

Newquay Cormorants Level 3 Open Meet
Sunday 7th May 2017
Held at Dragon Leisure Centre, Bodmin

Level 3 Licensed Meet (3SWxxxxxx)

Programme of Events

Age as at midnight on 7th May 2017

Session 1 9.00am warm-up for 9.50 start

Event No			
101	Girls	50m breaststroke	All ages
102	Boys	50m breaststroke	All ages
103	Girls	200m freestyle	All ages
104	Boys	200m freestyle	All ages
105	Girls	50m backstroke	All ages
106	Boys	50m backstroke	All ages
107	Girls	100m Individual Medley	All ages
101F	Boys	50m breaststroke	Final
102F	Girls	50m breaststroke	Final
105F	Boys	50m backstroke	Final
106F	Girls	50m backstroke	Final

Session 2 1.00pm warm-up for 1.50pm start or a minimum break of 45mins

Event No			
200	Boys	100m Individual Medley	All ages
201	Girls	50m freestyle	All ages
202	Boys	50m freestyle	All ages
203	Girls	200m breaststroke	All ages
204	Boys	200m breaststroke	All ages
205	Girls	50m butterfly	All ages
206	Boys	50m butterfly	All ages
207	Girls	200m backstroke	All ages
208	Boys	200m backstroke	All ages
201F	Girls	50m freestyle	Final
202F	Boys	50m freestyle	Final
205F	Girls	50m butterfly	Final
206F	Boys	50m butterfly	Final

'all age groups' means 9, 10, 11, 12 & 13, for all events

All 100m/200m races are heat declared winners

All 50m races will have finals that comprise the six fastest swimmers from the respective event

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Held at Dragon Leisure Centre, Bodmin

Licensed Level 3 Open Meet

Licence 3SWxxxxxx

Under ASA Laws & technical rules of racing

Sunday 7th May 2017

ENTRY FORM

Please write clearly:

Surname		Club	
First Name		ASA Number	
Date of Birth		Age on 7 th May 2017	

Male	<input type="checkbox"/>
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Female	<input type="checkbox"/>
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Please tick

Email address / contact details	
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	Event No		Event	Entry time
	Girls	Boys		
SESSION 1	101	102	50m breaststroke	
	103	104	200m freestyle	
	105	106	50m backstroke	
	107	108	100m Individual Medley	
SESSION BREAK				
SESSION 2	200	200	100m Individual Medley	
	201	202	50m freestyle	
	203	204	200m breaststroke	
	205	206	50m butterfly	
	207	208	200m back	

I declare that I am an eligible competitor and that I accept the promoter's conditions:

Signature of competitor

No. of events @ £6.00 per event: = £

I can ratify these entry times and that the competitor is capable of diving as per the competitive start award:

Signature of Coach or authorised official.....

Name in Capitals.....

(if submitting entries by Hy Tek file then this form should be retained in case of any queries)

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All times are 25m pool times – Ages at 7th May 2017

BOYS						
		9yrs	10yrs	11yrs	12yrs	13yrs
Expected cut-off time (guide only)	50m Free	00:52.0	00:48.0	00:45.0	00:42.0	00:40.0
No faster than	50m Free	00:38.0	00:36.0	00:34.0	00:33.0	00:32.0
Expected cut-off time (guide only)	200m Free	04:00.0	03:35.0	03:25.0	03:15.0	03:05.0
No faster than	200m Free	03:10.0	02:50.0	02:45.0	02:32.0	02:20.0
Expected cut-off time (guide only)	50m Breast	01:10.0	01:05.0	01:00.0	00:55.0	00:53.0
No faster than	50m Breast	00:50.0	00:48.0	00:44.0	00:42.0	00:40.0
Expected cut-off time (guide only)	200m Breast	04:50.0	04:45.0	04:35.0	04:00.0	03:50.0
No faster than	200m Breast	03:45.0	03:30.0	03:15.0	03:10.0	03:00.0
Expected cut-off time (guide only)	50m Fly	01:00.0	00:55.0	00:52.0	00:50.0	00:48.0
No faster than	50m fly	00:45.0	00:40.0	00:38.0	00:36.0	00:34.0
Expected cut-off time (guide only)	50m Back	01:00.0	00:56.0	00:52.0	00:48.0	00:46.0
No faster than	50m Back	00:45.0	00:42.0	00:38.0	00:36.0	00:34.0
Expected cut-off time (guide only)	200m Back	04:20.0	04:00.0	03:55.0	03:40.0	03:30.0
No faster than	200m Back	03:20.0	03:15.0	03:00.0	02:45.0	02:30.0
Expected cut-off time (guide only)	100m Ind Medley	02:15.0	02:00.0	01:45.0	01:40.0	01:35.0
No faster than	100m Ind Medley	01:40.0	01:30.0	01:25.0	01:20.0	01:15.0

GIRLS						
		9yrs	10yrs	11yrs	12yrs	13yrs
Expected cut-off time (guide only)	50m Free	00:52.0	00:48.0	00:45.0	00:42.0	00:41.0
No faster than	50m Free	00:38.0	00:36.0	00:34.0	00:32.0	00:31.0
Expected cut-off time (guide only)	200m Free	03:50.0	03:36.0	03:20.0	03:05.0	03:00.0
No faster than	200m Free	03:00.0	02:45.0	02:40.0	02:25.0	02:20.0
Expected cut-off time (guide only)	50m Breast	01:08.0	01:05.0	01:02.0	00:58.0	00:54.0
No faster than	50m Breast	00:48.0	00:45.0	00:43.0	00:41.0	00:38.0
Expected cut-off time (guide only)	200m Breast	04:59.0	04:40.0	04:15.0	04:00.0	03:50.0
No faster than	200m Breast	03:45.0	03:36.0	03:30.0	03:15.0	02:50.0
Expected cut-off time (guide only)	50m Fly	00:58.0	00:55.0	00:50.0	00:48.0	00:45.0
No faster than	50m Fly	00:45.0	00:42.0	00:37.0	00:35.0	00:33.0
Expected cut-off time (guide only)	50m Back	01:05.0	00:59.0	00:53.0	00:50.0	00:47.0
No faster than	50m Back	00:45.0	00:42.0	00:39.0	00:37.0	00:35.0
Expected cut-off time (guide only)	200m Back	04:10.0	04:00.0	03:50.0	03:35.0	03:20.0
No faster than	200m Back	03:20.0	03:05.0	02:55.0	02:35.0	02:30.0
Expected cut-off time (guide only)	100m Ind Medley	02:10.0	01:55.0	01:50.0	01:40.0	01:35.0
No faster than	100m Ind Medley	01:40.0	01:30.0	01:25.0	01:20.0	01:15.0

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ENTRIES SUMMARY SHEET

NAME OF CLUB	
Club code	

Entries	Number	Cost per event	Total	
Boys		£6.00	£	
Girls		£6.00	£	
Coaches Passes (max 3)		£10.00	£	

Total			£	
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I declare that the swimmers listed on the Hy-tek entries file or listed as per the attached entry forms:

- Have obtained the times entered
- Are capable of starting as required by the ASA Competitive Start Award
- All swimmers are registered as ASA Category 2 members

Signed : _____

Name in CAPITALS: _____

Status in Club : _____

Contact tel no : _____

Email address _____

Please return the following to : **Nick Jenkin, 2 Trevean Way, Newquay, Cornwall TR7 1TW**

- Entries Summary Sheet with all fields completed
- If entries are by Hy-tek zipped file them email to jenkinni@sky.com
- Individual Entry forms (one per competitor) - only if less than 5 swimmers and not submitting electronic file
- Payment by BACS is preferred: Newquay Cormorants Swimming Club NatWest Sort Code 54-41-12 Account 96393653 quoting the club code as the payment reference; alternatively payment can be made by cheque

CLOSING DATE FOR RECEIPT OF ENTRIES IS MIDNIGHT ON THURSDAY 13th APRIL 2017 (THURSDAY 6th APRIL for paper entries)