



Presents:

Spring Short Course Open Meet

Held under ASA Laws and Technical Rules. Level 3 Licensed Meet – License applied for.

Date & Venue

Sunday 17th April 2016

at the new Huddersfield Leisure Centre, Spring Grove Street, HD1 4BP.

Meet Details

This meet is targeted at various levels of swimmer, where they will have an opportunity to improve on times and give all swimmers an additional competitive opportunity regardless of age and ability. Upper cut off times are set to allow a broad spectrum of swimmers to attend.

The pool length is 25m, 8 lanes with anti-wave lane ropes and wedge starting blocks. It is equipped with full electronic timing including a full colour display scoreboard.

A continuous swim down facility will be available throughout the day.

There is plenty of long stay car parking adjacent to and opposite the front of the venue:

(Sunday maximum charge is £1).

Age groups are based on age at 31st December 2016.

Age groups are 10, 11, 12, 13, 14 & 15/over for both male and females.

All events are heat declared winner. Events are disability inclusive.

Awards

Medals awarded to top 3 in all age groups & gender.

Medals awarded to the top three British Disability Point scorers in each event, irrespective of age, however the minus one rule will apply.

A trophy will be awarded to the top visiting club.

Entries

Cost: **£5.00** per event.

Poolside pass: **£10.00**, inclusive of programme & start sheet. (Fee with lunch included is **£15.00**.)

Closing date for entries: **Friday 18th March 2016**, or whenever the meet is full on a first-come-first-served basis.

Entries must be made via Sports Systems Entry Manager file available on the BOK website or by emailing the contact below. Entry times must be submitted as short course, converting from long course where necessary.

Entries, together with a completed cash entry summary and poolside pass application form, must be emailed to the address below by the closing date. Payment may be made by cheque, although BACS transfer is preferred. Payment details will be issued with confirmation of receipt of entries.

Accepted entries will be available to view on our website, www.bokswimmingclub.co.uk

Contact: openmeet@bokswimmingclub.co.uk

Programme of Events

Morning Session – 9:30 am Start		
Warm Up: Boys: 8:30 – 8:50 am Warm Up: Girls: 8:50 – 9.20 am Start: 9.30am		
101	M	10 Years & Over 50m Back
102	F	10 Years & Over 100m Breast
103	M	10 Years & Over 50m Free
104	F	10 Years & Over 100m IM
105	M	10 Years & Over 100m Fly
106	F	10 Years & Over 200m Free
107	M	10 Years & Over 50m Breast
108	F	10 Years & Over 100m Back
109	M	10 Years & Over 50m Fly
110	F	10 Years & Over 100m Free

Afternoon Session – TBC		
Warm Up: Girls: TBC Warm up: Boys: TBC Start: TBC		
211	F	10 Years & Over 50m Back
212	M	10 Years & Over 100m Breast
213	F	10 Years & Over 50m Free
214	M	10 Years & Over 100m IM
215	F	10 Years & Over 100m Fly
216	M	10 Years & Over 200m Free
217	F	10 Years & Over 50m Breast
218	M	10 Years & Over 100m Back
219	F	10 Years & Over 50m Fly
220	M	10 Years & Over 100m Free

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Upper Limit Cut-Off Times

Swimmers must not have swum faster than the event's upper limit time in the 12 months preceding the gala. Times must be taken from the British rankings where available and converted to short course as applicable. Where a swimmer does not have a ranked time a trial or coach time shall be provided.

BOYS						
Age Group:	10	11	12	13	14	15/ov
50m Free	23.00	23.00	23.00	23.00	23.00	23.00
100m Free	1.03.86	58.18	57.18	55.95	55.95	55.31
200m Free	2.18.38	2.18.38	2.18.38	2.05.27	2.05.27	1.59.63
50m Back	26.00	26.00	26.00	26.00	26.00	26.00
100m Back	1.12.46	1.04.86	1.04.86	1.02.55	1.02.55	1.01.35
50m Breast	27.00	27.00	27.00	27.00	27.00	27.00
100m Breast	1.23.86	1.14.20	1.14.20	1.11.22	1.11.22	1.10.50
50m Fly	25.00	25.00	25.00	25.00	25.00	25.00
100m Fly	1.10.53	1.04.53	1.04.53	1.00.08	1.00.08	1.00.04
100m IM	1.20.40	1.16.20	1.11.90	1.07.80	1.04.50	1.02.50

GIRLS						
Age Group:	10	11	12	13	14	15/ov
50m Free	26.00	26.00	26.00	26.00	26.00	26.00
100m Free	1.05.63	1.01.92	1.01.92	1.00.72	1.00.72	1.00.66
200m Free	2.19.46	2.19.46	2.19.46	2.11.36	2.11.36	2.08.91
50m Back	28.00	28.00	28.00	28.00	28.00	28.00
100m Back	1.14.02	1.08.07	1.08.07	1.07.33	1.07.33	1.07.23
50m Breast	29.00	29.00	29.00	29.00	29.00	29.00
100m Breast	1.22.72	1.18.43	1.18.43	1.17.42	1.17.42	1.17.33
50m Fly	28.00	28.00	28.00	28.00	28.00	27.78
100m Fly	1.12.21	1.07.71	1.07.71	1.06.37	1.06.37	1.06.32
100m IM	1.18.80	1.16.00	1.12.30	1.09.70	1.08.80	1.07.80

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Rules & Conditions of Entry

1. The promoter for this event is Mrs Sam Eastwood.
2. This is a Level 3 Licensed Meet – (License No – Pending). Times achieved eligible for County and Regional Championships.
3. The competition will be held under ASA laws & technical rules.
4. The one start rule will apply.
5. Over the top starts may be used at the referee's discretion. Swimmers are requested to remain in the water until asked to leave the pool.
6. All events will be heat declared winners.
7. The referee's decision is final.
8. The pool is 25m long, 8 lanes with anti wave lane ropes and electronic timing.
9. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
10. The age groups are: boys & girls 10, 11, 12, 13, 14, 15/over. Age as at 31st December 2016.
11. Medals will be made to the top 3 in all age all groups and gender.
12. Awards to be collected from the awards table during the meet.
13. All entries must show the full date of birth, age for gala & ASA registration number for each swimmer.
14. Time entries are to be based on 25m pool times or converted 50m pool times by use of the ASA conversion tables.
15. The closing date for entries is 18th March 2016 or earlier if full, and refers to the final date on which entries must be received by BOK.
16. Entries are accepted on a "first come, first served basis" only.
17. This meet will operate as a CARDLESS meet. All entry withdrawals must be presented to the recorder no later than the start of the relevant warm-up for the session (using form provided).
18. All swimmers must report to the marshalling area at least one event prior to their event.
19. Swimmer entry fees are **£5.00** per event.
20. Entries must be made on the electronic entry form issued to participating clubs by the promoter – no other form of entry will be accepted.
21. Team staff **MUST** wear the passes provided at all times. Only swimmers with accepted entries and coaches/team managers with a valid poolside pass will be allowed on poolside. All team staff should be DBS checked in accordance with ASA requirements.
22. Poolside passes are priced at **£10.00** each and includes a programme & start lists. If coaches require lunch, then a poolside pass will be **£15.00**.
23. Coaches and team managers are requested to ensure their swimmers respect the officials and are silent at the start of each heat.
24. Swimmers are not allowed to sit in the spectator gallery.
25. In accordance with ASA Child Protection recommendations, any person wishing to use camera, video or digital capturing device (including mobile phones) should first register their details at the spectator entrance. An identification label will be issued and this must be displayed at all times. Any person not complying will be asked to leave the pool complex.
26. No outdoor shoes may be worn on the poolside, but footwear must be worn in the spectator gallery and outside the pool marshalling area.
27. Any point not covered by the above will be at the discretion of the promoter & lead referee.

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Cash Entry Summary & Poolside Pass Application Form

BOK Spring Meet 17th April 2016

Contact Details:

Name of Club	
Contact Name	
Contact Tel No	
Contact Email	
Contact Address	

Entry Summary:

	No.	Fee	Cost
Girls Entries		@ £5.00	£
Boys Entries		@ £5.00	£
Total Entries		@ £5.00	£
Poolside Pass		@ £10.00	£
Poolside Pass + Lunch		@ £15.00	£
Total amount payable			£

State payment method required (BACS or cheque)	
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Officials:

Do you have any qualified officials who would be available to help at any of the sessions? If so please include below.

Name & Contact Details	Level (e.g. TK, J1, J2S, Ref)	Session(s) Available	
		1	2