

# Luton Swimming Club Short Course Open Meet

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into District Championships at Level 3 under No. 3ER0193 Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA.

Ages as at 11<sup>th</sup> April 2010

Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> April 2010

Being held at Barnet Copthall Swimming Pool  
Great North Way, Hendon, London, NW4 1PS



## PROGRAMME OF EVENTS

### Saturday 10<sup>th</sup> April 2010

No		Age	Event		
1	B	All Ages	400m Freestyle	Hdw	<b>Session 1</b> <b>Warm-up 9.00 am</b>  Boys: 9.00–9.25 am Girls: 9.25–9.50 am <b>Start 10.00 am</b> <b>Estimated finish TBA</b>
2	G	All Ages	200m Freestyle	Hdw	
3	B	All Ages	50m Breaststroke	Hdw	
4	G	All Ages	100m Backstroke	Hdw	
5	B	All Ages	200m Butterfly	Hdw	
6	G	All Ages	50m Freestyle	Hdw	
7	B	All Ages	50m Butterfly	Hdw	
8	G	All Ages	100m Breaststroke	Hdw	
		Age	Event		<b>Session 2</b> <b>Warm-up TBA</b>  Girls: TBA Boys: TBA <b>Start TBA</b> <b>Estimated finish TBA</b>
9	G	All Ages	400m Freestyle	Hdw	
10	B	All Ages	200m Freestyle	Hdw	
11	G	All Ages	50m Breaststroke	Hdw	
12	B	All Ages	100m Backstroke	Hdw	
13	G	All Ages	200m Butterfly	Hdw	
14	B	All Ages	50m Freestyle	Hdw	
15	G	All Ages	50m Butterfly	Hdw	
16	B	All Ages	100m Breaststroke	Hdw	

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## PROGRAMME OF EVENTS

### Sunday 11<sup>th</sup> April 2010

No		Age	Event		
17	G	10/ over	400m Ind Medley	Hdw	<p><b>Session 3</b> <b>Warm-up 9.00 am</b></p> <p>Girls: 9.00-9.25 am Boys: 9.25-9.50 am <b>Start 10.00 am</b> <b>Estimated finish TBA</b></p>
18	B	All Ages	200m Backstroke	Hdw	
19	G	All Ages	100m Butterfly	Hdw	
20	B	All Ages	100m Freestyle	Hdw	
21	G	All Ages	200m Breaststroke	Hdw	
22	B	All Ages	200m Ind Medley	Hdw	
23	G	All Ages	50m Backstroke	Hdw	
No		Age	Event		<p><b>Session 4</b></p> <p><b>Warm-up TBA</b> Boys: TBA Girls: TBA <b>Start TBA</b> <b>Estimated finish TBA</b></p>
24	B	10/ over	400m Ind Medley	Hdw	
25	G	All Ages	200m Backstroke	Hdw	
26	B	All Ages	100m Butterfly	Hdw	
27	G	All Ages	100m Freestyle	Hdw	
28	B	All Ages	200m Breaststroke	Hdw	
29	G	All Ages	200m Ind Medley	Hdw	
30	B	All Ages	50m Backstroke	Hdw	

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Ages as at 11<sup>th</sup> April 2010

Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> April 2010

Being held at Barnet Copthall Swimming Pool

Great North Way, Hendon, London, NW4 1PS



## COMPETITION RULES AND CONDITIONS

1. This meet will take place at Barnet Copthall Swimming Pool on Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> April 2010 and is licensed by the ASA for entry into District Championships at Level 3 under Licence No. 3ER0193. It will be run in accordance with ASA Laws and Technical Rules and the rules and conditions of this competition
2. Ages at 11<sup>th</sup> April 2010.
3. Age bands are:  
Girls 10/under, 11, 12, 13, 14/15, 16/17, 18/open except 400 IM which is 10 years and over.  
Boys 10/under, 11, 12, 13, 14, 15/16, 17/open except 400 IM which is 10 years and over.
4. Consideration times are attached.
5. Where a club enters 5 or more competitors, entries must be submitted electronically to the entry manager. The entry software may be downloaded from Luton Swimming Clubs website: [www.lutonswimmingclub.org.uk](http://www.lutonswimmingclub.org.uk) electronic entries should be supported with a manual entry form as back up.
6. Valid entries will be accepted in the order of receipt, that is: **first come first served**. Complete entries for each club are requested together with a single cheque. Later individual's entries may not be accepted. However, the promoters reserve the right to close entries for individual events, event by event, to maintain a balanced programme.
7. **The closing date for entries is midnight Monday 8<sup>th</sup> March 2010. All entries to be returned to Jayne Smith 20 Thetford Gardens, Luton, Bedfordshire, LU2 7FE, please enclose a stamped address envelope for return of your entry sheet.**
8. Clubs entering more than 8 swimmers are asked if they could supply an ASA registered judge and registered timekeeper for the relevant sessions.
9. **This meet is card less so Swimmers must sign in 45 minutes before the start of each session for those events they have entered and wish to swim. Failure to do so will result in the swimmers not being accepted for that session's events.**
10. Entries to this meet will be held on a computer and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoters.

11. All swimmers must be members of a club affiliated to the A.S.A., S.A.S.A., W.A.S.A. or a Club affiliated to a member of FINA. Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA.
12. The competition pool is 25m in length with 8 lanes. Anti-turbulence ropes electronic timing and placing will be used.
13. Starts will be over the top except for backstroke.
14. Awards. Will be available for collection to the first 3 placed swimmers  
Points will be awarded: - 8, 7, 6, 5, 4, 3, 2, 1 for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> etc (no points being awarded for a disqualification) and an award calculated on accumulated points will be presented to the Top Club.
15. Warm ups will be split to allow more space for the swimmers. The pool will be cleared 10 minutes before the start of each session.
16. Coaches' passes will be issued at a cost of £30.00 for a two day pass. This will entitle them to admission to all sessions, a programme, refreshments and a full set of results. Results will be available on the Luton Swimming Club website. There will be no entry poolside without a pass and passes must be worn at all times.
17. There will be a swim shop.
18. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Promoters. The Promoters reserve the right to change the Meet rules at their discretion. All participants must observe the safety precautions in operation at Barnet Copthall Swimming Pool. Neither the Promoters nor Luton Swimming Club will be responsible for any loss or damage occurring during this Meet.
19. The Promoters of this Meet are Jayne Smith & Karen Davis on behalf of Luton Swimming Club.  
Jayne Smith Tel: 01582 416844 after 6 p.m  
Karen Davis Tel: 01582 490219 after 4 p.m  
Or e-mail [lutonscgalainfo@tiscali.co.uk](mailto:lutonscgalainfo@tiscali.co.uk)  
Information regarding this meet may also be obtained from Luton Swimming Club's website: [www.lutonswimmingclub.org.uk](http://www.lutonswimmingclub.org.uk)

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**PASSES FOR ENTRY TO POOLSIDE**

PLEASE NOTE THAT PASSES MUST BE ORDERED IN ADVANCE AND WILL BE ISSUED ON THE DAY, PASSES MUST BE WORN AT ALL TIMES AS ENTRY TO THE POOLSIDE WILL NOT BE PERMITTED WITHOUT THEM.

The cost of a pass including a programme a full set of results & lunch will be £15.00 per day per pass:

Requests for passes should be sent with entries with a cheque for the relevant amount made payable to Luton Swimming Club.



**REQUEST FOR POOLSIDE PASSES - PLEASE COMPLETE  
DETAILS AND TICK BOXES FOR PASSES REQUIRED**

Name of pass holder	Saturday 10 <sup>th</sup> April 2010	Sunday 11 <sup>th</sup> April 2010

Name of Club ..... Cheque in favour of Luton Swimming Club  
for £ .....

Signed .....

Position in Club.....

Please send to: Jayne Smith, 20 Thetford Gardens, Luton, Beds, LU2 7FE

# ENTRY FORM

ASA ID number								
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Full Name-----D.O.B:----- Age as at 11 <sup>th</sup> April 2010..... Club----- Male/Female Address----- ----- Telephone No-----
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EVENT	ENTRY TIME
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m Ind Medley	
400m Ind Medley (10 years/over)	
<b>TOTAL ENTRY FEE ENCLOSED</b>	£.....

<p>I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by Luton Swimming Club for this competition.</p> <p>Signature of competitor.....Date.....          I certify that the above information is correct.....Club Official</p>
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**ENTRY FEE IS £5.00 FOR ALL EVENTS**  
**CLOSING DATE FOR ENTRIES: MONDAY 8th MARCH 2010**

**Cheques made payable to 'Luton Swimming Club'**  
**Late or incomplete entries WILL NOT be accepted.**

**Pease send to: Jayne Smith, 20 Thetford Gardens, Luton, Beds, LU2 7FE**

## BOYS

		10/UN	11	12	13	14	15/16	17/OV
50m Freestyle	Upper Limit Time	32.4	30.8	29.1	27.7	26.6	25.8	25.0
	Lower Limit Time	45.3	42.3	39.7	37.0	34.4	32.4	30.3
100m Freestyle	Upper Limit Time	1:10.6	1:06.6	1:02.5	59.2	57.0	55.6	53.9
	Lower Limit Time	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1	1:05.7
200m Freestyle	Upper Limit Time	2:32.3	2:24.0	2:15.6	2:08.7	2:03.8	2:00.8	1:57.4
	Lower Limit Time	3:35.4	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0	2:23.4
400m Freestyle	Upper Limit Time	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:15.2	4:07.6
	Lower Limit Time	7:34.5	6:59.2	6:33.0	6:06.9	5:42.1	5:23.6	5:02.7
50m Backstroke	Upper Limit Time	37.4	35.5	33.6	31.6	30.5	29.4	28.4
	Lower Limit Time	51.8	48.2	45.4	41.9	39.2	36.7	34.3
100m Backstroke	Upper Limit Time	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7	59.6
	Lower Limit Time	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6	1:12.3
200m Backstroke	Upper Limit Time	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.8	2:09.3
	Lower Limit Time	3:58.1	3:40.4	3:26.4	3:11.4	2:57.5	2:47.5	2:37.2
50m Breaststroke	Upper Limit Time	42.5	40.0	37.5	35.1	33.7	32.6	31.4
	Lower Limit Time	58.8	54.5	50.8	46.8	43.5	40.9	38.1
100m Breaststroke	Upper Limit Time	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8	1:07.4
	Lower Limit Time	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0	1:22.0
200m Breaststroke	Upper Limit Time	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5	2:26.3
	Lower Limit Time	4:35.4	4:13.1	3:56.4	3:38.3	3:22.2	3:10.7	2:57.8
50m Butterfly	Upper Limit Time	36.4	34.1	32.3	30.5	29.2	28.1	27.1
	Lower Limit Time	50.3	46.5	43.8	40.6	37.6	35.2	32.9
100m Butterfly	Upper Limit Time	1:22.6	1:15.4	1:10.4	1:06.2	1:03.2	1:00.9	58.9
	Lower Limit Time	1:53.4	1:42.7	1:35.5	1:28.3	1:21.7	1:16.7	1:11.6
200m Butterfly	Upper Limit Time	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8	2:09.1
	Lower Limit Time	4:09.1	3:45.8	3:30.8	3:15.1	3:01.0	2:48.8	2:37.2
200m I.M.	Upper Limit Time	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1	2:12.2
	Lower Limit Time	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9	2:40.9
400m I.M.	Upper Limit Time	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5	4:39.7
	Lower Limit Time	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7	5:41.1

## GIRLS

		10/UN	11	12	13	14/15	16/17	18/OV
50m Freestyle	Upper Limit Time	32.8	31.3	29.9	29.0	28.5	27.9	26.5
	Lower Limit Time	45.5	42.5	39.9	37.7	36.2	34.5	32.9
100m Freestyle	Upper Limit Time	1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	59.6	58.3
	Lower Limit Time	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:14.2	1:12.3
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	Lower Limit Time	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:35.1	5:31.0
50m Backstroke	Upper Limit Time	37.4	35.5	33.9	32.8	32.1	31.3	29.8
	Lower Limit Time	51.7	48.1	45.1	42.6	40.8	38.9	37.0
100m Backstroke	Upper Limit Time	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:05.9	1:04.0
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	Lower Limit Time	4:32.7	4:09.8	3:52.9	3:38.2	3:28.8	3:20.3	3:12.5
50m Butterfly	Upper Limit Time	36.3	34.5	32.7	31.7	31.0	30.3	28.4
	Lower Limit Time	49.9	46.5	43.5	41.0	39.3	37.4	35.3
100m Butterfly	Upper Limit Time	1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:05.4	1:02.8
	Lower Limit Time	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:21.6	1:17.8
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400m I.M.	Upper Limit Time	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:02.9	4:59.3
	Lower Limit Time	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:18.4	6:11.2