



WORCESTER SWIMMING CLUB

(Affiliated to West Midland Region ASA & Worcester County SA)

14th OPEN MEET

(Level 3 License applied for)

Under ASA Laws and ASA Technical Rules

22/23/24 October 2010

Events:

50m/100m/ 200m All Strokes
Plus 200m I.M., 400m Free/I.M.

*If events are over-subscribed then entries
will be dealt with on a first come first served basis*

Age Groups:

9/10 (NOT 100m or 400m I.M.), 10 (100m),
11/12, 13/14, 15/16, 17/Over

Entry £4.50/event

Heats & Finals for 50m events in same session

OPEN 50m MIXED STROKE SKINS FINAL (from 200 I.M.)

COACHES FANCY DRESS FUN RACE SUNDAY LUNCHTIME

CLOSING DATE: 24th September 2010

Also see: www.worcestersc.co.uk

Questions? Email:



wscopen@worcestersc.co.uk



Worcester Swimming Club Open Meet
Fri/Sat/Sun 22/23/24 October 2010
Under ASA Laws & ASA Technical Rules
(Affiliated to West Midland Region ASA & Worcester County SA)

Promoters Conditions

1. All entrants must be registered members of their Association and of an affiliated Club, and amateurs as defined by ASA Laws.
2. Entry forms can be obtained from the address shown. Entries must be on correctly completed forms (photocopies accepted) and accompanied by appropriate entry fee, Individual events: £4.50. Entries must be returned together with the entry fee by midnight 24th September 2010. It is our intention to provide lists of acceptances and rejections going out on or about 11th October 2010, this will be sent via email where possible. Electronics entries will be accepted, but all paperwork and fees must still be received by the closing date.
3. Ages as at 24th October 2010.
4. This meet will be licensed at level 3.
5. Upper qualifying times are based on 100% of 2010 National Qualifying times for Short Course competition.
6. A competitor may enter all events for which he or she qualifies.
7. If an event is over subscribed, then entries will be accepted on a first come, first served basis.
8. The age groups are as follows: 9/10, 11/12, 13/14, 15/16, 17/Over. 50m & 200m events – all age groups; 100m events – no 9 years old, all other age groups (Girls under 11 & boys under 12 must only enter with their coaches recommendation). 400 Freestyle – all age groups (9 years old must only enter with their coaches recommendation), 400 I.M. - 11/12, 13/14, 15/16, 17/Over (11 years old must only enter with their coaches recommendation).
9. The 400m events will be run mixed sex.
10. The promoters reserve the right to refuse any entry. Incorrect entries will not be accepted. Any entries that are not accepted will be returned with the entry fee. Entries are accepted on the understanding that the competitor accepts the promoter's conditions.
11. No refunds will be made to competitors who withdraw after advice of acceptance.
12. Clubs may have a maximum of two poolside managers who will be admitted on production of a pass obtained beforehand at a cost of £5.00 per day, which will include a programme, and a copy of the results.
13. All swimmers, ASA 16 & under must be under the supervision of the Club Coach (or a designated Club Official) in possession of a poolside pass, at all times, during Warm-ups, in competition and while in the vicinity of the pool.
14. Registrations must be submitted by a single representative from each competing club, to the stewards, at least 30 minutes before the start of each session.
15. Heats may have 'over the top' starts.
16. The order of events may be changed at the discretion of the referee.
17. Entries will be seeded into heats from submitted times, with the slowest heat first.
18. The fastest six recorded times in each age group will qualify for the finals of the 50m events. All other events will be heat declared winners.
19. The fastest 6 swimmers in each of the 200m Individual Medley Events will go forward to a separate Mixed Stroke Skins 50m final event.
20. The Skins events will take the following form:
 - a) Five rounds for each sex – 90 seconds between each race, alternating female/male.
 - b) Slowest swimmer in each race is eliminated.
 - c) The stroke for heat 5 will be Freestyle and a draw will be made to determine the stroke to be swum for heat numbers 1, 2, 3 and 4.
 - d) Each swimmer is allocated a lane in which they remain for all the races until the final round; in the final round the two remaining swimmers are allocated the centre lanes of the pool.
 - e) It is the duty of the swimmer to be at the start on time for the next round and to get on the blocks.
 - f) The Chief Timekeeper will time the intervals between the races; and inform the starter when it is time to give the 10 second warning and the start of each round.
 - g) In the event of a disqualification, no other swimmer will be eliminated.
 - h) If the last two swimmers in a race are equal, neither are eliminated; both proceed to the next round when the two slowest swimmers will be eliminated.
21. For all events apart from the skins, awards will be given for the top 6 places in each age group. For the Open Mixed Stroke Skins final there will be cash prizes for all 6 places across all ages, i.e. Open age group; these will be £30, £25, £20, £15, £10, £5 for places 1 to 6.
22. Any competitor disqualified will not receive an award for that event.
23. There will be a separate prize for the club that gains most points by swimmers swimming in their own age groups. Points will be awarded as follows: 1st place 6pts, 2nd 5pts, 3rd 4pts, 4th 3pts, 5th 2pts and 6th 1pt. In the event of a dead heat each swimmer will get the average number of points for the places covered by the number of swimmers concerned, i.e. if there is a dead heat between two swimmers for first place, each swimmer will be awarded 5.5 points with the third place swimmer getting 4 points. No points for disqualification. Ties for overall club position will be decided on the most 1st places, followed by the most 2nd places etc. There will be no points awarded for the Skins final.
24. There will be a separate £50 prize for the top overall male and female who gain the most points from individual events. Points and ties as per previous paragraph.
25. The promoters reserve the right to amend these conditions as necessary. All participants will be informed of any alterations.
26. The event is run under ASA Laws and ASA Technical Rules, and the ASA Laws on Open Competitions shall cover any laws not covered by the promoter's conditions.

Information from:

**Nicky Lowe, 60 Grasshopper Avenue,
Worcester WR5 3TB
Tel. 01905 769030
email: wscopen@worcestersc.co.uk**



WSC OPEN MEET 2010

PROGRAMME OF EVENTS



Friday October 22nd 2010			
Ev.	Session 1: Warm-up 19:00, Start 19:30		
1	Mixed Open 400m Freestyle HDW		
2	Mixed 11/OV 400m Individual Medley HDW		
Saturday October 23rd 2010			
Ev.	Session 2: Warm-up 08:45, Start 10:00	Ev.	Session 3: Warm-up 13:45, Start 15:00 ***
3	Girls Open 200m Individual Medley HDW	21	Boys Open 200m Freestyle HDW
4	Boys Open 200m Individual Medley HDW	22	Girls Open 200m Freestyle HDW
5	Girls 50m Butterfly Heats	23	Boys 50m Backstroke Heats
6	Boys 50m Butterfly Heats	24	Girls 50m Backstroke Heats
7	Girls 10/OV 100m Backstroke Heats HDW	25	Boys 10/OV 100m Breaststroke Heats HDW
8	Boys 10/OV 100m Backstroke Heats HDW	26	Girls 10/OV 100m Breaststroke Heats HDW
9	Girls 9/10 50m Butterfly Final	27	Boys 9/10 50m Backstroke Final
10	Girls 11/12 50m Butterfly Final	28	Boys 11/12 50m Backstroke Final
11	Girls 13/14 50m Butterfly Final	29	Boys 13/14 50m Backstroke Final
12	Girls 15/16 50m Butterfly Final	30	Boys 15/16 50m Backstroke Final
13	Girls 17/OV 50m Butterfly Final	31	Boys 17/OV 50m Backstroke Final
14	Boys 9/10 50m Butterfly Final	32	Girls 9/10 50m Backstroke Final
15	Boys 11/12 50m Butterfly Final	33	Girls 11/12 50m Backstroke Final
16	Boys 13/14 50m Butterfly Final	34	Girls 13/14 50m Backstroke Final
17	Boys 15/16 50m Butterfly Final	35	Girls 15/16 50m Backstroke Final
18	Boys 17/OV 50m Butterfly Final	36	Girls 17/OV 50m Backstroke Final
19	Girls 50m Open Multi-stroke Skins Final		
20	Boys 50m Open Multi-stroke Skins Final		
Sunday October 24th 2010			
Ev.	Session 4: Warm-up 08:45, Start 10:00	Ev.	Session 5: Warm-up 13:45, Start 15:00 ***
37	Boys Open 200m Butterfly HDW	55	Girls Open 200m Breaststroke HDW
38	Girls Open 200m Butterfly HDW	56	Boys Open 200m Breaststroke HDW
39	Boys 50m Breaststroke Heats	57	Girls 50m Freestyle Heats
40	Girls 50m Breaststroke Heats	58	Boys 50m Freestyle Heats
41	Boys 10/OV 100m Freestyle Heats HDW	59	Girls 10/OV 100m Butterfly Heats HDW
42	Girls 10/OV 100m Freestyle Heats HDW	60	Boys 10/OV 100m Butterfly Heats HDW
43	Boys Open 200m Backstroke HDW	61	Girls 9/10 50m Freestyle Final
44	Girls Open 200m Backstroke HDW	62	Girls 11/12 50m Freestyle Final
45	Boys 9/10 50m Breaststroke Final	63	Girls 13/14 50m Freestyle Final
46	Boys 11/12 50m Breaststroke Final	64	Girls 15/16 50m Freestyle Final
47	Boys 13/14 50m Breaststroke Final	65	Girls 17/OV 50m Freestyle Final
48	Boys 15/16 50m Breaststroke Final	66	Boys 9/10 50m Freestyle Final
49	Boys 17/OV 50m Breaststroke Final	67	Boys 11/12 50m Freestyle Final
50	Girls 9/10 50m Breaststroke Final	68	Boys 13/14 50m Freestyle Final
51	Girls 11/12 50m Breaststroke Final	69	Boys 15/16 50m Freestyle Final
52	Girls 13/14 50m Breaststroke Final	70	Boys 17/OV 50m Freestyle Final
53	Girls 15/16 50m Breaststroke Final		
54	Girls 17/OV 50m Breaststroke Final		
	****Coaches Fancy dress Fun Race****		

***** Warm-up times for Sessions 3 & 5 to be confirmed after closing date.**

WSC Open Meet 2009 - Qualifying Times

BOYS						
Qualifying Times Upper Times Based on 100% and Lower Times Based on 5% of the National Level for lower age in each group (Short Course Pool)						
EVENT		9/10	11/12	13/14	15/16	17/OV
50m Freestyle	Upper	32.4	29.1	26.6	25.3	24.0
	Lower	47.0	41.2	36.2	31.9	30.0
100m Freestyle	Upper	1:10.6	1:02.5	57.0	54.4	52.8
	Lower	1:36.2	1:29.6	1:17.8	1:09.1	1:04.9
200m Freestyle	Upper	2:32.3	2:15.6	2:03.8	1:58.3	1:56.5
	Lower	3:46.9	3:14.7	2:49.8	2:30.7	2:21.6
400m Freestyle	Upper	5:20.5	4:44.0	4:21.9	4:10.5	4:07.6
	Lower	8:12.3	6:48.0	5:58.6	5:18.8	4:59.4
50m Breaststroke	Upper	42.5	37.5	33.7	31.7	30.2
	Lower	1:01.4	53.1	45.8	40.3	37.7
100m Breaststroke	Upper	1:32.8	1:20.5	1:12.2	1:08.2	1:05.7
	Lower	2:04.6	1:54.7	1:38.5	1:26.7	1:21.0
200m Breaststroke	Upper	3:18.1	2:53.6	2:36.1	2:28.7	2:22.2
	Lower	4:47.9	4:06.6	3:33.7	3:08.1	2:55.9
50m Butterfly	Upper	36.4	32.3	29.2	27.6	25.9
	Lower	52.8	45.4	39.7	34.7	32.5
100m Butterfly	Upper	1:22.6	1:10.4	1:03.2	1:00.0	57.1
	Lower	1:50.1	1:40.2	1:26	1:15.6	1:10.8
200m Butterfly	Upper	3:00.8	2:35.1	2:19.9	2:12.1	2:06.6
	Lower	4:34.9	3:39.9	3:10.9	2:46.3	2:35.3
50m Backstroke	Upper	37.4	33.6	30.5	28.5	26.7
	Lower	54.2	47.0	41.0	36.2	33.9
100m Backstroke	Upper	1:21.4	1:10.9	1:03.8	1:00.5	57.4
	Lower	1:49.1	1:40.3	1:27.1	1:16.4	1:11.5
200m Backstroke	Upper	2:50.8	2:31.2	2:16.9	2:10.4	2:05.2
	Lower	4:09.8	3:34.5	3:07.2	2:45.0	2:35.4
200m Individual Medley	Upper	2:54.9	2:34.2	2:19.9	2:13.7	2:09.4
	Lower	4:16.4	3:39.5	3:12.5	2:49.3	2:39.1
400m Individual Medley	Upper		5:25.2	4:56.4	4:42.8	4:36.0
	Lower		7:46.5	6:47.4	5:58.5	5:37.1

WSC Open Meet 2009 - Qualifying Times

GIRLS						
Qualifying Times Upper Times Based on 100% and Lower Times Based on 5% of the National Level for lower age in each group (Short Course Pool)						
EVENT		9/10	11/12	13/14	15/16	17/OV
50m Freestyle	Upper	32.8	29.9	28.5	27.9	26.5
	Lower	47.2	41.5	37.0	34.7	33.9
100m Freestyle	Upper	1:12.1	1:03.7	1:00.9	59.5	58.3
	Lower	1:37.5	1:29.6	1:19.6	1:14.8	1:12.7
200m Freestyle	Upper	2:33.1	2:16.9	2:10.9	2:08.0	2:06.9
	Lower	3:46.6	3:13.3	2:51.3	2:40.7	2:35.6
400m Freestyle	Upper	5:24.9	4:44.6	4:33.1	4:28.3	4:26.8
	Lower	8:13.1	6:42.9	5:57.6	5:35.9	5:26.6
50m Breaststroke	Upper	42.7	38.0	35.8	35.0	33.5
	Lower	1:01.8	53.1	46.7	43.6	42.4
100m Breaststroke	Upper	1:33.3	1:21.3	1:15.8	1:14.8	1:12.2
	Lower	2:04.7	1:53.8	1:39.8	1:33.1	1:30.2
200m Breaststroke	Upper	3:18.3	2:54.3	2:43.7	2:41.4	2:35.2
	Lower	4:47.5	4:04.1	3:34.3	3:20.8	3:15.3
50m Butterfly	Upper	36.3	32.7	31.0	30.3	28.4
	Lower	52.9	45.4	40.3	37.5	36.6
100m Butterfly	Upper	1:22.5	1:11.0	1:07.0	1:06.0	1:02.8
	Lower	1:49.8	1:39.8	1:27.8	1:22.1	1:19.5
200m Butterfly	Upper	3:03.1	2:35.8	2:26.4	2:23.1	2:18.1
	Lower	4:34.9	3:39.7	3:11.8	2:58.3	2:52.9
50m Backstroke	Upper	37.4	33.9	32.1	31.4	29.8
	Lower	54.1	47.0	41.8	39.2	38.0
100m Backstroke	Upper	1:21.4	1:11.2	1:07.6	1:06.1	1:04.0
	Lower	1:49.2	1:40.0	1:28.1	1:22.4	1:20.2
200m Backstroke	Upper	2:52.2	2:31.3	2:24.6	2:20.8	2:17.5
	Lower	4:10.0	3:32.2	3:08.6	2:56.3	2:50.6
200m Individual Medley	Upper	2:54.8	2:34.7	2:27.7	2:24.9	2:22.6
	Lower	4:16.4	3:38.3	3:13.6	3:01.3	2:56.0
400m Individual Medley	Upper		5:25.6	5:09.7	5:03.4	4:59.3
	Lower		7:40.0	6:45.5	6:20.6	6:09.8

Note: Times set using Sportsystems 2009 Qualifying times programme.



WORCESTER SWIMMING CLUB OPEN MEET 2010 ENTRY FORM

Under ASA Laws & ASA Technical Rules
(Affiliated to West Midland Region ASA & Worcester County SA)

Venue: Worcester Swimming Pool, Sansome Walk, Worcester

Dates: 22/23/24 October 2010

Club Name:										
Swimmer's Name:										
Email address:										
Date of Birth:	D	D	M	M	Y	Y	Age on Day:		Male/Female:	
ASA Registration:							Contact Tel:			

ENTRY TIMES (Converted to 25m)			
STROKE	TIME	STROKE	TIME
50m Freestyle		100m Breaststroke (10/OV)	
100m Freestyle (10/OV)		200m Breaststroke	
200m Freestyle		50m Butterfly	
400m Freestyle		100m Butterfly (10/OV)	
50m Backstroke		200m Butterfly	
100m Backstroke (10/OV)		200m I. M.	
200m Backstroke		400m I. M. (11/OV)	
50m Breaststroke		Total Entry Fee Payable at £4.50 per event	£

**IF EVENTS ARE OVER-SUBSCRIBED ENTRIES WILL BE ACCEPTED
ON A FIRST COME FIRST SERVED BASIS**

Club Representative:			
Club Representatives Address:			
Email:			
Phone No.:	Daytime:		Evenings:

Swimmer or parent to complete the following:

I declare the details above are true, and that both the club representative and the swimmer agrees to abide by the promoter's conditions:

Signed:

Date:

This form is to be returned by post (or by hand) by midnight 24th September 2010, together with the appropriate fee (£4.50 per event). Acceptance confirmation will be sent by email wherever possible. Please make cheques payable to Worcester Swimming Club (Open Meet) and send to:

Nicky Lowe, 60 Grasshopper Avenue, Worcester WR5 3TB Tel: 01905 769030

Email: wscopen@worcestersc.co.uk