	GIRLS	13/14 yrs 100m FREESTYLE	FINAL	41	BOYS	13/14 yrs 100m FREESTYLE	FINAL
21	GIRLS	15/over 100m FREESTYLE	FINAL	42	BOYS	15/over 100m FREESTYLE	FINAL

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Meet Information

- SEEDING:** All events will be seeded in time classification, the slowest competitors being in the first heat.
- POOLSIDE:** Maximum of Two Pool side Officials per Club per session. Coaches passes can only be obtained by an affiliated Club at £15.00 per day or £25 per weekend. Coaches Pass Includes Lunch. They **cannot** be purchased on the day of the Meet.
- CRB Check** It is the responsibility of the Club applying for coach pass to ensure their team manager and coach is CRB checked and named on the Club's application form. Poolside passes will only be issued to those named by their club.
- WARM-UP:** The pool will be available for a warm-up during the 1 hour prior to the start of each session.
- Stewarding:** It is the responsibility of Team Managers and Coaches to ensure that their competitors report to the Stewards in time for the start of their race.
All participants and spectators must observe the safety precautions in operation at the Pingles Pool and must be aware that the use of cameras and camcorders of any kind is not allowed within the building including mobile phones with inbuilt cameras. Official meet photographer may be appointed by the promoter
Neither Nuneaton & Bedworth Swimming Club nor Nuneaton & Bedworth Leisure Trust can be held responsible for loss or damage to spectators or competitors property. Competitors are advised to use the lockers in the changing rooms and not to leave belongings lying around unattended.
- OFFICIALS:** Officials will be from Regional lists. We always welcome Officials who may be accompanying competitors. Club block entries must include one judge and one timekeeper.
- REFRESHMENTS:** Cafeteria plus hot and cold drinks and snacks machines available.
- AWARDS:** The competitors placed 1st, 2nd & 3rd in each individual event in each age group will receive awards.
- ENTRIES:**
1. All competitors must be eligible as defined under ASA Laws and may enter events only in their age group. ASA event entry conditions for age group swimming will be applied.
 2. All competitors must be registered with the ASA.
 3. Entries will be selected on a %Fastest Time+ basis to comply with session timing and bather loading requirements.
 4. Competitors diving into the pool must have reached the standard of the ASA Competitive Start Award. Those who have not reached this standard must start in the water.
 5. Entry fee, £4.00 per individual event. Remittances (cheques only) should be made payable to Nuneaton & Bedworth Swimming Club. It will be greatly appreciated if fees for all entries for one Club are consolidated and submitted on a single cheque payment together with the Summary Sheet. Entry forms and fee should be sent to:
Mrs D M Reynolds, 214 St Nicolas Park Drive, Nuneaton, Warwickshire CV11 6EJ. Email: spring12@deereynolds.com
 6. **Simplified Block Entries for Clubs:** Electronic entry forms are available from Dee Reynolds at spring12@deereynolds.com . These will only be accepted and entered after payment is received.
 7. Official closing date, **Saturday, 25 February, 2012**. Nuneaton & Bedworth Swimming Club reserve the right to refuse an entry, or to close entries before this date should it be proved necessary.
 8. Entry form attached. Photocopies will be accepted. Forms are also available on our website. Submitted times, for 25m pool only, should be shown for each event. It is the responsibility of all competing clubs to ensure that entry times are accurate.
 9. This will be a cardless meet. No cards will be issued prior to the event; Notification of acceptance/rejection will be Posted on our Clubs Website. Please check for accuracy.

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10. Any corrections to entries, ie name, club or date of birth, etc, must be notified to Mrs Reynolds by Saturday, 8 March, 2012 (spring12@deereynolds.com). Corrections cannot be made on the day of the event.
11. In the event of entries not being accepted entry fees will be returned.
12. Subsequent amendments to entry times will not be permitted.
13. Over the top starts may be used.
14. NBSC reserve the right to use vacant slots within the programme for time trials for its own swimmers.
15. Anything not covered in these Conditions will be at the discretion of the Promoters

PLEASE NOTE: No entries will be accepted without the appropriate fee.

Competition Qualifying and Upper Limit Times

Level 2 Licensed Meet - Minimum Permitted Qualifying Times - Short Course Pool

BOYS

EVENT

	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.1	39.3	37.2	35.1	33.1	31.3	29.9	29	28.4	27.4
100m Freestyle			01:20.6	01:15.7	01:11.1	01:07.3	01:04.6	01:02.6	01:01.4	01:00.2
200m Freestyle	03:22.8	03:06.0	02:54.8	02:44.7	02:35.0	02:26.6	02:20.8	02:16.3	02:13.8	02:12.9
50m Breaststroke	55.1	51.3	48	45.1	41.9	39.6	37.7	36.4	35.7	34.4
100m Breaststroke			01:43.4	01:36.9	01:30.1	01:25.1	01:21.0	01:18.4	01:16.7	01:15.0
200m Breaststroke	04:17.8	03:59.0	03:42.4	03:29.2	03:15.3	03:03.9	02:55.8	02:50.7	02:46.3	02:42.3
50m Butterfly	47.4	43.8	41	38.8	36.4	34.3	32.5	31.5	30.7	29.6
100m Butterfly			01:30.4	01:24.6	01:19.1	01:14.4	01:10.7	01:08.8	01:07.0	01:05.1
200m Butterfly	04:08.3	03:37.3	03:18.2	03:06.6	02:54.7	02:44.7	02:35.5	02:31.7	02:26.9	02:24.4
50m Backstroke	48.6	45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1	30.4
100m Backstroke			01:30.5	01:25.2	01:19.7	01:15.0	01:11.5	01:09.3	01:07.6	01:05.4
200m Backstroke	03:43.8	03:26.7	03:13.3	03:02.6	02:51.1	02:41.4	02:34.3	02:29.8	02:27.0	02:22.9
200m Individual Medley	03:49.7	03:32.2	03:17.6	03:06.8	02:55.8	02:45.3	02:38.2	02:33.7	02:30.5	02:27.6
400m Individual Medley	08:15.6	07:35.6	06:59.7	06:34.3	06:12.0	05:50.3	05:34.6	05:25.4	05:18.7	05:14.9

GIRLS

EVENT

	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.6	39.9	37.7	35.7	34.3	33.3	32.5	32	31.9	30.5
100m Freestyle		01:27.6	01:21.3	01:16.6	01:13.5	01:11.3	01:09.9	01:08.7	01:08.4	01:07.1
200m Freestyle	03:24.5	03:06.8	02:55.4	02:44.9	02:38.0	02:33.5	02:30.2	02:28.0	02:26.4	02:26.1
50m Breaststroke	55.9	51.7	48.3	45.4	43.2	41.8	40.8	40.3	40	38.5
100m Breaststroke		01:52.5	01:43.5	01:37.3	01:32.3	01:28.7	01:27.1	01:26.2	01:24.9	01:23.2
200m Breaststroke	04:20.0	03:59.5	03:42.1	03:28.8	03:18.2	03:11.5	03:07.9	03:05.8	03:04.1	02:58.7
50m Butterfly	47.9	43.9	41.3	39.1	37.3	36.1	35.2	34.7	34.6	32.7
100m Butterfly		01:39.3	01:30.9	01:24.9	01:21.2	01:18.3	01:16.9	01:15.8	01:14.9	01:12.2
200m Butterfly	04:11.0	03:40.0	03:20.2	03:06.4	02:57.3	02:51.0	02:46.9	02:44.8	02:42.8	02:39.0
50m Backstroke	48.9	45.3	42.7	40.5	38.7	37.5	36.8	36.1	35.8	34.4
100m Backstroke		01:38.5	01:31.0	01:25.3	01:21.4	01:19.0	01:17.1	01:16.1	01:15.6	01:13.6
200m Backstroke	03:46.2	03:28.7	03:12.5	03:01.7	02:54.3	02:49.2	02:44.8	02:42.4	02:40.6	02:38.3
200m Individual Medley	03:51.6	03:32.7	03:17.9	03:06.3	02:58.8	02:53.1	02:49.5	02:47.2	02:45.7	02:44.2
400m Individual Medley	08:12.3	07:35.3	06:57.3	06:32.0	06:14.4	06:03.1	05:55.8	05:50.5	05:48.2	05:44.5

ASA age group entry conditions apply.

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COMPETITION ENTRY FORM

Name: _____ Date of Birth: _____

ASA Registration Number: _____ Age as at .1-Apr-12: _____

Address: _____ Male/Female _____

_____ Tel No: _____

_____ Club: _____

Email: _____

Please submit Short Course time against all strokes entered: ASA age group entry conditions apply.

Event	Entry Time	Event	Entry Time
Event 1 Boys 50m Freestyle		Event 22 Girls 50m Freestyle	
Event 2 Girls 100m Backstroke		Event 23 Boys 100m Backstroke	
Event 3 Boys 100m Butterfly		Event 24 Girls 100m Butterfly	
Event 4 Girls 50m Breaststroke		Event 25 Boys 50m Breaststroke	
Event 5 Boys 200m Freestyle		Event 26 Girls 200m Freestyle	
Event 6 Girls 50m Butterfly		Event 27 Boys 50m Butterfly	
Event 7 Boys 100m Breaststroke		Event 28 Girls 100m Breaststroke	
Event 8 Girls 200m Butterfly		Event 29 Boys 200m Butterfly	
Event 13 Girls 400m Ind Medley		Event 34 Boys 400m Ind Medley	
Event 14 Boys 200m Ind Medley		Event 35 Girls 200m Ind Medley	
Event 15 Girls 100m Freestyle		Event 36 Boys 100m Freestyle	
Event 16 Boys 50m Backstroke		Event 37 Girls 50m Backstroke	
Event 17 Girls 200m Breaststroke		Event 38 Boys 200m Breaststroke	
Event 18 Boys 200m Backstroke		Event 39 Girls 200m Backstroke	

Total number of events entered:- _____ Remittance of:- _____
(£4.00 per event) attached

Cheques should be made payable to **Nuneaton & Bedworth Swimming Club**

I declare that I am eligible to compete in this competition and that I accept the Promoters' conditions.

Signed _____

Signature of Coach/Club Secretary: _____

Entries to be sent to: Mrs D M Reynolds, 214 St Nicolas Park Drive, Nuneaton,
Warwickshire CV11 6EJ

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Summary Sheet

Total No. Of Entries		@ £4.00 each	£
1 Day Coaches Pass Saturday Including Refreshments		@ £15.00 each	£
1 Day Coaches Pass Sunday Including Refreshments		@ £15.00 each	£
2 Day Coaches Pass (weekend) Including Refreshments		@ £25.00 each	£
TOTAL			£

Please give names and CRB numbers of Coaches using passes over the weekend.

Coaches Passes cannot be purchased on the day of the Meet; you must buy them in advance

For administration purposes and notification of accepted/rejected entries, please fill in contact details below:

Contact Name: _____ Club: _____

Address: _____

Post Code: _____ Tel No: _____

Email address: _____

I certify that all the above details are correct and that I will abide by the Promoters conditions

Signed on behalf of all swimmers entered _____ Club official

Date _____

Return to: Mrs D M Reynolds, 214 St Nicolas Park Drive, Nuneaton, Warwickshire CV11 6EJ

Closing date for entries MIDNIGHT Saturday, 25 February, 2012

