



Cranleigh ASC

AUTUMN OPEN MEET ASA Licence: 3SE161411, Level 3 Sunday 16th October 2016

Promoter's Conditions

Entries will be accepted from midnight on Friday 23rd September
until 12 noon on Wednesday 5th October or when full, whichever is earlier.

Cranleigh ASC members will be given priority
(Late entries may be considered)

VENUE

Cranleigh Leisure Centre, Village Way, Cranleigh, Surrey, GU6 8AE – Telephone/Fax 01483 274400
25m Pool with 6 lanes, anti-wave lane ropes and electronic timing.

ASA

The meet will be run to conform with current ASA Laws & ASA Technical Rules and all swimmers MUST be registered with the ASA.

EVENTS

Sunday 16 th October 2016			
Session 1	Warm up: 8.00 am	Start: 8.30am	Finish : 10.00am
1	Girls	9 – 16 years +	400m Freestyle
2	Boys	9 – 16 years +	400m Freestyle
3	Girls	9 – 16 years +	400m IM
4	Boys	9 – 16 years +	400m IM

Sunday 16 th October 2016			
Session 2	Warm up: 10.00	Start: 11.00am	Finish: 13.00
5	Girls	9 – 16 years +	200m Freestyle
6	Boys	9 – 16 years +	200m Freestyle
7	Girls	9 – 16 years +	50m Backstroke
8	Boys	9 – 16 years +	50m Backstroke
9	Girls	9 – 16 years +	200m Butterfly
10	Boys	9 – 16 years +	200m Butterfly
11	Girls	9 – 16 years +	50m Breaststroke
12	Boys	9 – 16 years +	50m Breaststroke
13	Girls	9 – 16 years +	200m IM
14	Boys	9 – 16 years +	200m IM

Sunday 16 th October 2016			
Session 3	Warm up: 14.00	Start: 15.00	Finish: 18.00
15	Girls	9 – 16 years +	200m Backstroke
16	Boys	9 – 16 years +	200m Backstroke
17	Girls	9 – 16 years +	50m Freestyle
18	Boys	9 – 16 years +	50m Freestyle
19	Girls	9 – 16 years +	200m Breaststroke
20	Boys	9 – 16 years +	200m Breaststroke
21	Girls	9 – 16 years +	50m Butterfly
22	Boys	9 – 16 years +	50m Butterfly
23	Girls	9 – 16 years +	100m IM
24	Boys	9 – 16 years +	100m IM

AGE GROUPS

Ages are as at 16 October 2016. Age Groups will be 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, and 16yrs +

AWARDS

Awards will be made on an event declared winner basis for the 1st to 6th positions in each age group and each Level group. Top boy and girl awards will be given on the basis of aggregated points for the best 5 swims, and in the event of a tie for first place, the award will be made to the youngest swimmer in each age group: 1st – 3 points 2nd – 2 points 3rd – 1 point. A medal will not be awarded to any swimmer exceeding the upper qualifying time, and their race will be deemed an Exhibition swim, although their time will still be an official time. .

QUALIFYING TIMES

There are no lower entry times only upper qualifying times so entries with 'No Time' are allowed.

BOYS UPPER QUALIFYING TIMES

Event	9	10	11	12	13	14	15	16+
50m Freestyle	34.0	31.5	30.5	29.0	28.6	27.0	25.5	25.0
200m Freestyle	2.40.0	2.30.9	2.22.8	2.14.0	2.06.5	2.02.0	1.58.0	1.55.0
400m Freestyle	5.30.0	5.20.5	5.09.0	5.05.0	4.55.7	4.43.0	4.32.4	4.30.6
50m Breaststroke	43.9	41.1	38.9	36.9	36.0	34.5	32.0	31.0
200m Breaststroke	3.38	3.20	3.05.0	3.00.5	2.50.0	2.45.0	2.35.0	2.30.0
50m Butterfly	37.6	35.4	33.5	32.9	31.5	30	27.5	26
200m Butterfly	3.20.5	3.10.0	2.57.0	2.35.0	2.21.0	2.19.0	2.15.0	2.10.0
50m Backstroke	39.4	35.5	34.3	32.5	31.0	30.0	29.0	28.0
200m Backstroke	2.50.0	2.39.7	2.28.0	2.26.4	2.18.9	2.16.0	2.14.0	2.12.5
100m IM	1.26.0	1.24.0	1.20.0	1.18.0	1.16.0	1.13.0	1.06.0	1.02.0
200m IM	3.00.5	2.55.0	2.39.5	2.30.4	2.25.1	2.20.0	2.16.0	2.14.0
400m IM*	6.20.0	6.15.0	6.05.5	6.03.7	5.35.8	5.20.0	5.04.1	4.55.6

GIRLS UPPER QUALIFYING TIMES

Event	9	10	11	12	13	14	15	16+
50m Freestyle	32.7	30.6	30.0	29.5	28.7	27.5	27.0	26.0
200m Freestyle	2.39.5	2.30.2	2.24.0	2.17.0	2.11.0	2.09.6	2.08.3	2.07.0
400m Freestyle	5.30.0	5.20.0	5.09.0	5.06.0	4.59.0	4.48.0	4.38.4	4.35.6
50m Breaststroke	43.5	41.0	40.7	39.8	37.5	36.5	35.0	34.0
200m Breaststroke	3.37.0	3.19.0	3.09.3	3.06.5	3.02.0	2.49.5	2.43.4	2.37.3
50m Butterfly	40.0	38.0	37.0	34.5	33.5	32.0	30.5	29.4
200m Butterfly	3.28.0	3.09.0	2.57.0	2.41.0	2.32.0	2.22.0	2.17.3	2.14..00
50m Backstroke	42.0	37.0	35.2	34.0	32.5	31.0	30.0	29.0
200m Backstroke	2.56.0	2.48	2.40	2.28.0	2.24.0	2.20.0	2.19.0	2.14.0
100m IM	1.24.0	1.22.0	1.20.0	1.19.5	1.17.0	1.15.0	1.09.0	1.04.0
200m IM	2.58.0	2.53.0	2.39.5	2.33.0	2.29.0	2.25.5	2.23.0	2.20.0
400m IM*	6.20.0	6.15.0	6.10.5	6.07.5	5.45.0	5.30.0	5.12.0	5.02.5

ENTRIES

Entries will be accepted on a 'first-come, first-serve' basis from midnight on 23rd September – any entries received before this time will not be counted. Cranleigh ASC members will be given priority. Acceptance into all events applied for cannot therefore be guaranteed. All entries will be entered using Hy-tek Meet Manager Software. Entries will be accepted with payment. Payment should be made by a single cheque or by BACS payment (please see details below) at the same time that the entry file is submitted. Non Hy-tek individual entries will be accepted but will incur a £5.00 surcharge.

Entry forms and Hy-tek files are available on Cranleigh ASC website: www.cranleighsc.org.

or from
email:

Viviana Small, 13 Mead Road, Cranleigh, Surrey GU6 7BG
cranleighasc@gmail.com

We will be using Hy-Tek Meet Manager software therefore there will be no cards issued. We will be operating a "Sign In" system. Sign in sheets will be available 30 minutes before each session's warm up and removed as the warm up begins. Swimmers must sign in before the warm up starts. Anyone who hasn't signed in by this time shall be deemed not swimming. Please note that some events may become fully subscribed sooner than others and the Promoters reserve the right not to accept entries at their discretion. Acceptance into all events applied for cannot be guaranteed.

Official results will be posted on our web site during the week following the meet.

COST

Entry fees £5.00 per 50m/100m event/£7.00 per 200m event/£9.00 per 400m event

Coach Pass £15.00 per day per coach to include refreshments and lunch

Payment for entries and coaches passes should be on a single cheque made payable to 'Cranleigh Amateur Swimming Club'. BACS payment can also be made to Cranleigh Amateur Swimming Club Sort Code: 20-35-35 Account Code: 50275506

Adult Spectators £2.50 per session or £6.00 all day to include programme

No refunds will be given unless supporting medical certification is provided for swimmers needing to pull out before the meet day due to illness. No refunds for withdrawal on the day.

OFFICIALS

All clubs submitting entries are requested to assist in the running of the meet by supplying details of any licensed officials who are willing to assist at this meet.. This assistance should be notified in advance using the CASC Open Meet Officials Reply Form which should be emailed to Mavis Godfrey mavis.godfrey@btinternet.com.

TIME TRIALS AND OLDER SWIMMERS

Entries will also be accepted from any swimmers, for all events, on an Exhibition swim/Time trial basis in advance of the day subject to space if room within the meet programme permits. These swims must be requested in advance of the day. Acceptance of these types of swims will be at the discretion of the meet manager. No team points or awards will however be given for these swims. Entry fees for this type of swim will be £6.00 per event.

SEEDING

Seeding will be undertaken slowest to fastest with the fastest heat swum in arrowhead formation.

GENERAL INFORMATION AND COMPETITION RULES

1. No persons, other than coaches, chaperones, swimmers and officials will be allowed on to the poolside without a pass. No outdoor shoes will be worn on poolside.
2. Over the top starts will be used except for Backstroke events. The one start rule will apply. Results are on a HDW basis.
3. The Promoter reserves the right to refuse admission to any competitor/spectator.
4. Competitors are advised not to leave any articles unattended in the changing rooms. The Organisers and the Pool Management can accept no responsibility for loss or damage to personal property. Lockers are available in the changing village at a cost of £1.00 which is refundable.
5. Snacks and drinks will be available in the Leisure Centre's cafe throughout the Meet.
6. A Swim Shop may be present throughout the Meet.
7. A Swim photographer may be present throughout this Meet
8. Ample free parking for cars and coaches is provided adjacent to the Leisure Centre.
9. Any conditions not covered in the above Rules and Information will be at the discretion of the Meet Manager.
10. Entries and results are managed on a computer. The requirements of the Data Protection act are deemed accepted by each entrant on the basis of their application, to hold personal information on a computer which may be made public during the meet.
11. The organisers reserve the right to add non-scoring swimmers at their sole discretion and to amend the running order of events as necessary.

STARTS

Coaches and clubs must be responsible for ensuring that all of their swimmers are competent to perform a shallow racing drive to the standards of the ASA competitive starts award. In the event of a false start, competitors should continue with a safe shallow racing dive and not fall into the water. Swimmers are permitted to start in the water but must advise the referee prior to the start of their heat.

WARM UP

Coaches (and their swimmers) must take no action that would endanger themselves or others. Any instructions given by Pool Lifeguards or others in authority must be obeyed immediately.

SAFETY

Everyone attending the meet must familiarise themselves with the location of the Emergency Exits, which must be kept clear at all times. Everyone is asked to observe all normal precautions in the poolroom and when moving around the Leisure Centre, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to one of the Leisure Centre management or the meet Manager. The pool depths are 3.0 metres at the starting end and 0.9 metres at the shallow end of the pool. Swimmers must not leave the poolside unless wearing shoes and having dried themselves.

BEHAVIOUR

Cranleigh Amateur Swimming Club and the Leisure Centre Management reserve the right to remove any swimmer, coach or spectator from the pool area whose behaviour is either against the Leisure Centre rules or the efficient running of the meet. Stewards will be patrolling the Leisure Centre and anyone found causing damage or seriously misbehaving, will be banned from the remainder of the meet and asked to leave the Leisure Centre, forthwith.

SECURITY

Competitors and spectators are advised not to leave their belongings unattended and to ensure valuables are placed in a locked locker. Neither Cranleigh Amateur Swimming Club nor Cranleigh Leisure Centre Management can accept any responsibility for property lost or stolen.

PHOTOGRAPHY

In line with the ASA Child Protection Policy, the Meet Manager of this event demands that any person wishing to take video footage or any type of photographic image should register their details in the book provided at the desk in the entrance foyer, before carrying out such photography.

LITTER

All attendees of the meet are asked to place all litter in the rubbish sacks provided and not to leave it on the floor, particularly in the spectator gallery, where it may become a safety hazard.

Any situation not covered by the above matters, will be at the discretion of the Meet Manager, who also reserves the right to make any changes that may be considered necessary for the smooth running and discipline of the meet.

Cranleigh ASC

WINTER OPEN MEET – ENTRY FORM (CLUBS)

Sunday 16th October 2016

THIS INFORMATION WILL BE PROCESSED ON COMPUTER. THE MEET WILL BE RUN UNDER ASA LAWS
& ASA TECHNICAL RULES.

PLEASE COMPLETE THE FOLLOWING DETAILS IN BLOCK CAPITALS

CLUB				
Meet Secretary name				
Meet Secretary email				
CLUB ASA CODE		Tel no		
Officials Co-ordinator Contact name				
email address				
EVENTS				
Event Number	Distance	Stroke		For Official Use Accepted / Entered
Number of events @ £5.00 per event Number of events @ £7.00 per event..... Number of events @ £9.00 per event Total to Pay Please make cheques payable to Cranleigh Amateur Swimming Club BACS payment Sort Code: 20-35-35 Account Number 50275506				£

Please return this form by 12 noon Wednesday 5th October to
 Meet Promoter: Viviana Small, 13 Mead Road, Cranleigh, Surrey GU6 7BG
 email: cranleighasc@gmail.com