

BARNET COPTHALL SWIMMING CLUB

AFFILIATED TO THE LONDON REGION A.S.A.

Licensed Meet Level 3 – 3LRxxxx

Barnet Copthall Swimming Pool, Champions Way, Hendon, London, NW4 1PS 020 8457 9900

County Qualifier & Development Meet 1:

SUNDAY 14th October 2018

UNDER A.S.A. LAWS AND FINA TECHNICAL RULES OF SWIMMING

Morning session : Warm-up 8:30am		Sign in by 8:30am	Start 9:30am
Event 1	BOYS	9, 10, 11, 12, 13, 14 & 15+Yrs	400M FREESTYLE
Event 2	GIRLS	9, 10, 11, 12, 13, 14 & 15+Yrs	400M FREESTYLE
Event 3	BOYS	9, 10, 11, 12, 13, 14 & 15+Yrs	50M BUTTERFLY
Event 4	GIRLS	9, 10, 11, 12, 13, 14 & 15+Yrs	50M BUTTERFLY
Afternoon session : Warm-up 12:30pm		Sign in by 12:30 pm	Start 1:15 pm
Event 5	BOYS	9, 10, 11, 12, 13, 14 & 15+Yrs	400M INDIVIDUAL MEDLEY
Event 6	GIRLS	9, 10, 11, 12, 13, 14 & 15+Yrs	400M INDIVIDUAL MEDLEY
Event 7	BOYS	9, 10, 11, 12, 13, 14 & 15+Yrs	50M BACKSTROKE
Event 8	GIRLS	9, 10, 11, 12, 13, 14 & 15+Yrs	50M BACKSTROKE
Evening session: Warm up 4:15pm		Sign in by 4:15pm	Start 5:00pm
Event 9	BOYS	9, 10, 11, 12, 13, 14 & 15+Yrs	200M INDIVIDUAL MEDLEY
Event 10	GIRLS	9, 10, 11, 12, 13, 14 & 15+Yrs	200M INDIVIDUAL MEDLEY
Event 11	BOYS	9, 10, 11, 12, 13, 14 & 15+Yrs	50M BREASTSTROKE
Event 12	GIRLS	9, 10, 11, 12, 13, 14 & 15+Yrs	50M BREASTSTROKE
Event 13	BOYS	9, 10, 11, 12, 13, 14 & 15+Yrs	50M FREESTYLE
Event 14	GIRLS	9, 10, 11, 12, 13, 14 & 15+Yrs	50M FREESTYLE

MEET This meet is a Level 3 Licensed Meet – number 3LRxxxx

VENUE. Barnet Copthall Leisure Centre, Champions Way, Hendon, London NW4 1PS

AGE GROUPS : Age groups as above. AGES AS ON 14th October 2018

EVENTS: All events will be 'HEAT DECLARED WINNER'.

Heats will be seeded according to submitted entry times.

ENTRY FEE: £6-50 per event (there will be no entry charge for spectators at this gala).

AWARDS: Will be made to 1st, 2nd and 3rd placed swimmers in each age group.
Presentations may take place during the swimming to ensure smooth running and to keep down the duration of the meet.

ENTRIES: All swimmers must be registered Cat 2 members of a club affiliated to the ASA

All entries should be made on our official entry forms, giving entry times in the appropriate columns or using Hy-Tek Team Manager. No time entries will not be accepted. Entry times must be no faster than the attached 'Upper Limit Times'.
Entries will be accepted on a 'first come, first served' basis

CLOSING DATE: Friday 28th September 2018 (or when meet is full)

ENQUIRIES & ENTRIES TO: Sarah Lawlor: 48 Lambs Close; Dunstable; Bedfordshire; LU5 4QA
07951600326 E-mail: Sarahjanebcsc@gmail.com

BARNET COPTHALL SWIMMING CLUB

COUNTY QUALIFIER & DEVELOPMENT MEET 1:

(County qualification for eligible swimmers)

Affiliated to London Region A.S.A – Under A.S.A laws and ASA Technical Rules and Conditions of swimming Level 3
3LRxxxx

Barnet Cophall Pools, Champions Way, Hendon, London NW4 1PS 02084579900

Sunday 14th October 2018

Barnet Cophall Leisure Centre, Champions Way, Hendon, London, NW4 1PS

RULES AND CONDITIONS:

1. This gala will take place at Barnet Cophall Leisure Centre Champions Way, Hendon, London, NW4 1PS and is licensed by the ASA at Level 3 under License number 3LRxxxx. It will run short course (25m) Under A.S.A laws and ASA Technical Rules and Conditions of swimming and the rules and conditions of this competition.
2. Over the top starts may be used at the promoter's discretion.
3. This will be a cardless meet, swimmers must ensure they have signed in for each session by the time stated.
4. The pool is 25m long, 8 lanes, anti-wave lane ropes and electronic timing.
5. There will be no charge for spectators at this gala. A copy of the results will be provided to clubs and will be available on our website as soon as possible after the gala.
6. Ages are at 14th October 2018. Age bands are 9 years, 10 years, 11 years, 12 years, 13 years, 14 years and 15 + Years..
7. Events are 400 Free, 400 IM, 200 IM, 50 Fly, 50 Back, 50 Breast and 50 Free.
8. Entry fee is £6-50 per event – Time trials will be offered if there is space. They will be offered on a first come first served basis, you will be placed in the first heat and will not be eligible for an award. Anyone wishing to swim a time trial must go to the meet office before the start of the session, the fee will be £6-50.
9. Upper limit times are attached. Swimmers entering this meet are expected to enter their current best time and must not enter faster times than the upper limit
10. Entries may be held on a computer solely for the purposes of this competition and consent as required by the Data Protection Act 1984, to holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the meet on application to the promotor.
11. All events are heat declared winners. Awards will be given to the top 3 swimmers in each age group.
12. The pool will be available for warm up before each session, A second pool will be available during the meet for swim down.
13. The promoter reserves the right to restrict entries to meet the allocated pool time, or on grounds of health and safety. All entries are accepted on a first come first served basis presuming the swimmer's times fall within the cut off times. The closing date is Friday 28th September 2018 or when meet is full..

14. Entries to be made on either the attached entry form or by hand. Clubs entering a large amount of swimmers please make payment by one cheque to Barnet Copthall Swimming Club – to be sent to Sarah Lawlor, 48 Lambs Close; Dunstable; Bedfordshire: LU5 4QA..
15. The promoter reserves the right to limit entries – any entry not accepted as a result of this paragraph will be refunded in full. NO OTHER MONEY WILL BE REFUNDED.
16. All swimmers including those aged 9 must be registered as Cat 2 members of a club affiliated to the ASA.
17. This meet has been licensed at Level 3 by the ASA. Times recorded at the meet will be accepted for entry into County and Regional Competitions and championships for eligible swimmers, and will be sent to the ASA for inclusion in the National Rankings.
18. Coaches' passes will be available at the cost of £6-00 (admission and programme) or £14-00 which will include lunch and Tea.
19. Any matters concerning the meet not covered in these rules will be dealt with according to the laws of the sport and at the discretion of the Meet Management or Promoters.
20. Anyone wishing to use photographic equipment including mobile phones will need to sign the photography book at the entrance desk, and clearly display a camera pass sticker at all times this is a requirement of the Pool Operator.
21. Mobile phones may not be used for making / receiving calls on poolside. If you need to make / receive a call please move to the entrance lobby to do so.
22. Mobile phones / camera's etc MUST not be used in the changing rooms at any time.
23. Hot drinks MUST not be taken on to poolside.
24. All participants must observe the safety precautions in operation at Barnet Copthall Leisure Centre. PLEASE NOTE THAT CHILDREN MUST NOT BE DROPPED OFF AND LEFT AT THE LEISURE CENTRE UNLESS THERE IS AN APPROPRIATE ADULT TO TAKE RESPONSIBILITY FOR THEM.
25. For any queries or further information please contact Sarah Lawlor on 07951600326
sarahjanebcsc@gmail.com

BARNET COPTHALL SWIMMING CLUB

Affiliated to London Region A.S.A – Under A.S.A laws and ASA Technical Rules and Conditions of swimming
Barnet Copthall Pools, Champions Way, Hendon, London NW4 1PS 02084579900
Barnet Copthall Pools, Champions Way, HENDON, London, NW4 1PS (Tel: 020 8457 9900)

County Qualifier & Development Meet 1:

14th October 2018 (3LRxxxx)

Entries summary form:

Name of club	
Contact Name	
Address	
Post code	
Telephone	
Email	

Number of entries boys: @ £6-50 = £

Number entries girls: @ £6-50 = £

Number of coach passes: @ £6-00 = £

Number of coach passes and meals: @14-00 = £

Total remittance £

Please make cheques payable to Barnet Copthall Swimming Club (BCSC)

Closing date for entries is Friday 28th September 2018 **or when meet is full**

All entry summary forms, accompanied by the full entry fees should be sent to:

Sarah Lawlor
48 Lambs Close, Dunstable, Bedfordshire. LU5 4QA
07951600326 sarahjanebcsc@gmail.com

County qualifier and development meet 1: Upper limit times:

Boys							
Event	9 years	10 years	11 years	12 years	13 years	14 years	15+ Years
50 Free	0.31.00	0.30.00	0.28.00	0.26.00	0.24.00	0.22.00	0.21.00
50 Back	0.35.00	0.34.00	0.32.00	0.30.00	0.27.00	0.25.00	0.24.00
50 Fly	0.35.00	0.33.00	0.31.00	0.29.00	0.27.00	0.25.00	0.24.00
50 Breast	0.40.00	0.39.00	0.37.00	0.35.00	0.33.00	0.30.00	0.28.00
200 IM	2.48.00	2.39.00	2.30.00	2.28.00	2.21.00	2.16.00	2.12.00
400 IM	5.58.00	5.36.00	5.18.00	5.16.00	4.55.00	4.45.00	4.42.00
400 Free	5.08.00	4.48.00	4.39.00	4.35.00	4.23.00	4.11.00	4.04.00

Girls							
Event	9 years	10 years	11 years	12 years	13 years	14 years	15+ years
50 Free	0.33.00	0.31.00	0.28.00	0.26.00	0.24.00	0.23.00	0.22.00
50 Back	0.37.00	0.35.00	0.33.00	0.31.00	0.29.00	0.28.00	0.27.00
50 Fly	0.37.00	0.34.00	0.32.00	0.30.00	0.29.00	0.28.00	0.27.00
50 Breast	0.42.00	0.40.00	0.38.00	0.36.00	0.34.00	0.33.00	0.32.00
200IM	2.50.00	2.40.00	2.32.00	2.30.00	2.24.00	2.22.00	2.20.00
400IM	5.53.00	5.43.00	5.23.00	5.10.00	5.00.00	4.50.00	4.45.00
400 Free	5.10.00	4.50.00	4.40.00	4.34.00	4.25.00	4.20.00	4.15.00

BARNET COPTHALL SWIMMING CLUB
County Qualifier and Development Meet 1

(Under A.S.A laws and FINA technical rules of swimming) Licensed level 3 – 3LRxxxx

ENTRY FORM

Club Name:.....

Contact Name and Number.....

Address and post code.....

Boy / girl please circle

ASA NO.	Name	DOB	50 Free	50 Back	50 Breast	50 Fly	200 IM	400 IM	400 Free

Entry fee 6-50 per event coach pass 6-00 or 14-00 with meals

Closing date for entries Friday 28th September 2018 (there will be no charge to spectators at this gala).

