

Dulwich Dolphin Swimming Club
Last Chance County Qualifier 2019
James Allen Girls School Sport Centre Dulwich SE24 9JN
6 lane 25m pool
Sunday 6th January 12 -7pm
(Under ASA Laws and ASA Technical Rules)
(Licensed Nos:)



Promoters Conditions

1. All competitors must be members of a swimming club who have been invited by Dulwich Dolphins to compete in this gala.
2. This meet shall be run under ASA laws and ASA technical rules of swimming.
3. The age limits for all events shall be 10 & over with age as at 31st December 2019.
4. There will be separate events for males and females although they will be swum in combined heats. The swimmers will be placed in graduated time order, slowest to fastest and all heats will be spearheaded.
5. This event is a time trial gala to allow those with times close to Surrey Qualification Times. Swimmers should only enter an event if they do not already have the qualifying time. All entry times should be Short Course.
6. Entry times must be submitted as short course times.
7. Entries
 - a. This level 4 invitation gala that has the closing date of 12th December 2018 or earlier if the meet is full.
 - b. The fee for each race is £5. (Spectators will be free.)
 - c. Late entries maybe considered in the event of under subscription.
 - d. The promoter reserves the right to restrict entries to meet the allocated pool time, or on the grounds of health and safety.
 - e. Clubs entering 3 or more swimmers must do so using Sports System Entry Manager Software. The entry file will be available for download on www.dulwichdolphins.com
 - f. All clubs must complete and return a signed Summary Entry Form by email to admin@dulwichdolphins.com
 - g. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the meet. A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.
8. A sign in system will be in operation. Swimmers who are intending to swim must sign

in during registration for each event they intend to swim in. A heat list will be posted and it is a swimmers responsibility to ensure they check the heat sheet and arrive at marshalling on time. (Registration for the second session will close at the start of warm-up. Time to be confirmed.)

9. No medals or trophies will be awarded at this gala.

10. The order of events will be as follows;

Sunday 6th January 2019 Registration at 11.30am - 12.00pm			
Warm up 12pm			
Racing starts at 1pm			
Session 1			
EVENT	STROKE		
Event 1	Mixed 400 IM (HDW)		
Event 2	Mixed 200 Backstroke(HDW)		
Event 3	Mixed 200 Butterfly (HDW)		
Event 4	Mixed 100 Breaststroke (HDW)		
Event 5	Mixed 100 Freestyle (HDW)		
Event 6	Mixed 50 Backstroke (HDW)		
Event 7	Mixed 50 Butterfly (HDW)		
Event 8	Mixed 50 Breaststroke (HDW)		
Sunday 6th January 2019 Registration at 11.30am - TBA			
Warm up TBA			
Racing starts at TBA			
Session 2			
EVENT	STROKE		
Event 9	Mixed 400 Freestyle (HDW)		
Event 10	Mixed 200 IM (HDW)		
Event 11	Mixed 200 Freestyle (HDW)		
Event 12	Mixed 200 Breaststroke (HDW)		
Event 13	Mixed 100 Backstroke (HDW)		
Event 14	Mixed 100 Butterfly (HDW)		
Event 15	Mixed 50 Freestyle (HDW)		

Girls Upper Limit Qualifying Times Short Course Times		10/11	12	13	14	15	16	17+
50m	Freestyle	37.00	34.80	32.80	31.80	31.80	31.80	31.00
100m	Freestyle	01:17.0	01:11.8	01:07.8	01:04.9	01:03.8	01:03.6	01:01.0
200m	Freestyle	02:48.5	02:38.0	02:27.7	02:21.5	02:19.1	02:18.0	02:15.4
400m	Freestyle	06:00.0	05:35.9	05:19.4	05:04.9	05:00.0	05:00.0	04:53.1
50m	Backstroke	42.60	40.50	37.90	36.70	36.70	36.70	36.70
100m	Backstroke	01:28.1	01:21.8	01:17.0	01:13.9	01:12.2	01:12.2	01:09.6
200m	Backstroke	03:07.0	02:55.4	02:45.0	02:40.2	02:37.0	02:37.0	02:33.9
50m	Breaststroke	50.00	46.90	44.00	42.80	42.80	42.80	42.80
100m	Breaststroke	01:41.8	01:35.1	01:28.5	01:23.6	01:23.6	01:22.8	01:19.4
200m	Breaststroke	03:37.3	03:22.5	03:10.7	03:01.7	03:01.7	03:01.7	02:55.0
50m	Butterfly	44.00	40.00	38.00	36.00	35.90	35.90	35.90
100m	Butterfly	01:35.0	01:28.2	01:21.0	01:14.8	01:14.8	01:13.3	01:10.0
200m	Butterfly	03:44.0	03:32.0	03:16.0	02:58.0	02:54.0	02:54.0	02:54.0
200m	IM	03:09.6	02:59.0	02:48.0	02:40.0	02:40.0	02:37.6	02:34.6
400m	IM		06:50.0	06:11.0	05:50.0	05:50.0	05:50.0	05:50.0

Boys Upper Limit Qualifying Times Short Course Times		10/11	12	13	14	15	16	17+
50m	Freestyle	38.00	35.50	33.00	32.50	31.50	31.50	28.00
100m	Freestyle	01:19.0	01:13.0	01:09.1	01:03.3	59.60	58.60	55.00
200m	Freestyle	02:49.1	02:37.0	02:31.1	02:18.8	02:12.8	02:07.7	02:03.1
400m	Freestyle	06:17.6	05:40.0	05:23.2	05:06.1	04:52.5	04:50.3	04:33.6
50m	Backstroke	44.80	41.80	40.00	39.00	37.00	37.00	33.10
100m	Backstroke	01:28.4	01:22.4	01:19.2	01:13.7	01:10.1	01:08.8	01:03.4
200m	Backstroke	03:13.4	02:56.0	02:46.1	02:36.7	02:31.1	02:29.2	02:19.9
50m	Breaststroke	52.00	48.00	45.00	44.00	43.00	42.00	38.10
100m	Breaststroke	01:44.3	01:38.2	01:30.0	01:23.9	01:20.4	01:19.3	01:12.6
200m	Breaststroke	03:42.3	03:28.3	03:15.0	03:04.0	02:57.1	02:56.8	02:49.1
50m	Butterfly	46.10	42.10	39.00	37.70	35.70	35.50	32.00
100m	Butterfly	01:42.1	01:27.1	01:24.0	01:16.0	01:10.5	01:07.2	01:03.4
200m	Butterfly	03:53.0	03:45.0	03:36.8	03:06.6	02:48.5	02:42.6	02:29.0
200m	IM	03:14.6	02:57.4	02:48.6	02:38.7	02:31.7	02:27.2	02:16.2
400m	IM		06:41.8	06:07.2	06:04.0	05:50.6	05:36.0	05:22.9