



LOUTH SWIMMING CLUB

SHORT COURSE 'MERIDIAN MEET'

LEVEL 3 - LICENSED OPEN MEET – 3EMnnnnnn

**MERIDIAN LEISURE CENTRE, LOUTH
SATURDAY 26th NOVEMBER 2016**

General Information

The competition will be held under A.S.A. Laws & A.S.A. Technical Rules of Swimming
Times achieved will be eligible for entry into County & Regional Championships

SWIMMERS AGE AS AT 26th November 2016

VENUE:

**MERIDIAN LEISURE CENTRE
Wood Lane, Louth, Lincolnshire LN11 8RS**

In partnership with our primary sponsors:



25m SC competition pool – 8 lanes with anti-wave lane ropes

TIMING

Daktronics Electronic Timing on Large Display

SESSION TIMES

Session 1 Warm-up 8.30am Start 9:30am

Session 2 Warm-up 1.00pm Start 1.45pm

Session 3 Warm-up 4.30pm Start 4.45pm

7 AGE GROUPS FOR AWARDS

9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, and 15yrs/over



LOUTH SWIMMING CLUB
SHORT COURSE 'MERIDIAN MEET'
LEVEL 3 - LICENSED OPEN MEET
Licence Number 3EMnnnnnn (Level 3)

MERIDIAN LEISURE CENTRE, LOUTH
26th NOVEMBER 2016

INDIVIDUAL EVENTS: [ALL AGE GROUPS] 50m & 200m all strokes and 100m, 200m & 400m Individual Medley, **PLUS [10/over]** 100m all strokes

All Events are HEAT DECLARED WINNER

LOUTH IS AN 8 LANE 25m POOL, THIS EVENT IS A "ONE DAY OPEN MEET"
ENTRY NUMBERS MAY BE LIMITED DUE TO RESTRICTED TIME ALLOWED PER SESSION

All enquiries regarding entry numbers please email us at: louthdolphins@yahoo.com

MEET ORGANISATION:

Meet Promoter: Mrs Sarah Richardson. 3 Worcester Close, Louth, Lincs. LN11 9FG
Tel: **07719 577884** Email: **sarahricho@btinternet.com**

The Meet is held under A.S.A. Laws & Technical Rules

- The order of events & allocation of events to specific sessions may be changed at the discretion of the organisers
- The Referee's decision is final
- Team Managers or Coaches are responsible for the behaviour & whereabouts of their swimmers at all times
- The organisers do not accept liability for lost property
- Lockers are available at the pool requiring a £1 coin refunded after use of locker
- All Entries & Swimmers Data will be held on computer
- Entry to the Meet implies consent as required by the Data Protection Act 1998
- Results & Swimmers Data will be submitted to the ASA & displayed on our club website
- Any point not dealt with by these notes will be at the discretion of the promoter

Individual Awards

- All Heats will be arranged & spearheaded according to the entry times submitted
- Events are Heat Declared Winners (HDW)
- Medals for the first 3 places in advertised age groups per event for Boys & Girls
- Speeding Tickets will be awarded to all who exceed the Designated Fastest Entry Time (DFET)
- Awards will be issued during the gala at the Medal Desk

Visiting Club Award

- The visiting club with the highest total number of points accumulated by their swimmers (based on 3pts First, 2pts Second, and 3pts Third place in each age group) will be awarded a £200 prize payable into their club funds, subject to the provision of at least two qualified officials for each of the 3 competitive sessions.

Swimmers may collect their Medal from the Trophy Steward as soon as event results are posted on the event noticeboard, or make arrangements to collect via the Club at a future event. Medals will not be posted out. Club award will be paid by cheque on the day to a member of the club coaching staff on poolside.

ENTRIES Age on Day 26th November 2016
CLOSING DATE FOR ENTRIES, midnight Sunday 30th October 2016

Entries will be accepted up to the closing date. Please check the club website for details of rejected swims from 2nd November. Refunds will be made by cheque on the date of the meet. Refunds for withdrawals after the closing date will be at the promoter's discretion

- All Swimmers must be registered (or registration applied for in good time for the Meet) as "Open" Swimmers with the ASA (Currently Category 2)
- The promoter reserves the right to limit the entries in any event
- Entries will be accepted on a first come-first served basis for each event
- Entries exceeding the Designated Fastest Entry Times (DFET) will be rejected
- Swimmers with no recorded time may submit entries with an estimated time duly authorised by a qualified club coach AND notified to the promoter as estimated.
- In the event of over-subscription, swimmers with estimated times will be rejected first
- Clubs with Sport Systems Entry Manager can download the entry file from our club website or contact us at louthdolphins@yahoo.com for further details.

Entry Fees: £5.00 per individual event

Please make all Cheques payable to 'LOUTH SWIMMING CLUB'

Emailed Meet Manager entries are preferred & will be provisionally accepted, subject to receipt of cheque for fees. Any outstanding fees at October 30th will result in the automatic withdrawal of affected swimmers from the meet.

This is a card-less meet, CARDS WILL NOT BE ISSUED.

Confirm entries by checking our website from 2nd November 2016. In the event of any errors please contact Sarah Richardson ASAP

Withdrawals can be emailed to louthdolphins@yahoo.com **up to midnight 25th November**
Withdrawals after that **text (07484) 130628 up to 8.15am on the 26th November**

Coaches Passes

Coach passes are £10.00 each, with a maximum of two Coach passes per club.
Additional Passes will be available to Clubs with more than 30 swimmers entered in the meet
Coach passes must be pre-ordered via the club entry sheet; only a limited number will be available for purchase on the day, subject to a valid CRB disclosure being presented

Results

Results will be posted on the wall in the spectator's gallery as soon as is practicably possible after each event, and will be published directly to the internet during the meet & available to download via our club website at www.louth-dolphins.org.uk

Printed results sheet will be available by request on the day at a charge of £1 per event printed

ON THE DAY

- Swimmers must report to the Competitors Stewards 2 events before their own event, except for events 1 & 2 when it will be immediately following the morning warm-up
- Withdrawals by text (07484) 130628 can be made before 8.45am on the day for morning swims & 1.15pm for afternoon swims, or call in at the Medal desk.
- Coaches must notify the Competitors Stewards of withdrawals no later than 30 minutes before session start

Spectators

Spectator Admission - £5.00 all day
Single Session Only - £3.00
Under 12's free entry

Event Schedule

Sess 1

101	Boys	9/ov	200m	IM
102	Girls	9/ov	200m	IM
103	Boys	9/ov	50m	BR
104	Girls	9/ov	50m	BR
105	Boys	10/ov	100m	BC
106	Girls	10/ov	100m	BC
107	Boys	9/ov	200m	Fly
108	Girls	9/ov	200m	Fly
109	Boys	9/ov	50m	FC
110	Girls	9/ov	50m	FC

Sess 2

201	Boys	9/ov	100m	IM
202	Girls	9/ov	100m	IM
203	Boys	9/ov	200m	BR
204	Girls	9/ov	200m	BR
205	Boys	9/ov	50m	BC
206	Girls	9/ov	50m	BC
207	Boys	10/ov	100m	Fly
208	Girls	10/ov	100m	Fly
209	Boys	9/ov	200m	FC
210	Girls	9/ov	200m	FC

Sess 3

301	Boys	9/ov	400m	IM
302	Girls	9/ov	400m	IM
303	Boys	10/ov	100m	BR
304	Girls	10/ov	100m	BR
305	Boys	9/ov	50m	Fly
306	Girls	9/ov	50m	Fly
307	Boys	9/ov	200m	BC
308	Girls	9/ov	200m	BC
309	Boys	10/ov	100m	FC
310	Girls	10/ov	100m	FC

Session 1 warm-up will commence at 08:30 with 25 minutes of warm-up for the boys between 08:30 and 08:55, and 25 minutes of warm-up for girls between 08:55 and 09:20

Lanes 1 and 8 will serve for starts and sprints practice throughout the warm-up sessions and lanes 2 to 7 for general warm-up. All pool exits will be at the shallow end during the warm-up sessions.

No kick-boards or fins shall be permitted in the pool during the warm-up sessions.

Qualifying Times

All entries must be slower than the Designated Fastest Entry Time for the meet.

For this meet, entries will be accepted for all swimmers (subject to the promoter's right to reject entries in the event of over-subscription) with times **no faster than** the published 2016 National Winter Meet Qualifying Short Course times enclosed.

Qualifying Times for ASA National Winter Meet (25m) 2016

Boys Born 01 or later	Mens Open		Women Open	Girls Born 01 or later
25m	25m	Event	25m	25m
25.00	23.30	50m Freestyle	26.40	27.20
54.30	50.80	100m Freestyle	56.90	58.70
1.58.20	1.52.00	200m Freestyle	2.02.60	2.07.00
4.12.30	3.59.80	400m Freestyle	4.20.00	4.28.90
		800m Freestyle	8.55.10	9.13.70
16.37.80	16.01.40	1500m Freestyle		
31.60	29.50	50m Breaststroke	33.50	34.80
1.08.90	1.04.00	100m Breaststroke	1.12.10	1.14.70
2.29.50	2.20.50	200m Breaststroke	2.35.00	2.42.10
27.30	25.40	50m Butterfly	28.30	29.60
1.00.00	55.90	100m Butterfly	1.02.30	1.05.00
2.13.60	2.05.60	200m Butterfly	2.18.50	2.24.20
28.50	26.50	50m Backstroke	29.40	30.40
1.00.50	56.70	100m Backstroke	1.02.80	1.04.80
2.11.60	2.04.00	200m Backstroke	2.14.70	2.20.00
1.02.20	59.10	100m Ind. Medley	1.05.60	1.07.70
2.14.00	2.06.20	200m Ind. Medley	2.18.40	2.24.20
4.45.80	4.31.50	400m Ind Medley	4.53.80	5.05.80

Entry times for individual entrants from ASA, SASA or WASA must be recorded in British Swimming Rankings, from Swimming Competitions designated or Licensed for entry into National Competitions since 1st December 2015, and be achieved in a 25m pool.

Split Times, either intermediate distance or first leg of a relay race are not acceptable for entry

Closing date for entries, 12noon, Thursday 24th November 2016.