

## LEVEL 3 OPEN MEET

LICENSE No 3SW172172

**SATURDAY 4TH &  
SUNDAY 5TH NOVEMBER 2017**

**Bodmin Dragons Leisure Centre  
Lostwithiel Road PL31 1 DE**

25m, 6 lane Competition pool  
1.85m starting to 1.05 shallow end  
Electronic timing with Hy-Tek Meet Manager

**AGES AS OF 5th NOVEMBER 2017**



## NORTH CORNWALL DRAGONS

**CLOSING DATE:**  
Paper: Monday 9th Oct 2017  
Electronic: Monday 16th Oct 2017



### The two day programme will include:

- 50 metres all strokes for ages 9 years and older
- 100 metres all strokes for ages 9 years and older
- 200 metres Individual Medley for ages 9 years and older
- 800 and 1500 meters freestyle for 12 years and older
- All events are Heat Declared Winners [HDW]
- Medals for 1st, 2nd, 3rd, ribbons for 4th, 5th and 6th in each age group
- Awards to Top Junior Girl and Top Junior Boy [12 & under], Top Senior Girl and Top Senior Boy [13 & over]
- **£6.00 per event 50, 100, 200 meters**
- **£10.00 per event 800 and 1500 meters**
- **Coaches pass £10 per day or £15 for 2 days**



## PROGRAMME OF EVENTS

### SATURDAY 4th NOVEMBER 2017

SESSION 1 \_\_\_\_\_ Warm up 1.00 – 1.45pm Start 1.45pm

Event 101	mixed	800 metres freestyle
Event 102	mixed	1500 metres freestyle

### SUNDAY 5th NOVEMBER 2017

SESSION 2 \_\_\_\_\_ Warm up 8.30 – 9.15am Start 9.15am

Events 201 & 202	girls/boys	50 metres freestyle
Events 203 & 204	girls/boys	100 metres backstroke
Events 205 & 206	girls/boys	200 metres Individual Medley
Events 207 & 208	girls/boys	50 metres butterfly

SESSION 3 \_\_\_\_\_ Warm up and Start TBC

Events 301 & 302	girls/boys	50 metres backstroke
Events 303 & 304	girls/boys	100 metres Individual Medley
Events 305 & 306	girls/boys	100 metres breaststroke

SESSION 4 \_\_\_\_\_ Warm up and Start TBC

Events 401 & 402	girls/boys	50 metres breaststroke
Events 403 & 404	girls/boys	100 metres butterfly
Events 405 & 406	girls/boys	100 metres freestyle

\* Programme of Events Warm Up Times are provisional & may be subject to change once the entries have been received. Swimmers will be notified accordingly.

**Closing date for entries is midnight on:**

**Monday 9th Oct 2017**

Failure to return entries will result in swimmers being excluded from the event.

### Girls Qualifying Times

EVENT		9 & 10	11	12	13	14	15+
50m Freestyle	No faster than	34.50	31.6	31.24	29.25	28.25	28.12
	No slower than	48.37	44.75	41.66	39.14	37.43	36.26
100m Freestyle	No faster than	1:14.30	1:09.50	1:08.55	1:02.80	1:01.80	1:00.30
	No slower than	1.46.25	1.36.70	1.29.64	1.24.25	1.20.44	1.18.22
800m freestyle	No faster than			10:40.00	10:10.00	9:40.00	9:25.00
	No slower than			n/a	n/a	n/a	n/a
1500m freestyle	No faster than			18:50.00	18:30.00	18:10.00	18:00.00
	No slower than			n/a	n/a	n/a	n/a
50m Breaststroke	No faster than	44.00	42.70	42.30	39.70	37.45	37.10
	No slower than	1.02.42	57.12	52.83	49.43	47.02	45.53
100m Breaststroke	No faster than	1:37.00	1:33.80	1:33.10	1:27.00	1:23.20	1:20.20
	No slower than	2.15.80	2.02.68	1.53.44	1.45.65	1.40.03	1.37.42
50m Butterfly	No faster than	38.00	35.00	34.50	33.50	32.20	31.15
	No slower than	53.03	48.89	45.41	42.55	40.54	39.21
100m Butterfly	No faster than	1:30.00	1:22.65	1:22.00	1:17.60	1:13.20	1:09.70
	No slower than	1.59.22	1.47.55	1.38.97	1.32.84	1.28.04	1.25.74
50m Backstroke	No faster than	39.50	37.10	36.50	34.50	33.50	32.50
	No slower than	55.00	50.58	47.12	44.19	42.11	41.00
100m Backstroke	No faster than	1.21.40	1.15.40	1.10.67	1.08.41	1.07.22	1.05.30
	No slower than	1.59.06	1.47.88	1.39.64	1.33.24	1.29.02	1.26.19
100m IM	No faster than	01:30.0	01:25.0	01:20.0	01:15.0	1.11.80	1.08.70
	No slower than	1.59.76	1.51.71	1.43.96	1.37.11	1.33.06	1.30.39
200m IM	No faster than	2:58.80	2:47.25	2:46.30	2:42.40	2:36.50	2:30.50
	No slower than	4.18.65	3.55.69	3.38.35	3.25.15	3.15.40	3.09.74

You can find your current fastest times at [www.swimmingresults.org/individualbest](http://www.swimmingresults.org/individualbest)  
 On the website enter your ASA mMembership No. (found on your ASA card)  
 or your family name to find your information.

## Boys Qualifying Times

EVENT		9 & 10	11	12	13	14	15 +
50m Freestyle	No faster than	34.50	31.90	31.50	29.25	27.18	26.50
	No slower than	48.93	44.96	41.93	38.73	35.67	33.41
100m Freestyle	No faster than	1:14.00	1:10.40	1:09.40	1:05.10	59:50	59.00
	No slower than	1.46.88	1.37.66	1.30.79	1.23.55	1.16.99	1.12.42
800m freestyle	No faster than			10:40.00	10:10.00	9:40.00	9:25.00
	No slower than			n/a	n/a	n/a	n/a
1500m freestyle	No faster than			18:50.00	18:30.00	18:10.00	18:00.00
	No slower than			n/a	n/a	n/a	n/a
50m Breaststroke	No faster than	44.00	42.80	42.50	39.50	37.70	34.70
	No slower than	1.03.40	57.91	53.71	49.08	45.19	42.19
100m Breaststroke	No faster than	1:37.00	1:34.80	1:33.80	1:29.50	1:21.90	1:15.20
	No slower than	2.18.03	2.04.96	1.55.64	1.45.63	1.37.13	1.30.79
50m Butterfly	No faster than	38.00	36.10	35.80	33.00	31.50	30.15
	No slower than	54.17	49.4	46.19	42.46	39.02	36.35
100m Butterfly	No faster than	1:29.90	1:26.40	1:25.90	1:18.80	1:06.60	1:03.30
	No slower than	2.02.08	1.49.13	1.41.06	1.32.45	1.24.75	1.19.15
50m Backstroke	No faster than	39.50	38.00	37.10	35.50	32.30	31.60
	No slower than	55.76	51.15	47.88	43.86	40.62	37.87
100m Backstroke	No faster than	1:24.00	1:22.00	1:21.40	1:16.50	1:09.80	1:07.80
	No slower than	2.01.02	1.49.07	1.41.61	1.33.25	1.25.53	1.20.08
100m IM	No faster than	01:30.0	01:25.0	01:20.0	01:15.0	1.11.80	1.08.70
	No slower than	2.03.08	1.53.21	1.45.62	1.37.15	1.28.97	1.23.49
200m IM	No faster than	2:58.80	2:54.20	2:53.20	2:45.90	2:31.30	2:25.80
	No slower than	4.18.65	3.55.69	3.38.35	3.25.15	3.15.40	3.09.74

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BODMIN DRAGONS LEISURE CENTRE

### ENTRY FORM

Please complete as comprehensively as possible

Surname: \_\_\_\_\_

First Name: \_\_\_\_\_

Male  Female (Please tick)

Club: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age on day of Meet: \_\_\_\_\_

ASA Registration No: \_\_\_\_\_

Email: \_\_\_\_\_

#### SATURDAY 4th NOVEMBER 2017

		SELECT	ENTRY TIME
<b>SESSION 1</b>	800 metres freestyle		
	1500 metres freestyle		

#### SUNDAY 5th NOVEMBER 2017

		SELECT	ENTRY TIME
<b>SESSION 2</b>	50 metres freestyle		
	100 metres backstroke		
	200 metres Individual Medley		
	50 metres butterfly		
<b>SESSION 3</b>	50 metres backstroke		
	100 metres Individual Medley		
	100 metres breaststroke		
<b>SESSION 4</b>	50 metres breaststroke		
	100 metres butterfly		
	100 metres freestyle		

Fees paid with entry \_\_\_\_\_ events @ £6.00 per event = £ \_\_\_\_\_

\_\_\_\_\_ events @ £10.00 per event = £ \_\_\_\_\_ Total £ \_\_\_\_\_

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

Signature of Competitor: \_\_\_\_\_

Signature of club coach / official is required below, ratifying the above entry times and that the swimmer is capable of diving as per the Competitive Start Award.

Signature of Coach / Official Club Representative: \_\_\_\_\_



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BODMIN DRAGONS LEISURE CENTRE

### SUMMARY ENTRIES SHEET

Please note that club entries of more than 5 swimmers must also be made electronically by Team Manager File. Team Manager Lite is available as a free download at <http://www.hy-tek ltd.com/downloads.html> where instructions can be found.

Please find enclosed entries from:

Club: \_\_\_\_\_

Please consolidate all entries for your club.

There are a total of \_\_\_\_\_ swimmers.

No. male entries \_\_\_\_\_ @ £6.00 = \_\_\_\_\_

No. female entries \_\_\_\_\_ @ £6.00 = \_\_\_\_\_

No. Coaches passes \_\_\_\_\_ @ £15.00 = \_\_\_\_\_

I enclose a payment of £ \_\_\_\_\_

BACs HSBC a/c 31503235 Sort: 40-45-10

Cheque Made Payable to North Cornwall Dragons SC

Please tick as appropriate

Signed \_\_\_\_\_ Club Official / Coach

Name and address for future correspondence: \_\_\_\_\_

Email address: \_\_\_\_\_ Tel No: \_\_\_\_\_

Please return this form with your consolidated club cheque payable to North Cornwall Dragons SC or via BACs for the above amount together with a copy of the HyTek Meet Entries Report. Individual entry forms should be retained by the club.

to: Nick Jenkin, 2 Trevean Way, Newquay, TR7 1TW  
email: [jenkinni@sky.com](mailto:jenkinni@sky.com)



## PROMOTERS CONDITIONS AND INFORMATION

- The competition will be held under ASA Laws and Regulations and ASA Technical Rules of Racing and is licensed to Level 3 by the ASA (Licence No 3SW172172).
- All entrants must be registered members of an ASA affiliated club.
- All events will be age on 5th November 2017
- Each swimmer must have achieved the entry No slower than and not faster than the Cut-Off times shown in the qualifying standard tables.
- The age groups for events are 9, 10, 11, 12, 13, 14, 15 & over.
- All 50m, 100m and 200m events are available to 9, 10, 11, 12, 13, 14, 15 and older girls and boys. 800 metres and 1500 metres events are available to 12, 13, 14, 15 and older girls and boys.
- The promoter reserves the right to refuse or restrict entries, and in the event of over-subscription, any deletions required will be based on entry time and balanced across each age group and event.
- Warm-up times and start times will be as stated in the programme.
- Those entries not accepted will be returned with their entry fee. No refunds will be made for incorrect entries or withdrawals after entries have closed.
- Competing teams will be limited to 3 team managers/coaches poolside, who must be in possession of a pass. These passes are to be requested along with swimmers entries at a cost of £10.00 each day which will include tea/coffee vouchers.
- The programme will cost £5.00 each day.
- Entries will be seeded into heats, slowest to quickest with the final heat spearheaded.
- All events are H.D.W. based on age groups.
- Medals will be awarded to the first three swimmers in each group, and ribbons for 4th, 5th, 6th place for each event unless disqualified. Awards will go to the Top Junior Girl and Top Junior Boy (12 and under) and Top Girl Senior Girl and Top Senior Boy (13 and over). This will be based on six points for first, five points for second, etc, and in the event of a tie the number of first places will be taken into account.
- Parents and Carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.
- Whilst it is acknowledged that parents / carers wish to celebrate the achievements of their own children when taking part in aquatic events it should be recognised and respected that other parents / carers may not wish for their child's image to be taken and shared in this way.
- Please look after your valuables: North Cornwall Dragons Swimming Club and / or GLL will not be responsible for any loss or damage.
- No items of glassware are to be taken onto the poolside by any swimmers or spectator.
- All competitors must comply with the Promoter's conditions
- Anything not covered by these conditions will be at the discretion of the referee, who also reserves the right to alter these conditions in order to ensure the smooth running of the Open Meet. Any such alterations will be announced during the meet.

Data Protection Act 1998 North Cornwall Dragons S.C. uses a computer to record entries and results. Therefore submitting and accepting entry to our Open Meet, consent is given (as required by the Data Protection Act) to the holding of personal information on a computer. Personnel data recorded, such as name, club, date of birth and entry times, may be public during or after the Open Meet.