



BRACKNELL & WOKINGHAM SWIMMING CLUB

(Affiliated to ASA South East Region)

B/C SPRINT MEET

(Under ASA laws and technical rules)

Saturday 18th July 2009

at Aldershot Garrison Sports Centre 50m Pool

Closing Date for entries 4th July 2009

Warm-up 6:15pm, Start 6:45pm

Post cards by 6:20pm

- Event 1 - Girls 50m Butterfly
- 2 - Boys 50m Butterfly
- 3 - Girls 50m Backstroke
- 4 - Boys 50m Backstroke

- Event 5 - Girls 50m Freestyle
- 6 - Boys 50m Freestyle
- 7 - Girls 50m Breaststroke
- 8 - Boys 50m Breaststroke

The age groups for all events are 10/11 years, 12/13 years and 14 & over (as at 31st December 2009). Each event will be subdivided into 'B' and 'C' events based on the submitted short course entry time according to the criteria below.

ENTRY CRITERIA (fastest time for entry into 'B' or 'C' events) :

		Butterfly		Backstroke		Freestyle		Breaststroke	
		(B)	(C)	(B)	(C)	(B)	(C)	(B)	(C)
Boys									
10/11 yrs	1999/98	42.0	49.0	41.0	50.0	34.0	42.0	45.0	55.0
12/13 yrs	1997/96	36.0	44.0	34.0	43.0	30.0	36.0	40.0	47.0
14/over	1995 -	30.0	36.0	31.0	37.0	27.0	32.0	37.0	43.0
Girls									
10/11 yrs	1999/98	42.0	49.0	41.0	50.0	34.0	43.0	45.0	55.0
12/13 yrs	1997/96	36.0	45.0	36.0	44.0	31.0	38.0	41.0	48.0
14/over	1995 -	32.0	38.0	34.0	39.0	29.0	35.0	39.0	45.0

RULES OF COMPETITION

1. Swimmers are expected to be entered at their current best short course times. Please enter a realistic estimate for swimmers with no current times or "YES" on the entry form. Swimmers entering with no time will be swum in one of the first (ie. slowest) heats.
2. The 'B' & 'C' events will be swum together. All events are Heat Declared Winners (ie no finals).
3. A time allowance of 2 seconds will be given to 10/11 years events and 1 second for all other ages.
4. Swimmers going faster than the specified time for their entry grade will not qualify for an award in that grade. Any 'C' swimmer going too fast will be placed automatically in the 'B' grade. 'B' grade swimmers going slower will not qualify for a 'C' grade place.
5. Awards will be given to the top six swimmers in each sex/age group in each event.
6. Points will be allocated for each swimmer receiving an award (6 points for 1st, 5 for 2nd ... and 1 for 6th) which count towards a 'Top Club Trophy' for each of the 'B' and 'C' grade competitions. These will be presented to the winning Team Captains at the end of the meet.
7. Age groups are as at 31st December 2009 ie all swimmers must have a minimum age of 10 by 31st December 2009.
8. **Closing date is 4th July 2009. Entries should be sent to Ian Castledine 5 Avery Close Finchampstead Wokingham RG40 3SQ (Tel: 0118 9732274). Please enclose an large stamped addressed envelope (minimum 9" x 6"), for the return of entry/time cards.** It is most unlikely that late entries will be accepted and they will certainly not be accepted to the detriment of entries received on time.
9. If it is necessary to restrict entries, the organisers reserve the right to adopt such criteria as they think best
10. Entry fees of £3.50 per event must accompany the entries (cheques payable to Bracknell and Wokingham Swimming Club). **Please ensure that the entry forms are fully completed.**
11. The pool is 50m long and anti-turbulence lane ropes and Omega electronic timekeeping will be in use. It should be noted that the starts for this meet will be at the deep end of the pool where the water depth is 3m. Starting blocks will be available. It is a condition of entry that all swimmers electing to start from the blocks, or from the side of the pool, are capable of consistently executing an efficient flat racing dive in these conditions.
12. Boxes for the competition time cards will be closed five minutes after the start of the warm-up, i.e. at 6:20pm.
13. Clubs will be allowed one coach/team manager on poolside for every ten swimmers. A charge of £6.00 per coach will be levied against each club, entitling them to a program and a printed copy of results.
14. The Meet Manager for this meet is Ian Castledine, who will be pleased to answer any queries which may arise.
15. The meet will be held under the **one start rule**.
16. **All competing clubs are requested to bring a timekeeper and judge.**
17. Any matters concerning the meet not covered in these rules will be dealt with according to the rules of the sport and at the discretion of the promoter.
18. Results will be available on the Bracknell & Wokingham website (www.bwsc.org.uk) as soon as possible after the event.

