



WESTON SUPER MARE S.C.

Affiliated to ASA South West and Somerset ASA
Under ASA Laws and ASA Technical Rules of Swimming



8th Easter Open Meet Saturday 3rd to Sunday 4th April 2010. At Hutton Moor Leisure Centre, Weston-super-Mare

This event is Licensed Level 3 (**3SW0132**) for entry into
Regional Championships.

Thank you for requesting information about our Short Course Licensed Easter Open Meet. We hope that you will be able to take part and that the meet will prove very successful for you.
Under the new Licensing Rules, this meet has been Classed as Level 3 and consideration times are shown later in this information pack.

As usual, there will be no entry charges for spectators other than the purchase of a Daily Meet Programme.

I hope that you will join us for this meet and together we can build on the fantastic achievement of our previous meets. Thank you once again for your support and we wish you Good Luck during the meet.

<p>Important Entry Information.</p> <p>Please note that in order to comply with the requirements of our Level 2 License, entries for this meet must be within the published consideration times for each event.</p>	<p>Club entries must be submitted on Disc or Electronic Entry via our Club Website and E-Mail</p> <p>Weston-super-mare-swimming-club.co.uk Full instructions are on the website</p> <p>Individual entries please use the entry form enclosed with this pack</p>
<ul style="list-style-type: none">▪ 25m 8 Lane Competition Pool▪ Separate Swim Down Pool▪ Electronic Timing with Full Display▪ Anti Wave Lane Ropes▪ Seating for 400 Spectators▪ Swim Shop▪ Café on Site	<p>Swimming Officials (Timekeepers, Judges, Starters & Referees)</p> <p>If you will be attending this meet and are prepared to officiate, then please contact:</p> <p>Event Officials Co-ordinator: atvoisey@tiscali.co.uk</p> <p>Please volunteer if you can. Any help would be greatly appreciated.</p>

MEET RULES & INFORMATION

- The competition will be held under ASA Laws and ASA Technical Rules of Swimming. **This event is LICENSED by the ASA at Level 3 (3SW0132), for entry into Regional Championships.** Officials will be from National and District lists of the ASA.
- The Promoter of the Open Meet shall be the Open Meet Committee.
- The pool length is 25m, has eight lanes and will be equipped with electronic timing with full display and anti-wave lane ropes.
- All events are Heat Declared Winners. Events and Age Groups are detailed in Paragraphs 5 and 6.
- The events are:

<u>Stroke</u>	<u>Age Groups</u>
50m Free, Back, Fly & Breast	9,10,11,12,13,14,15 & 16/over
100m Free, Back, Fly & Breast	10,11,12,13,14,15 & 16/over
200m Free, Back, Fly & Breast	9,10,11,12,13,14,15 & 16/over
100m & 200m IM	9,10,11,12,13,14,15 & 16/over
400m Free & 400m IM	Open (11 years & Over)
- Individual Age Groups, 9, 10, 11, 12, 13, 14, 15 and 16/over. **Ages as at 4th April 2010.**
- Awards will be given to the **top three** placed swimmers in each age group **in each individual event.** For swimmers in the **Open Events**, there will be awards for the **top three** places in each event. The awards can be collected from the recorders desk on the balcony throughout the day.
- In addition to the individual events, there will be the following overall awards presented at the end of the meet:
 - Top Junior Girl
 - Top Junior Boy
 - Top Intermediate Girl
 - Top Intermediate Boy
 - Top Senior Girl
 - Top Senior BoyThe Junior awards will be for 9 and 10 year olds. Event points will be scored for all eligible swimmers.
The Intermediate awards will be for 11, 12 and 13 year olds. Event points will be scored for all eligible swimmers.
The Senior awards will be for the 14 and over age group. Event points will be scored for all eligible swimmers.
The scoring will be:
1st 8 points, 2nd 7 points, 3rd 6 points, 4th 5 points, 5th 4 points, 6th 3 points, 7th 2 points and 8th 1 point.
If there is a tie for any of the awards then 2 prizes will be given.
- Heats will be swum with all age groups combined and swimmers will be seeded by entry times.
Entries must be within the published consideration times but not faster than the Upper Limit for each event. The Upper Limit time has been set based on the National Qualifying time, Short Course, for 2010.
- Over the Top Starts will be used at the Promoters discretion.
- The meet will be run with a **one start rule.**
- The Entry Fee is £5.00 per event for Saturday and Sunday sessions.**
- All **CLUB** entries must be submitted either on **DISC** or **Electronic** via the Club Website and E-Mail. Full details are included on the Club Website at the following address: **Weston-super-mare-swimming-club.co.uk**
Club Entries **must** be accompanied by a large stamped address envelope for the return of Competitor Cards. Full instructions for the download of the Electronic version are included on the website. **It will be the responsibility of the Club submitting the Electronic or Disk entry to ensure the accuracy of their entries prior to submitting to WSMSC.**
- ONCE THE ENTRY CARDS ARE PRINTED, MISTAKES MADE BY CLUB ELECTRONIC ENTRIES WILL NOT BE CORRECTED BY WSMSC OPEN MEET STAFF.**
- Individual 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. PLEASE enclose a LARGE STAMPED ADDRESSED envelope for return of Cards.**
- No entries will be accepted or corrected after the closing date or during the meet unless due to the promoters error or omission. Entries will not be registered unless accompanied by the correct entry fee. Cheques should be made payable to: **WESTON SUPER MARE SC.**
- If an event is excessively over subscribed relative to other events, the promoters reserve the right to reject some of the slowest entries at their discretion.
- The closing date for entries is **midnight 26th February 2010.**
- Competitors times will be computer processed and results sheets will be displayed in the marshalling area. Full sets of results can be posted at a cost of £3.00.
- There will be **no charge for spectator admission.**
- The Meet Programme will be on sale as follows:
 - Daily at **£2.00** per day
- Coaches Passes are available with a **Maximum of 3 per Club.** Coaches Passes will cost as follows:
 - Saturday £10.00
 - Sunday £10.00
 - Both days £20.00**Coaches Passes must be ordered with Club entries and must be worn at all times during the Meet.**
- Anyone wishing to partake in close, zoom or video photography will need to register their camera and obtain a pass from the entry desk and worn for the duration of the session. This includes mobile phones with photo capabilities. For the protection of all swimmers, checks will be made throughout the meet and anyone without the appropriate pass will be asked to leave.
- Any conditions not covered in the above will be at the discretion of the meet promoters, **Weston-super-Mare Swimming Club.**

All entries and enquires to:

Mr A Voisey
36 Stonewell Park Road
Congresbury
Bristol
BS49 5DP
Tel 01934 832089
atvoisey@tiscali.co.uk



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8th Easter Open Meet PROGRAMME OF EVENTS

Saturday 3 rd April 2010				
Session 1 Warm Up 08.00am Start 09.30am				
Event	Sex	Age	Distance/Stroke	Prog
101	Boy	10/Ov	100m Butterfly	HDW
102	Girl	10/Ov	100m Breast	HDW
103	Boy	10/Ov	100m Backstroke	HDW
104	Girl	All	200m Backstroke	HDW
105	Boy	All	200m Ind Medley	HDW
106	Girl	All	50m Butterfly	HDW
107	Boy	All	50m Freestyle	HDW
108	Girl	11/Over	400m Freestyle	HDW

Sunday 4 th April 2010				
Session 3 Warm Up 8.00am Start 09.30am				
Event	Sex	Age	Distance/Stroke	Prog
301	Girl	All	100m Ind Medley	HDW
302	Boy	All	200m Butterfly	HDW
303	Girl	All	200m Breaststroke	HDW
304	Boy	10/Ov	100m Freestyle	HDW
305	Girl	All	200m Freestyle	HDW
306	Boy	All	50m Breaststroke	HDW
307	Girl	All	50m Backstroke	HDW
308	Boy	11/Over	400m Ind Medley	HDW

Saturday 3 rd April 2010				
Session 2 Warm Up 1.30pm Start 3.00pm				
Event	Sex	Age	Distance/Stroke	Prog
201	Girl	10/Ov	100m Butterfly	HDW
202	Boy	10/Ov	100m Breast	HDW
203	Girl	10/Ov	100m Backstroke	HDW
204	Boy	All	200m Backstroke	HDW
205	Girl	All	200m Ind Medley	HDW
206	Boy	All	50m Butterfly	HDW
207	Girl	All	50m Freestyle	HDW
208	Boy	11/Over	400m Freestyle	HDW

Sunday 4 th April 2010				
Session 4 Warm Up 1.30pm Start 3.00pm				
Event	Sex	Age	Distance/Stroke	Prog
401	Boy	All	100m Ind Medley	HDW
402	Girl	All	200m Butterfly	HDW
403	Boy	All	200m Breaststroke	HDW
404	Girl	10/Ov	100m Freestyle	HDW
405	Boy	All	200m Freestyle	HDW
406	Girl	All	50m Breaststroke	HDW
407	Boy	All	50m Backstroke	HDW
408	Girl	11/Over	400m Ind Medley	HDW

Please note that the Warm Up Times Start and Duration may be subject to change depending on the number of entries for the Meet. The Entry Cards will be printed with the Warm Up times.



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GIRLS QUALIFYING TIMES

Event	9 Years	10 Years	11 Years	12 Years	13 Years	14 years	15 years	16 & Over	
50 Free	32.11	29.65	29.32	28.98	28.13	27.88	27.78	25.78	U
	48.06	42.09	37.18	34.67	32.88	32.02	29.92	29.80	L
100 Free		1:05.37	1:02.48	1:00.67	59.94	59.46	59.27	58.27	U
		1:34.26	1:26.35	1:19.79	1:15.85	1:13.99	1:11.78	1:09.45	L
200 Free	2:32.80	2:20.70	2:14.43	2:10.77	2:09.18	2:07.73	2:07.55	2:05.55	U
	3:41.99	3:11.18	2:58.65	2:44.13	2:34.60	2:31.85	2:27.34	2:25.12	L
400 Free			4:40.79	4:33.83	4:29.28	4:27.74	4:27.33	4:25.33	U
			6:29.38	5:58.68	5:37.55	5:31.00	5:25.00	5:18.69	L
50 Back	36.56	34.61	32.44	31.32	31.10	29.04	27.48	26.81	U
	58.01	50.33	46.87	44.01	38.76	36.90	35.81	35.00	L
100 Back		1:13.55	1:09.99	1:07.97	1:06.79	1:06.29	1:06.10	1:04.10	U
		1:40.35	1:31.88	1:24.24	1:19.14	1:17.64	1:16.22	1:15.59	L
200 Back	2:50.11	2:36.51	2:29.19	2:25.23	2:22.61	2:21.77	2:21.77	2:19.77	U
	3:54.65	3:34.34	3:25.41	3:09.51	2:59.23	2:54.46	2:51.78	2:49.60	L
50 Breast	41.99	39.25	36.20	35.01	33.98	31.27	31.02	29.96	U
	1:02.10	54.00	47.11	44.31	41.32	38.95	37.57	36.91	L
100 Breast		1:23.72	1:19.55	1:16.99	1:15.99	1:15.38	1:15.38	1:13.38	U
		1:59.93	1:49.93	1:41.01	1:34.94	1:30.81	1:28.30	1:26.30	L
200 Breast	3:15.88	2:59.39	2:50.08	2:45.65	2:43.77	2:42.69	2:42.69	2:40.69	U
	4:10.39	4:00.94	3:45.14	3:26.52	3:13.25	3:05.93	3:02.19	2:58.98	L
50 Fly	35.55	33.55	31.23	30.11	29.88	27.12	26.78	26.01	U
	56.20	48.69	46.28	41.41	37.89	33.84	32.93	31.72	L
100 Fly		1:14.37	1:10.13	1:07.82	1:06.70	1:06.13	1:06.05	1:04.05	U
		1:40.32	1:31.63	1:24.22	1:19.38	1:16.68	1:15.60	1:14.99	L
200 Fly	3:01.78	2:43.95	2:34.90	2:28.71	2:26.06	2:24.86	2:24.86	2:22.86	U
	3:58.02	3:48.79	3:33.81	3:15.65	3:03.62	2:56.90	2:53.69	2:51.19	L
100 IM	1:22.77	1:17.22	1:12.86	1:09.23	1:08.55	1:04.44	1:02.87	1:01.39	U
	2:08.49	1:52.00	1:36.29	1:22.79	1:21.20	1:16.51	1:14.23	1:14.01	L
200 IM	2:52.66	2:39.15	2:32.06	2:28.07	2:25.95	2:25.04	2:25.04	2:23.04	U
	3:55.39	3:37.89	3:32.27	3:15.11	3:04.81	2:59.18	2:57.99	2:55.17	L
400 IM			5:20.47	5:11.60	5:07.44	5:05.79	5:05.79	5:03.79	U
			7:02.57	6:31.98	6:11.29	6:15.50	6:10.00	6:08.17	L



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BOYS QUALIFYING TIMES

Event	9 Years	10 Years	11 Years	12 Years	13 Years	14 years	15 years	16 & Over	
50 Free	30.59	29.21	28.00	26.03	25.66	25.26	24.83	22.73	U
	49.43	44.00	38.54	34.98	32.18	30.25	29.11	28.72	L
100 Free		1:05.11	1:00.40	57.40	55.65	54.37	53.62	51.27	U
		1:37.61	1:30.28	1:21.01	1:14.42	1:09.82	1:08.18	1:08.00	L
200 Free	2:30.67	2:19.75	2:11.31	2:04.94	2:00.70	1:58.32	1:56.85	1:54.34	U
	3:46.63	3:21.20	3:08.01	2:47.69	2:33.67	2:22.67	2:20.39	2:19.30	L
400 Free			4:36.09	4:23.34	4:15.03	4:09.92	4:07.81	4:04.26	U
			6:52.95	6:10.57	5:40.33	5:20.70	5:14.30	5:09.29	L
50 Back	36.22	34.13	32.34	30.43	28.12	27.00	26.00	25.03	U
	59.81	52.76	46.59	43.87	36.78	34.15	33.00	32.00	L
100 Back		1:13.21	1:08.92	1:05.07	1:02.72	1:00.90	1:00.23	58.08	U
		1:44.69	1:36.22	1:26.10	1:19.19	1:13.58	1:12.03	1:11.39	L
200 Back	2:50.41	2:36.93	2:27.22	2:19.74	2:14.85	2:11.72	2:10.70	2:08.14	U
	3:56.96	3:40.10	3:38.54	3:12.95	2:59.06	2:47.04	2:43.70	2:40.69	L
50 Breast	41.50	38.67	35.67	33.79	32.11	31.00	29.00	28.49	U
	1:03.78	56.03	52.11	42.97	39.02	35.90	34.90	33.90	L
100 Breast		1:24.19	1:18.08	1:13.22	1:10.93	1:09.04	1:08.01	1:06.46	U
		2:05.42	1:54.34	1:41.86	1:33.53	1:27.27	1:25.39	1:23.10	L
200 Breast	3:16.23	3:01.47	2:49.13	2:39.76	2:34.18	2:30.61	2:28.44	2:26.35	U
	4:11.62	4:02.17	3:57.50	3:31.61	3:12.26	2:59.95	2:57.95	2:55.95	L
50 Fly	35.70	33.66	31.12	28.87	27.66	25.12	24.09	23.19	U
	58.36	51.48	46.72	39.95	35.67	30.90	29.12	28.00	L
100 Fly		1:10.76	1:08.82	1:04.47	1:01.92	1:00.18	59.20	57.68	U
		1:45.34	1:36.44	1:25.03	1:17.67	1:13.05	1:11.79	1:09.97	L
200 Fly	3:02.17	2:44.29	2:32.58	2:23.59	2:17.27	2:13.96	2:11.88	2:10.02	U
	3:59.74	3:47.81	3:45.75	3:20.32	3:02.32	2:49.38	2:47.38	2:45.38	L
100 IM	1:21.37	1:17.13	1:12.69	1:08.03	1:04.12	1:02.00	1:00.00	58.37	U
	2:12.63	1:57.09	1:38.18	1:23.91	1:15.38	1:07.31	1:07.00	1:06.00	L
200 IM	2:54.37	2:39.53	2:29.93	2:22.00	2:17.30	2:14.12	2:12.14	2:10.62	U
	3:57.25	3:48.61	3:43.45	3:20.44	3:03.15	2:52.13	2:50.13	2:48.13	L
400 IM			5:17.67	5:01.01	4:51.72	4:44.61	4:42.60	4:40.60	U
			6:58.80	6:19.16	6:02.62	5:47.94	5:44.00	5:40.00	L



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8th Easter Open Meet Saturday 3rd to Sunday 4th April 2010. Individual Entry Form.

Please return the completed form with the appropriate entry fee and a large SAE for Card return by the Closing date of **26th February 2010**. Cheques made payable to Weston Super Mare SC.
All times to be 25m (short course) times.

Name:			
Gender:	Male/Female	Entry Check: (Official Use only)	
Date of Birth:		Age as at 4th April 2010	
Club:			
ASA Reg No:			
Address:			
Phone No:		E-mail:	

EVENT	Age Group	ENTRY TIME	EVENT	Age Group	ENTRY TIME
50m Freestyle	All		50m Breaststroke	All	
100m Freestyle	10/Over		100m Breaststroke	10/Over	
200m Freestyle	All		200m Breaststroke	All	
400m Freestyle	11/Over Open		50m Butterfly	All	
50m Backstroke	All		100m Butterfly	10/Over	
100m Backstroke	10/Over		200m Butterfly	All	
200m Backstroke	All		100m Individual Medley	All	
			200m Individual Medley	All	
			400m Individual Medley	11/Over Open	

TOTAL NO OF ENTRIES	Sat & Sun Sessions	@ £5.00 PER EVENT	£	:	p
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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: _____ Dated: _____

**Please return to: Mr A T Voisey
36 Stonewell Park Road
Congresbury
Bristol
BS49 5DP**

Coach's Pass	Quantity	Total
@ £10.00 Saturday only		£
@ £10.00 Sunday only		£
@ £20.00 Both Days		£