

# ***Braintree & Bocking Swimming Club***

(Affiliated to ASA East Region)

License Number 3ER9594 refers.

(Under ASA Laws and ASA Technical Rules)

**at Braintree Swimming Pool, Freeport, Braintree – Sunday 6<sup>th</sup> December 2009**

## **MEET RULES AND INFORMATION**

### **GENERAL**

1. The Meet will be held under ASA Laws & ASA Technical rules and these promoter's conditions. The Meet will be run as "age on the day" for swimmers on 6<sup>th</sup> December 2009.
2. The competition will be held in an 8 lane, 25 metre deck level pool with anti-wave lane ropes. The depth of the shallow end is 1 metre. Omega Electronic timing will be in operation.
3. There will be 200 metre events in all strokes and an 4 x 50m Individual Medley, for each age group.
4. It is the responsibility of all clubs and coaches to ensure that swimmers are competent to the standard of the ASA Competitive Start Award and swimmers must be registered with the A.S.A.
5. Swimmers must follow the Braintree Swimming Centre's Code of Conduct.

### **ENTRIES**

6. All entries will be £4.50 per race. A coach pass is £10.00, which includes entry to the pool, a programme of events for the whole day and a buffet lunch. Only swimmers and those displaying a coach pass will be allowed on poolside. The ASA recommends one coach for every 10 swimmers.
7. All entries must be submitted by the closing date of 14<sup>th</sup> November 2009. Entries will **initially** be accepted on a first come first served basis, and no late entries will be considered.
8. Entries may be submitted:
  1. Electronically - Sportsystems files will be available on our website or by request via bbscopen@virgin.net.
  2. Manually - Complete the entry forms and send these to us via email or post. Entries submitted in this way will incur an additional £1 per swimmer administration charge.
9. Cheques must be made payable to BBSC and sent to us by post with a copy of the entry summary. Please send a single cheque to cover all the entries for your club, upon receipt the entries will be confirmed, via email.
10. As soon as possible after the closing date, we will email the accepted and rejected entries to the relevant clubs, together with details of the check-in procedure and any other information you will need.  
**We will not be sending out this information by post, and there will be no cards.**
11. Submitted times should be those achieved in a 25m pool (or converted from 50m times using conversion tables).

### **AGE GROUPS**

12. Age groups are based on the **swimmer's age on the final day of the competition**. The age groups for both boys and girls will be individual age groups of 9/10, 11, 12, 13, 14 and 15/Over.

### **THE COMPETITION**

13. As this competition will be run as a cardless meet, all Swimmers or their Coach must report to the Competitors' Stewards on Entry to the Centre and sign in for each session, before the session's Warm up commences.
14. Each event will be swum as an open. The results will be Heat Declared Winner for each of the above age groups. There will be no finals.
15. All events will be spear headed seeded on submitted times for all heats.
16. The promoter reserves the right in the interests of time, to operate **OVER THE TOP** starts
17. No added swims or time trials will be available at the meet

### **AWARDS**

18. Awards will be presented for the top six places in each event, in each age group.
19. Trophies will be awarded to the overall top boy and top girl. The basis for this will be the points gained in the individual age group events. In the event of a tie, we will count back number of 1<sup>st</sup> places, then 2<sup>nd</sup> places and so on. Points will be awarded as follows 1<sup>st</sup> - 10 pts, 2<sup>nd</sup> - 8pts, 3<sup>rd</sup> - 6pts 4<sup>th</sup> - 4 pts, 5<sup>th</sup> - 2 pts and 6<sup>th</sup> - 1 pts.

### **ADDITIONAL INFORMATION**

19. The meet entries will be managed on a computer. Your consent to the holding of personal information for the purposes of the meet is deemed to be given by the submission of your entries.
20. The qualifying times for this meet are as the below table.
21. Competitors must report to the marshalling area when called. It is the swimmers' and their coaches' responsibility that they report to the marshals on time.
22. Results will be available on the BBSC Club website as soon as possible after the meet.

23. Spectator admission will be £3.00 per session for £5.00 per day, concessions will be £2.00 per session and £3.00 for the day. Programmes will be £3.00.
24. A swim shop will be available Cheques or Cash only.
25. The promoter reserves the right to refuse admission to any spectator, coach or swimmer.
26. Any issues not covered by the above will be subject to the discretion of the promoters who also reserve the right to make changes that may be considered necessary for the smooth running and discipline of the event.

#### BOYS - Qualifying Times - Short Course Pool

Age Group	9/10		11		12		13		14		15 & Over	
EVENT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT
200m Freestyle	3:52.4	2:30.7	3:32.2	2:24.0	3:18.7	2:15.6	3:06.3	2:07.8	2:53.0	2:03.8	2:40.9	1:56.5
200m Breaststroke	4:53.6	3:04.1	4:19.1	3:04.7	4:11.4	2:53.6	3:55.6	2:43.2	3:37.4	2:36.1	3:21.3	2:22.2
200m Butterfly	4:39.4	2:43.8	3:50.6	2:44.7	3:44.2	2:35.1	3:30.1	2:26.3	3:14.3	2:19.9	3:00.2	2:06.6
200m Backstroke	4:15.5	2:42.1	3:48.1	2:40.1	3:38.9	2:31.2	3:25.7	2:22.9	3:10.4	2:16.9	2:56.9	2:05.2
200m Individual Medley	4:22.0	2:47.5	3:55.8	2:43.4	3:44.4	2:34.2	3:30.4	2:26.6	3:15.7	2:19.9	3:01.2	2:09.4

#### GIRLS - Qualifying Times - Short Course Pool

Age Group	9/10		11		12		13		14		15 & Over	
EVENT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT
200m Freestyle	3:51.7	2:33.1	3:32.9	2:24.5	3:17.1	2:16.9	3:03.9	2:12.9	2:53.7	2:10.9	2:47.1	2:06.9
200m Breaststroke	4:53.3	3:07.2	4:20.4	3:04.4	4:08.7	2:54.3	3:51.8	2:47.5	3:37.3	2:43.7	3:28.0	2:35.2
200m Butterfly	4:40.5	2:46.6	3:51.7	2:46.5	3:43.6	2:35.8	3:27.0	2:30.2	3:14.5	2:26.4	3:05.7	2:18.1
200m Backstroke	4:16.0	2:45.9	3:50.7	2:39.1	3:36.3	2:31.3	3:22.3	2:27.3	3:11.4	2:24.6	3:03.8	2:17.5
200m Individual Medley	4:22.3	2:52.0	3:59.3	2:43.2	3:42.4	2:34.7	3:27.6	2:30.7	3:16.5	2:27.7	3:08.3	2:22.6

LQT = Lower Qualifying Time

UQT = Upper Qualifying Time

Address: Braintree & Bocking Swimming Club  
25, Crummock Close  
Braintree  
Essex,  
CM77 7UP

E-mail: [bbscopen@virgin.net](mailto:bbscopen@virgin.net)  
Website: [www.braintreeswimming.co.uk](http://www.braintreeswimming.co.uk)

Meet Promoter: Matthew Hart  
Meet Administration: Clare Harrison/Matthew Hart

### Programme of Events

Session 1 - Warm Up starts @ 8:30 for 50 mins.

Boys	Girls
200m Ind Medley	200m Freestyle
200m Breaststroke	200m Butterfly
200m Back	

Session 2 – Warm Up starts @ 13:30 for 50 mins

Boys	Girls
	200m Ind Medley
200m Freestyle	200m Breaststroke
200m Butterfly	200m Back

**Swimmers must check in by the start of the warm up for each session.**