

Newquay Cormorants Level 3 Open Meet
Sunday 22st March 2020
Held at Dragon Leisure Centre, Bodmin

Level 3 Licensed Meet (3SW200778)

Programme of Events

Age as at 22nd March 2020

Session 1 9.00am warm-up for 9.50 start

| | | | |
|---|-------|------------------------|----------|
| Event No | | | |
| 101 | Girls | 50m butterfly | All ages |
| 102 | Boys | 50m butterfly | All ages |
| 103 | Girls | 50m backstroke | All ages |
| 104 | Boys | 50m backstroke | All ages |
| 105 | Girls | 50m breaststroke | All ages |
| 106 | Boys | 50m breaststroke | All ages |
| 107 | Girls | 100m freestyle | All ages |
| 108 | Boys | 100m freestyle | All ages |
| 109 | Boys | 200m Individual Medley | All ages |
| 110 | Girls | 200m Individual Medley | All ages |
| Expected session break (subject to confirmation after entry closing deadline) | | | |
| 201 | Girls | 100m butterfly | All ages |
| 202 | Boys | 100m butterfly | All ages |
| 203 | Girls | 100m backstroke | All ages |
| 204 | Boys | 100m backstroke | All ages |
| 205 | Girls | 100m breaststroke | All ages |
| 206 | Boys | 100m breaststroke | All ages |
| 207 | Girls | 50m freestyle | All ages |
| 208 | Boys | 50m freestyle | All ages |

'all age groups' means 9, 10, 11, 12, 13,14 and 15&over for all events

All races are heat declared winners

Newquay Cormorants Level 3 Open Meet

Held at Dragon Leisure Centre, Bodmin

Licensed Level 3 Open Meet

Licence 3SW200778

Under Swim England Laws & technical rules of racing

Sunday 22nd March 2020

ENTRY FORM

Please write clearly:

| | | | |
|---------------|--|------------------------|--|
| Surname | | Club | |
| First Name | | Swim England Number | |
| Date of Birth | | Age on 22nd March 2020 | |

| | |
|------|--------------------------|
| Male | <input type="checkbox"/> |
|------|--------------------------|

| | |
|--------|--------------------------|
| Female | <input type="checkbox"/> |
|--------|--------------------------|

Please tick

| | |
|---------------------------------|--|
| Email address / contact details | |
|---------------------------------|--|

| | Event No | | Event | Entry time |
|--|----------|------|------------------------|------------|
| | Girls | Boys | | |
| SESSION 1 | 101 | 102 | 50m butterfly | |
| | 103 | 104 | 50m backstroke | |
| | 105 | 106 | 50m breaststroke | |
| | 107 | 108 | 100m freestyle | |
| | 109 | 110 | 200m Individual Medley | |
| EXPECTED SESSION BREAK (SUBJECT TO CONFIRMATION AFTER ENTRY DEADLINE) | | | | |
| SESSION 2 | 201 | 202 | 100m butterfly | |
| | 203 | 204 | 100m backstroke | |
| | 205 | 206 | 100m breaststroke | |
| | 207 | 208 | 50m freestyle | |

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

Signature of competitor

No. of events @ £7.00 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 22nd March 2020

| BOYS | | | | | | | |
|-------------|-------------|--------------|--------------|--------------|--------------|--------------|---------------|
| | 9yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs+ |
| 50m Free | 00:36.0 | 00:34.0 | 00:30.9 | 00:30.9 | 00:29.6 | 00:27.6 | 00:26.0 |
| 50m Breast | 00:50.0 | 00:45.0 | 00:41.5 | 00:41.5 | 00:39.0 | 00:36.9 | 00:34.8 |
| 50m Fly | 00:45.0 | 00:40.0 | 00:35.0 | 00:35.0 | 00:32.0 | 00:30.5 | 00:29.0 |
| 50m Back | 00:45.0 | 00:41.0 | 00:36.3 | 00:36.3 | 00:35.0 | 00:32.6 | 00:30.1 |
| 100m Free | 01:18.0 | 01:13.0 | 01:08.0 | 01:08.0 | 01:03.1 | 01:00.1 | 00:55.0 |
| 100m Breast | 01:40.0 | 01:35.0 | 01:31.8 | 01:31.8 | 01:30.2 | 01:19.0 | 01:15.0 |
| 100m Fly | 01:28.0 | 01:25.0 | 01:23.4 | 01:23.4 | 01:19.3 | 01:10.0 | 01:05.0 |
| 100m Back | 01:27.0 | 01:23.0 | 01:20.5 | 01:16.0 | 01:09.5 | 01:08.1 | 01:02.0 |
| 200m IM | 02:57.5 | 02:52.5 | 02:47.5 | 02:47.5 | 02:40.9 | 02:29.3 | 02:20.0 |

| GIRLS | | | | | | | |
|--------------|-------------|--------------|--------------|--------------|--------------|--------------|---------------|
| | 9yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs+ |
| 50m Free | 00:38.0 | 00:36.0 | 00:31.0 | 00:31.0 | 00:29.7 | 00:28.7 | 00:28.5 |
| 50m Breast | 00:48.0 | 00:45.0 | 00:41.5 | 00:41.5 | 00:39.0 | 00:36.7 | 00:36.0 |
| 50m Fly | 00:45.0 | 00:41.0 | 00:35.0 | 00:35.0 | 00:32.0 | 00:31.6 | 00:30.0 |
| 50m Back | 00:45.0 | 00:40.0 | 00:36.1 | 00:36.1 | 00:33.0 | 00:32.5 | 00:31.0 |
| 100m Free | 01:20.0 | 01:15.0 | 01:09.5 | 01:09.5 | 01:03.8 | 01:02.8 | 01:01.2 |
| 100m Breast | 01:39.0 | 01:36.0 | 01:33.8 | 01:33.8 | 01:27.4 | 01:23.8 | 01:19.0 |
| 100m Fly | 01:29.0 | 01:26.0 | 01:22.6 | 01:22.6 | 01:15.1 | 01:11.7 | 01:09.0 |
| 100m Back | 01:28.0 | 01:23.0 | 01:18.5 | 01:18.5 | 01:15.0 | 01:11.8 | 01:08.0 |
| 200m IM | 02:53.0 | 02:50.0 | 02:47.2 | 02:47.2 | 02:43.3 | 02:37.5 | 02:29.0 |

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ENTRIES SUMMARY SHEET

| | |
|---------------------|--|
| NAME OF CLUB | |
| Club code | |

| Entries | Number | Cost per event | Total | |
|------------------------|--------|----------------|-------|--|
| Boys | | £7.00 | £ | |
| Girls | | £7.00 | £ | |
| Coaches Passes (max 3) | | £10.00 | £ | |

| | | | | |
|--------------|--|--|---|--|
| Total | | | £ | |
|--------------|--|--|---|--|

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 Swim England Competitive Start Award
- All swimmers are registered as Swim England Category 2 members
- Secondary strobe required for : _____

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
Friday 28th February 2020**