



(AFFILIATED TO LINCOLNSHIRE COUNTY ASA AND EAST MIDLANDS REGION)

ROB WELBOURN OPEN MEET 2016

Level 3 Licenced Meet – Licence No: 3EM

(HELD UNDER ASA LAWS AND REGULATIONS AND ASA TECHNICAL RULES OF SWIMMING)

SATURDAY 1st and SUNDAY 2nd OCTOBER 2016
DEEPINGS LEISURE CENTRE, DEEPING ST JAMES PE6 8NF

ENTRY FEE £4.75 per event made with SportsSystem Entry Manager or £5.00 per event where made on paper.
All entries will be accepted on a '**first come first serve**' basis to a maximum capacity.

EVENTS 50m and 200m Freestyle, Backstroke, Breaststroke and Butterfly, and 200m Individual Medley. All events will be heat declared winners

AGES 9, 10, 11, 12, 13, 14, 15/over
Age as at 2nd October 2016

SESSIONS 1st session will commence at 2.00pm
2nd session will commence at approx. 5.30pm
3rd session will commence at 9.00am
4th session will commence at approx. 2.00pm

Actual times of warm up and start for sessions 2 and 4 will be notified with the accepted entries – emailed to the Club Contact.
Warm up sessions will be supervised

ENTRY CARDS This meet will be 'cardless', Swimmers must sign in to indicate their intention to swim Sign In sheets will close 45minutes before the start of each session. Any swimmer not signed in will be assumed not to have entered and removed from their events.

All entries will be accepted on a first come first serve basis to a maximum capacity No late entries will be accepted.

CLOSING DATE FOR ENTRIES Midnight Sunday 4th September 2016
Further copies can be found on our website

www.deepingssc.co.uk



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PROGRAMME OF EVENTS

Saturday 1st & Sunday 2nd October 2016

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Event Session 1 – Warm up 14.00 – Start 15.00

- | | | |
|---|-------|------------------|
| 1 | Girls | 50m Backstroke |
| 2 | Boys | 50m Breaststroke |
| 3 | Girls | 200m Butterfly |
| 4 | Boys | 200m Backstroke |

Event Session 2 – Warm up tbc – Start tbc

- | | | |
|---|-------|------------------|
| 5 | Girls | 200m Backstroke |
| 6 | Boys | 200m Butterfly |
| 7 | Girls | 50m Breaststroke |
| 8 | Boys | 50m Backstroke |

Event Session 3 – Warm up 9.00am – Start 10.00am

- | | | |
|----|-------|-------------------|
| 9 | Girls | 50m Freestyle |
| 10 | Boys | 50m Butterfly |
| 11 | Girls | 200m Breaststroke |
| 12 | Boys | 200m Freestyle |
| 13 | Girls | 200m IM |

Event Session 4 – Warm up tbc – Start tbc

- | | | |
|----|-------|-------------------|
| 14 | Boys | 50m Freestyle |
| 15 | Girls | 50m Butterfly |
| 16 | Boys | 200m Breaststroke |
| 17 | Girls | 200m Freestyle |
| 18 | Boys | 200m IM |

AGE AS AT 2nd October 2016



(AFFILIATED TO LINCOLNSHIRE COUNTY ASA AND EAST MIDLANDS REGION)

ROB WELBOURN OPEN MEET 2016

Level 3 Licenced Meet – Licence No: 3EM151283

MEET INFORMATION AND RULES

General

1. The competition will be held under current ASA Laws and Regulations and ASA Technical Rules of swimming.
2. The competition is Open to ASA registered swimmers only and is a Level 3 Licenced Meet – Licence 3EM.
3. The venue is Deepings Leisure Centre, Park Road, Deeping St James, PE6 8NF

Entries

4. Entry fee - £5.00 per event where made on the entry form (copy attached) or £4.75 per event where entry is made with SportsSystem Entry Manager. The electronic entry file can be found on the Club website at www.deepingsssc.co.uk which should be returned via email to the Club at deepings@swimclubmanager.co.uk Paper entries must be received at the published address, by the published closing date, on a correctly and legibly completed entry form (or photocopy); together with a contact email address. Club cheques preferred payable to "Deepings Swimming Club". The promoter reserves the right to return any entry not fulfilling these requirements.
5. Entries will be accepted on a first come first serve basis to a maximum capacity. **Closing date is Midnight on Sunday 4th September 2016.** Full reimbursement of fees shall be made to unsuccessful applicants.
6. No entries will be accepted after the closing date or during the meet, unless the promoter has made an error. Club entries may be partially declined if the numbers designated for each event are oversubscribed. Acceptance lists of entries will be notified to Clubs by email.
7. The entry forms have provision for applying for "coaches' passes". For reasons of Child Protection these will not be sold on the day. All applicants should have registered with the ASA's scheme- see your Club Secretary. The Chief Warm-up Steward may request pass holders to assist in supervising warm ups.
8. Notification of successful applicants will be notified to the contact email address as soon as possible after the closing date. Any refunds will be made 'en block' to the club submitting the entries, these will be available for collection by the clubs over the weekend.
9. Clubs with 8 or more entries are requested to provide 2 qualified licenced officials, with at least 1 qualified to Judge J2 level for each session – names and licence numbers to be supplied prior to the event.

Age groups

10. Age groups are based on age on last day of completion 2nd October 2016.
11. Age groups are: 9yrs, 10yrs, 11 yrs, 12yrs, 13yrs, 14 yrs, 15yrs/over

The competition

12. Swimmers must sign in to indicate their intention to swim. Sign in sheets will close **45 minutes before the times advertised for starts, any swimmers not signed in will be assumed not to have entered and removed from their events. Late entries will only be accepted at the promoter's discretion.**
13. It is the swimmers' responsibility to report to the Competitors' Stewards when the event is called, so that they are ready for the start of their event. **Swimmers WILL NOT be fetched.**
14. Events are to be swum in integrated age groups with seeding by submitted times. The final heat in each event will be spearheaded.
15. All events will have heat declared winners. There will be no finals.
16. Over the top starts will be at the promoter's discretion.

Awards

17. There will be an award for the three fastest swimmers in each age group for each event. Which are to be collected from the Trophy Stewards following the final announcement of the results.
18. There will be an award for the Top Visiting Club which will be announced at the end of the Competition.

Other

19. All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
20. Access to the pool will be restricted to swimmers taking part in the gala in progress, officials and coaches with an official pass. **NO OUTDOOR SHOES ARE PERMITTED ON POOLSIDE.** Footwear used *exclusively* on poolside is permitted.
21. During warm-ups swimmers will be under the control of the Chief Warm-Up Steward who will be responsible for all aspects of safety. Warm-up details will be posted around the pool and announced.
22. All swimmers must be able to execute a competitive racing dive as laid down by ASA law or they should start in the water. It is the swimmer's or their representative's responsibility to inform a meet official of any reason why they cannot conform to the ASA technical rules; this should be done before the event in which they are taking part commences.
23. Coaches or team managers are responsible for the swimmers' conduct at all times.
24. Please do not leave clothing or valuables lying around as neither the Promoter nor the Pool Management can accept liability for loss or damage.
25. The Promoter reserves the right to refuse admission to any person.
26. Your co-operation is requested to keep fire exits free and clear of obstruction at all times.
27. **NO FOOD IS TO BE EATEN ON POOLSIDE**
28. Refunds following the closing date will only be considered for medical reasons supported by appropriate documentation.
29. Anything not covered within these rules will be at the discretion of the meet organiser and/or the promoter of the competition, i.e. Deepings Swimming Club.