

PN Swimmers Entry Form

CITY OF SOUTHAMPTON OPEN MEET

Date 3rd March 2018

Venue: The Quays Swimming Complex, Southampton

Closing date for entries is 12th January 2018

this is a first come first served meet – late entries will not be accepted.

Name		<i>As it appears on British Swimming Biogs</i>	
Date of Birth		Age on	
ASA Registration Number		3 MARCH 2018	
<i>Squad</i>		<i>Male/ Female</i>	

This meet is targeted for swimmers in Silver, Gold, Potential 1 & Junior Performance Squads. Other swimmers may enter if they meet the criteria – but please pay attention to targeted meets for your own squad.

Please indicate the **events** you wish to enter by adding your swimmer's personal best times in the table below: Please check entries with your coach.

Use SHORT Course Times. Times can be converted <http://www.pullbuoy.co.uk/times>

Event	Time	Event	Time	Event	Time
50 Fly		100 Fly		200 Free	
50 Back		100 Back		200 IM	
50 Breast		100 Breast			
50 Free		100 Free			

Entry Fees : £6.50 per race *plus* administration fee of per swimmer £2

No of events entered

Payment enclosed (including £2 admin fee*)

Payments by cash or cheque made payable to PNSC

** Please note - admin fees go towards processing your entries and our coaches expenses and passes for the meet – any entries submitted without the admin fee will be rejected.*

Parent name.....

Parent email.....

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ENTRY CONDITIONS

1. All events will be conducted in accordance with ASA Laws and Regulations.
2. Competitors must be members of an ASA affiliated club as defined by ASA Law and may enter in the name of one club only. ASA registration numbers MUST be included on all entries.
3. Acceptance into any event will be on a '**FIRST COME, FIRST SERVED**' basis. Any swimmer not accepted due to a restriction on numbers being imposed by the Promoter will have the entry fee refunded in full.
4. Any swimmer who at the time of entry for the Meet has achieved a time faster than the published limit time may not enter that event. Should it transpire at any stage that a swimmer has submitted an ineligible entry then the entry will be rejected and the fee forfeited.
5. All entries, associated paperwork and cheques must be received by the specified closing date of **FRIDAY 12 JANUARY 2018**. Late or ineligible entries will not be accepted. There will be **no refunds** for ANY withdrawals after the closing date for this meet.
6. Ages will be as at 3 March 2018. Age Groups are 9/10, 11/12, 13/14, 15+
7. Swimmers are responsible for reporting to the Competitor Stewards on time. For the first two events in each session swimmers should report to the Competitor Stewards directly after the warm-up. Swimmers in all other events should report to the Competitor Stewards at least one event before their own event.
8. Electronic timing will be used. Competitors must leave the pool at the sides, and not climb over the electronic timing boards.
9. Heat results will not be announced but will be displayed in an appropriate location as soon as they are available. Results will also be available on Meet Mobile.
10. Awards will be made to those swimmers placed 1st to 3rd in each event without disqualification. All medals will be available for collection from the medal table. A permanent trophy will be presented to the top visiting club; this trophy will be presented as soon as possible after completion of the final event.
11. Competitors are advised not to leave their belongings unattended and to ensure that all valuables are placed in a locked locker. Neither City of Southampton Swimming Club nor the Management of The Quays can accept responsibility for any property that may be lost or stolen.
12. It is requested that all mobile telephones are switched off or switched to silent during the competition and that there is no flash photography at the start of each event.
13. Spectator entrance will be charged at £6.00 irrespective of the number of sessions attended. Programmes will only be on sale if public Wi-Fi is not available at the venue. Psyche sheets will be published in advance of the Meet.

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18TH CITY OF SOUTHAMPTON OPEN MEET (3SE180218)

SATURDAY 3 MARCH 2018

MEET UPPER LIMIT TIMES (SWIMMERS WITH FASTER TIMES SHOULD NOT ENTER)

BOYS	AGE 9/10	AGE 11/12	AGE 13/14	AGE 15+
EVENT	ULT	ULT	ULT	ULT
50m Free	32.2	29.5	27.2	24.8
100m Free	01:19.0	01:09.9	56.8	53.9
200m Free	02:30.9	02:14.3	02:03.5	01:57.2
50m Breaststroke	40.2	38.1	34.5	32.5
100m Breaststroke	01:43.2	01:20.8	01:13.5	01:08.9
50m Butterfly	38.2	32.5	28.5	26.5
100m Butterfly	01:31.7	01:09.9	01:02.8	58.9
50m Backstroke	37.2	33.2	29.2	27.5
100m Backstroke	01:30.5	01:11.3	01:05.0	01:01.6
200m IM	03:00.0	02:39.5	02:25.5	02:17.0

GIRLS	AGE 9/10	AGE 11/12	AGE 13/14	AGE 15+
EVENT	ULT	ULT	ULT	ULT
50m Free	32.2	30.5	29.1	28.47
100m Free	01:20.8	01:03.6	01:00.9	01:00.9
200m Free	02:30.9	02:16.7	02:10.8	02:10.8
50m Breaststroke	40.5	36.2	34.5	34.2
100m Breaststroke	01:26.0	01:21.7	01:17.8	01:17.2
50m Butterfly	38.1	33.2	31.5	31.2
100m Butterfly	01:31.9	01:11.2	01:07.1	01:06.3
50m Backstroke	37.1	34.1	32.5	32.1
100m Backstroke	01:31.0	01:12.3	01:08.8	01:07.9
200 IM	03:00.0	02:41.5	02:30.0	02:28.0

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SESSION 1: WARM-UP 8.00am

START 9.00am

9am – 12.45pm (3.5 hours swimming + 15 mins comfort break)

Event 1	HDW	Girls	200m	IM
Event 2	HDW	Boys	200m	Freestyle
Event 3	HDW	Girls	50m	Breaststroke
Event 4	HDW	Boys	100m	Butterfly
Event 5	HDW	Girls	100m	Freestyle

Comfort Break 15 minutes

Event 6	HDW	Boys	50m	Freestyle
Event 7	HDW	Girls	100m	Backstroke
Event 8	HDW	Boys	100m	Breaststroke
Event 9	HDW	Girls	50m	Butterfly
Event 10	HDW	Boys	50m	Backstroke

SESSION 2: WARM-UP 1.30pm

START 2.30pm

2.30pm – 6.15pm (3.5 hours swimming + 15 mins comfort break)

Event 11	HDW	Boys	200m	IM
Event 12	HDW	Girls	200m	Freestyle
Event 13	HDW	Boys	50m	Breaststroke
Event 14	HDW	Girls	100m	Butterfly
Event 15	HDW	Boys	100m	Freestyle

Comfort Break 15 minutes

Event 16	HDW	Girls	50m	Freestyle
Event 17	HDW	Boys	100m	Backstroke
Event 18	HDW	Girls	100m	Breaststroke
Event 19	HDW	Boys	50m	Butterfly
Event 20	HDW	Girls	50m	Backstroke

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