

CITY OF COVENTRY SWIMMING CLUB

(affiliated to ASA West Midlands Region)

November Open Meet

Licence 1

Designated for Entry into National and Regional Events
(Under ASA law and ASA Technical rules)

Saturday 28th November 2009



INFORMATION AND CONDITIONS

The meet is designated by the ASA West Midlands Region and will be held at the Coventry Sports and Leisure Centre, Fairfax Street, Coventry CV1 5RY.

The competition is open to:

<u>Male Swimmers</u>		<u>Female Swimmers</u>
9yrs	50 and 200 Metre Events	9yrs
10,11,12,13,14,15/over	50, 100, 200 & 400 Metre Events	10,11,12,13,14/over

Age at the 28th November 2009

The Coventry pool is 50m long with 8 lanes, anti-wave lane lines and electronic timing. Over the top starts will be used for all events, excluding backstroke.

A warm up marshall will be in overall control of warm up time, but each club will be responsible for overseeing their own swimmers.

All events will be heat declared winners. Entry times submitted must be within the qualifying times as advertised, organisers reserve the right to restrict the number of entries per event.

Competitor's cards will be returned for those swimmers accepted approximately two weeks before the Gala. On the day cards **MUST** be posted, in boxes provided close to the poolside exit of the changing rooms, no later than **60 minutes before the start of each session**. Late cards will only be accepted if there are empty spaces in the early heats; under no circumstances will starts lists be re-worked to accommodate swimmers arriving after the card boxes have closed.

Poolside passes cost £6.00 for the day. These will provide admission to the poolside, a meet programme and a set of results sheets. Applications should be submitted with the entry forms and the passes collected on the day of the meet.

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The Entry fee is £4.50 per event; Cheques should be made payable to "City of Coventry Swimming Club".

*Entries should be made on the consolidated entry forms, using separate forms for boys and girls. An ASA identification number must be included for every swimmer. Completed forms, with the entry fees and a **LARGE stamped self addressed envelope**, should be returned by 31st October 2009 to:*

*Mrs Georgina Holtom
27 Deronda Close
Bedworth
Warks CV12 8QY*

***Please ensure correct postage is applied to Large envelopes ***

In accordance with the conditions of the Coventry Sportscentre Trust and the Child Protection policy no photographic equipment may be used during this event.

If any adults attending the Gala are qualified officials and are willing to help on the day, their assistance would be appreciated by the City of Coventry Swimming Club.

For maps and directions to the pool please visit our website www.coventry-swimming.org.uk

For any additional information please contact georgina.holtom@coventry-swimming.org.uk

For offers of help please contact kevin.sherwood@coventry-swimming.org.uk

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Programme of Events

<u>Session One</u>	<u>Warm up 8.30 am Start – 9.30</u>		<u>Session Two</u>	<u>TBA when entries have been processed</u>		<u>Session Three</u>	<u>TBA</u>	
Event 101	Boys	400 Free	Event 201	Boys	200 IM	Event 301	Boys	200 Free
Event 102	Girls	400 Free	Event 202	Girls	200 IM	Event 302	Girls	200 Free
Event 103	Boys	100 Back	Event 203	Boys	50 Fly	Event 303	Boys	50 Breast
Event 104	Girls	100 Back	Event 204	Girls	50 Fly	Event 304	Girls	50 Breast
Event 105	Boys	200 Fly	Event 205	Boys	200 Breast	Event 305	Boys	200 Back
Event 106	Girls	200 Fly	Event 206	Girls	200 Breast	Event 306	Girls	200 Back
Event 107	Boys	50 Free	Event 207	Boys	50 Back	Event 307	Boys	100 Fly
Event 108	Girls	50 Free	Event 208	Girls	50 Back	Event 308	Girls	100 Fly
Event 109	Boys	100 Breast	Event 209	Boys	100 Free			
Event 110	Girls	100 Breast	Event 210	Boys	100 Free			

Awards

1. Top visiting club trophy
2. Three fastest swimmers in each event, in each age group.
3. Top Girl and Top Boy in each age group – on CDC guidelines.

No presentations other than for the top awards

Qualifying Times

All entry times submitted should have been achieved in 25m Pool

Qualifying Times (Entry Times should be no slower than)

<u>Boys</u>							<u>Girls</u>						
9	10	11	12	13	14	15/OV	Event	9	10	11	12	13	14/OV
45.0	40.4	37.7	34.8	32.6	30.9	29.6	50m Free	44.8	40.1	37.0	35.0	33.5	32.6
	1:28.8	1:21.1	1:14.4	1:09.4	1:06.4	1:04.3	100m Free		1:28.0	1:19.4	1:14.6	1:11.5	1:10.1
3:48.6	3:11.9	2:56.0	2:43.1	2:31.1	2:24.6	2:19.9	200m Free	3:48.0	3:08.4	2:52.5	2:41.3	2:33.7	2:31.0
	6:44.5	6:06.0	5:39.8	5:18.1	5:05.7	4:54.8	400m Free		6:38.2	5:59.4	5:36.6	5:21.3	5:15.6
59.7	53.3	48.8	44.4	41.0	39.0	37.5	50m Breast	59.2	51.4	47.3	44.2	42.2	41.0
	1:55.7	1:44.2	1:35.0	1:27.9	1:23.7	1:20.9	100m Breast		1:52.3	1:41.1	1:34.2	1:29.7	1:28.0
4:50.4	4:08.3	3:45.6	3:26.7	3:11.3	3:00.9	2:55.0	200m Breast	4:47.8	3:59.9	3:37.9	3:24.1	3:12.8	3:08.4
52.1	44.7	41.5	38.1	35.4	33.6	32.1	50m Fly	50.3	44.2	40.5	38.0	36.0	35.2
	1:40.1	1:30.5	1:22.8	1:16.5	1:12.3	1:09.8	100m Fly		1:40.1	1:28.3	1:22.4	1:18.5	1:16.3
4:16.9	3:50.0	3:21.9	3:03.7	2:49.7	2:39.8	2:34.2	200m Fly	4:08.2	3:43.1	3:16.9	3:02.4	2:51.5	2:48.0
53.4	47.4	43.8	40.6	37.7	35.7	34.4	50m Back	52.6	46.4	42.7	40.3	38.8	37.7
	1:42.0	1:31.9	1:24.7	1:18.5	1:14.6	1:12.1	100m Back		1:39.9	1:29.9	1:24.2	1:20.8	1:18.6
4:20.6	3:37.4	3:17.3	3:02.1	2:49.7	2:40.9	2:35.0	200m Back	4:21.9	3:29.3	3:12.7	2:59.8	2:52.7	2:48.0
4:23.6	3:38.8	3:19.6	3:03.8	2:50.8	2:43.2	2:38.0	200m IM	4:21.6	3:33.3	3:14.3	3:02.2	2:54.2	2:50.3