



# CITY OF **BRISTOL** AQUATICS

## LEVEL 1 INTERNATIONAL OPEN MEET

APRIL 7<sup>th</sup> / 8<sup>th</sup> / 9<sup>th</sup> 2017

## AT THE HENGROVE PARK LEISURE CENTRE

(Held under ASA Laws and Technical Rules - Licence Number 1SW170399)  
Licensed Level 1 for entry into local, regional and national competitions.  
50m, 10 lane pool with anti-wave ropes and electronic timing.  
Large spectator seating area and spacious Cafeteria.

**All events from 50m to 1500m**  
**All events are heat declared winners**  
**All events are subject to entry times being achieved.**  
**Club entries of over 5 to be via HY-TEK entry file (see website for details)**

**Age as on 9<sup>th</sup> April 2017**

Awards will be given in the following age groups, 9, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, and 15/over.  
There will also be awards for top girl and top boy.

Open meet information/entry pack can be downloaded from the website  
[www.cobswimmingclub.co.uk](http://www.cobswimmingclub.co.uk) or e-mail us at [meetmanager@cobaquatics.club](mailto:meetmanager@cobaquatics.club)

. If the Meet is oversubscribed, entries will be accepted based on times submitted but ensuring an equal balanced of swimmers across the age groups

**Entries close midnight Saturday 4<sup>th</sup> March 2017**

**In partnership with**



# PROGRAMME OF EVENTS

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park  
Bristol, United Kingdom, BS14 0JZ  
Licence Number 1SW170399

## Friday 7<sup>th</sup> April 2017

Session 1 – Warm Up 6:20pm – Start 7.00pm

Event 1	Girls	11 and over	800 Freestyle	HDW
Event 2	Boys	11 and over	1500 Freestyle	HDW

## Saturday 8<sup>th</sup> April 2017

Session 2 – Warm Up 8:15am – Start 09:00am

Event 3	Girls	11 and over	400 Freestyle	HDW
Event 4	Boys	11 and over	400 IM	HDW

Session 3 – Warm Up 10:00am – Start 11:00am

Event 5	Girls	9 and over	200 IM	HDW
Event 6	Boys	9 and over	100 Backstroke	HDW
Event 7	Girls	9 and over	100 Breaststroke	HDW
Event 8	Boys	9 and over	200 Freestyle	HDW
Event 9	Girls	9 and over	50 Breaststroke	HDW
Event 10	Boys	9 and over	50 Backstroke	HDW

Session 4 – Warm Up 2.15pm – Start 3.15pm

Event 11	Girls	9 and over	200 Backstroke	HDW
Event 12	Boys	9 and over	200 Breaststroke	HDW
Event 13	Girls	9 and over	200 Freestyle	HDW
Event 14	Boys	9 and over	100 Freestyle	HDW
Event 15	Girls	9 and over	100 Butterfly	HDW
Event 16	Boys	9 and over	50 Butterfly	HDW
Event 17	Girls	9 and over	50 Freestyle	HDW

## Sunday 9<sup>th</sup> April 2017

Session 5 – Warm Up 8:15am – Start 09:00am

Event 18	Boys	11 and over	400 Freestyle	HDW
Event 19	Girls	11 and over	400 IM	HDW

Session 6 – Warm Up 10:00am – Start 11:00am

Event 20	Boys	9 and over	200 IM	HDW
Event 21	Girls	9 and over	100 Backstroke	HDW
Event 22	Boys	9 and over	100 Breaststroke	HDW
Event 23	Girls	9 and over	200 Butterfly	HDW
Event 24	Boys	9 and over	200 Butterfly	HDW
Event 25	Girls	9 and over	50 Backstroke	HDW
Event 26	Boys	9 and over	50 Breaststroke	HDW

Session 7 – Warm Up 2.15pm – Start 3.15pm

Event 27	Girls	9 and over	200 Breaststroke	HDW
Event 28	Boys	9 and over	200 Backstroke	HDW
Event 29	Girls	9 and over	100 Freestyle	HDW
Event 30	Boys	9 and over	100 Butterfly	HDW
Event 31	Girls	9 and over	50 Butterfly	HDW
Event 32	Boys	9 and over	50 Freestyle	HDW

# City of Bristol Level 1 International Open Meet – 7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> April 2017

## Qualifying Times

**Minimum Qualifying Times, Based on ASA Minimum Qualifying Times for L1 Gala**  
**Please use long course times. Conversions from short course to long course will be accepted**

Boys									Events	GIRLS								
9	10	11	12	13	14	15	16	17/Ov		9	10	11	12	13	14	15	16	17/Ov
37.60	36.10	35.10	34.10	31.80	29.90	29.20	28.50	26.90	50m Freestyle	37.60	36.10	35.10	33.80	31.90	30.90	30.80	30.50	30.50
1.18.10	1.16.10	1.14.10	1.13.10	1.08.80	1.03.00	1.01.70	59.40	58.30	100m Freestyle	1.18.10	1.16.10	1.14.10	1.12.20	1.06.60	1.05.50	1.04.10	1.02.90	1.02.80
3.01.90	2.52.00	2.42.20	2.36.40	2.28.80	2.16.80	2.11.30	2.06.50	2.03.80	200m Freestyle	3.01.90	2.52.00	2.42.20	2.35.10	2.26.80	2.20.70	2.15.40	2.14.00	2.13.60
		5.29.30	5.24.30	5.13.90	4.43.90	4.32.50	4.27.00	4.20.70	400m Freestyle			5.29.30	5.24.60	5.05.70	5.04.80	4.43.00	4.42.30	4.42.00
		21.45.90	20.21.00	19.51.50	19.21.90	19.10.10	19.09.10	18.04.20	800/1500m Freestyle			11.58.10	11.03.80	10.28.30	9.58.70	9.42.00	9.42.00	9.42.00
46.30	44.00	41.50	40.00	38.10	34.80	34.10	32.30	31.00	50m Backstroke	46.30	44.00	41.50	39.20	37.10	35.90	35.20	34.10	34.10
1.32.90	1.28.90	1.26.90	1.24.50	1.20.00	1.12.90	1.10.90	1.07.50	1.04.10	100m Backstroke	1.32.90	1.28.90	1.26.90	1.23.00	1.17.50	1.14.40	1.11.40	1.11.10	1.10.90
3.31.60	3.16.70	3.01.80	2.54.90	2.45.00	2.31.20	2.27.30	2.19.90	2.17.20	200m Backstroke	3.31.60	3.16.70	3.01.80	2.50.30	2.39.80	2.36.70	2.28.00	2.27.80	2.27.60
50.60	48.70	46.70	45.10	42.60	40.50	37.60	36.50	33.40	50m Breaststroke	50.60	48.70	46.70	44.90	42.50	40.30	40.20	38.90	38.90
1.49.20	1.44.20	1.41.30	1.39.10	1.34.60	1.26.60	1.20.50	1.17.80	1.12.70	100m Breaststroke	1.49.20	1.44.20	1.41.30	1.38.10	1.31.80	1.28.20	1.25.30	1.22.90	1.22.20
3.52.30	3.44.40	3.32.50	3.22.60	3.10.80	3.00.00	2.51.10	2.42.30	2.36.40	200m Breaststroke	3.52.30	3.44.40	3.32.50	3.22.60	3.12.80	3.02.90	2.57.00	2.53.10	2.53.10
44.40	40.50	39.30	38.10	35.30	33.90	32.50	30.90	28.90	50m Butterfly	44.40	40.50	39.30	37.00	36.00	34.80	33.70	33.50	32.50
1.39.80	1.35.80	1.31.80	1.29.80	1.21.90	1.15.00	1.10.50	1.06.20	1.02.90	100m Butterfly	1.39.80	1.35.80	1.31.80	1.24.90	1.20.80	1.16.10	1.12.90	1.11.30	1.11.00
3.51.40	3.31.50	3.21.60	3.15.60	3.00.80	2.44.90	2.32.10	2.26.20	2.16.30	200m Butterfly	3.51.40	3.31.50	3.21.60	3.04.70	2.58.00	2.52.10	2.39.30	2.38.00	2.33.90
3.31.90	3.17.00	3.02.20	2.59.70	3.02.40	2.38.50	2.32.60	2.25.70	2.20.80	200m Ind. Med.	3.31.90	3.17.00	3.02.20	2.59.20	2.50.30	2.43.40	2.36.50	2.34.60	2.33.60
		6.24.60	6.16.70	5.57.90	5.35.30	5.15.60	4.57.00	4.57.00	400m Ind. Med.			6.24.60	6.09.80	5.49.10	5.40.20	5.26.40	5.25.40	5.19.00

# City of Bristol Level 1 International Open Meet – 7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> April 2017

## CONDITIONS

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park,  
Bristol, United Kingdom, BS14 0JZ

**Licence Number 1SW170399**

- 1 The meet will be held Under ASA Laws and Regulations and Technical Rules of Racing, and has been Licensed Level 1 by the ASA for entry into District, Regional and National Competitions.
- 2 Qualifying times will be applied to all events. Entries of 6 or more swimmers from the same Club must be made electronically (HY Tek). Entries of 5 or less swimmers from the same club may be made using the official meet entry form. Entries (including summary and cheque) must reach the Meet Secretary on or before midnight on **Saturday 4<sup>th</sup> March 2017** – No late entries will be accepted.
- 3 All competitors must be members of an affiliated club, registered with the ASA, Welsh ASA and Scottish Swimming, and may compete in the name of one club only.
- 4 The promoters reserve the right to accept or reject entries at their discretion, and to restrict entries in order that the Meet may be completed within the time available. If the Meet is oversubscribed, entries will be accepted based on times submitted but ensuring an equal balance of swimmers across the age groups.
- 5 As soon as possible after the closing date, club list sheets will be emailed to club secretary for accepted entries, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or available for collection by Clubs on the day.
- 6 Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date, unless supported by a doctor's note or medical evidence
- 7 The age groups are: 9, 10, 11, 12, 13, 14, 15 and over - **ages as at 9<sup>th</sup> April 2017.**
- 8 **400m/800m events are open to age 11 and over for girls**
- 9 **400m/1500m events are open to age 11 and over for boys**
- 10 The pool is 50m and the meet will be swum long course. Anti-wave devices will be in place and electronic timing/placing will be used.
- 11 Entry fees are £7.00 per event (£10.00 per 800/1500m event) and include the levy per accepted entry made by the ASA for licensed events.
- 12 Coach/team manager passes (maximum of 4 per club) are £20 each and entitle the holder to admission to all sessions, a programme plus a full set of results per club.
- 13 Passes will only be processed after receipt of the requested CRB information detailed on the application form. Passes maybe requested on the day but will only be issued with proof of a valid CRB certificate.
- 14 Entry fees should be made in one consolidated payment, payable to **City of Bristol Swimming Club.**
- 15 BACs is preferred :
  - a. Sort Code: 40-14-12
  - b. Account number: 71093894
  - c. Please reference CoB L1 – Club Name or coherent abbreviation
- 16 Weekend Event programme **£5.00, adult spectator entry fee (per session) £2.00, all day pass £5.00 – Saturday/Sunday.**
- 17 **Friday night admission is included in the entry fee**
- 18 Entries and results for this meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.
- 19 The meet will be run without cards. Heats will be pre-seeded. Swimmers do not need to sign in, other than for 400m, 800m, and 1500m events.
- 20 Swimmers must report to the competitors' stewards' eight heats prior to their own.
- 21 Wet swimmers are not allowed in the spectator areas. The small pool may be used at the discretion of the lifeguards and is for swim down only.
- 22 All events are HDW.
- 23 You no longer need to sign in and register photographic devices; however the guidelines on consent & decency **MUST** always apply.
- 24 Photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording devices. Social media guidance will apply if those images or recordings are being shared through any social media platform.
- 25 The guidelines apply to everyone and at all times. Spectators, Parents, Coaches, Swimmers, Officials & Helpers whether at meets, training, activities or events.
- 26 Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- 27 Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoters discretion.

- 28 In extenuating circumstances and due to situations out of the clubs control during the competition the referee reserves the right to make changes to the running of the meet.
- 29 Any swimmer breaking these conditions will be liable to disqualification from any or all events.
- 30 There will be medals in every event for the first three overall swimmers in each age group. Any disqualified swimmer will not receive awards.
- 31 Awards will be made to the top boy and top girl swimmer using a points system based on swimmers achieving 1<sup>st</sup> to 10<sup>th</sup> places in each event
- 32 The promoters reserve the right to refuse admission to any competitor or spectator.
- 33 Teams are requested to **provide one licensed official for every 5 swimmers entered**. For those un-qualified officials, or J1's and above who require mentoring or practical sessions please also complete the form, indicating what duties you need to cover, and we will do our best to assist, as we actively promote the development of all officials within British Swimming.
- 34 Entry times shall be those for 50m pool times, converted if necessary. All times submitted must be truthful and correct as define by the ASA Code of Conduct. Entry times may be checked against ASA rankings.
- 35 Over the top starts may be used at the promoter's discretion.

### **SIGNING IN SHEETS:**

Sign in sheets will be used for all 400m, 800m, and 1500m events.

Swimmers must sign in to confirm that they are swimming in these events, **before the start of the warm up for session in which the event takes place.**

Failure to do so will result in the swimmer being removed from the event, and the entry fee being forfeited.

Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags (lockers are available in the changing village -£1 refundable) and report any issues immediately to a member of the pool staff or to the Open Meet Promoter

### **WARNING TO ALL COACHES, TEAM MANAGERS & SWIMMERS**

ANY SWIMMER UNABLE TO EXECUTE A SAFE DIVE FROM THE BLOCKS INTO SHALLOW WATER ARE REMINDED THAT THEY MAY START FROM THE SIDE OF THE POOL OR IN THE WATER

**Please note that the best postcode to use for Sat Nav is BS14 0DB, which will take you to the City of Bristol Skills Academy at the entrance to the hospital site. The Pool is then 400m from the Skills Academy further in Hengrove Park.**

**In partnership with**



City of Bristol Swimming Club Level 1 International Open Meet 2016  
CLERICAL ENTRY FORM

Name \_\_\_\_\_ Club \_\_\_\_\_

Male / Female - Date of Birth \_\_\_\_\_ Age at 09.04.17 \_\_\_\_\_ ASA Member ID \_\_\_\_\_

**Friday**

Session 1			
#	Sex	Event	Entry Time (LC)
1	Female	800m Freestyle	
2	Male	1500m Freestyle	

**Saturday**

Session 2			
#	Sex	Event	Entry Time (LC)
3	Female	400m Freestyle	
4	Male	400m Individual Medley	
Session 3			
5	Female	200m Individual Medley	
6	Male	100m Backstroke	
7	Female	100m Breaststroke	
8	Male	200m Freestyle	
9	Female	50m Breaststroke	
10	Male	50m Backstroke	
Session 4			
11	Female	200m Backstroke	
12	Male	200m Breaststroke	
13	Female	200m Freestyle	
14	Male	100m Freestyle	
15	Female	100m Butterfly	
16	Male	50m Butterfly	
17	Female	50m Freestyle	

**Sunday**

Session 5			
#	Sex	Event	Entry Time (LC)
18	Male	400m Freestyle	
19	Female	400m Individual Medley	
Session 6			
20	Male	200m Individual Medley	
21	Female	100m Backstroke	
22	Male	100m Breaststroke	
23	Female	200m Butterfly	
24	Male	200m Butterfly	
25	Female	50m Backstroke	
26	Male	50m Breaststroke	
Session 7			
27	Female	200m Breaststroke	
28	Male	200m Backstroke	
29	Female	100m Freestyle	
30	Male	100m Butterfly	
31	Female	50m Butterfly	
32	Male	50m Freestyle	

Total number of entries @ £7.00 = No: \_\_\_\_\_ Total £'s: \_\_\_\_\_

Total number of entries @ £10.00 = No: \_\_\_\_\_ Total £'s: \_\_\_\_\_

**Note:** This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 6 swimmers are being entered. Entry forms should be sent with a completed payment form as per the payment form instruction.

City of Bristol Swimming Club Level 1 International Open Meet 2017  
Payment Form

<b>CLUB</b>	
<b>CONTACT ADDRESS</b>	
<b>TEL: NO:</b>	
<b>E-MAIL</b>	

Total Number of Swimmer Entries \_\_\_\_\_

Total Cost of Entries @ £7.00 each \_\_\_\_\_

Total Cost of Entries @ £10.00 each \_\_\_\_\_

Total Cost of Coaches Passes @ £20.00 each \_\_\_\_\_

Total Cheque enclosed \_\_\_\_\_

(All Cheques should be made payable to 'City of Bristol Swimming Club')

**Poolside pass CRB Information (passes will not be processed without this information):-**

Name	Disclosure Number	Position	Date

**Greater than 5 swimmers**

**Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to [meetmanager@cobaquatics.club](mailto:meetmanager@cobaquatics.club)**

**5 or less swimmers per club**

**Clerical entry forms, completed summary form, and cheque should be sent to:**

Adrian Noon  
67 Smyth Road, Ashton, Bristol, BS3 2DS





## Open Meet Entry Checklist

Your entry envelope should contain the following:-

- ✓ Summary sheet completed
- ✓ HyTek reports (fees and event entries) or clerical forms if <5 swimmers
- ✓ Cheque for entries

Post to Meet Secretary by first class mail DO NOT send by recorded delivery as this can delay your entry reaching the secretary if no-one is available to sign for it!

This completes the entry. Acknowledgement of receipt of paperwork will be sent by email.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries are NOT accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.

**2017**

**July 8<sup>th</sup>/9<sup>th</sup> - Level 3 LC - City of Bristol Summer Festival**

**In partnership with**





## City of Bristol Level 1 International Open Meet – 7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> April 2017

### AT THE HENGROVE PARK LEISURE CENTRE

(Held under ASA Laws and Technical Rules - 1SW170399)

NAME OF OFFICIAL \_\_\_\_\_

QUALIFICATION \_\_\_\_\_

ASA NO: \_\_\_\_\_

SESSIONS AVAILABLE \_\_\_\_\_

IF VOLUNTEERING ALL DAY PLEASE STATE IF VEGETARIAN IS REQUIRED

In partnership with

