

CITY OF LEICESTER SWIMMING CLUB LIMITED

(Affiliated to ASA East Midland Region & Leicestershire ASA)

PRESENTS

THE 2016 LEICESTER OPEN

(Under ASA Laws & The Technical Rules of Swimming)

18th/19st/20th November 2016

BRAUNSTONE LEISURE CENTRE ~ LEICESTER

This Event is Licensed @ L2 (2EM161964) By The A.S.A. For Entry into Regional & National Championships

- DATE:* Friday 18th - Saturday 19st - Sunday 20th November 2016
- VENUE:* Braunstone Leisure Centre ~ Leicester
- AGE GROUPS:* Male / Female ~ 10 - 11/12 - 13/14 – 15& Over as at 31st December 2016
- EVENTS:* 50m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly
100m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly
200m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley
400m ~ Freestyle ~ Individual Medley
- HDW:* All 50m & 400m Events
- FINALS:* All 100m and 200m events in the following age bands: - Open & Junior (14yrs & under)
- AWARDS:* Individual Prizes for Open Finals
- SESSIONS:* One Friday 18th November ~ Two Saturday 19th ~ Two Sunday 20th November
- SWIM DOWN:* Separate 4 lane 25m Swim-Down Pool, available at specified times
- CLOSING DATE:* Sunday October 30th 2016

Entry information available soon by:

Web: <http://www.cityofleicesterswimmingclub.co.uk/>

Email: darryl.ryan@sky.com

Or: send a large sae to: -

City of Leicester Swimming Club Limited

8 Wyvern Close

Burbage

Leicestershire

LE10 2GG

Tel No 07551858408

PROGRAMME OF EVENTS

FRIDAY 18th NOVEMBER

SESSION 1 WARM UP 5.00pm START 5.30pm SESSION LENGTH max 3.5 hours

Event No. 01	Female	200m IND.MEDLEY
Event No. 02	Male	200m IND.MEDLEY
Event No. 03	Female	50m BUTTERFLY HDW
Event No. 04	Male	50m BUTTERFLY HDW
Event No. 05	Female	50m BACKSTROKE HDW
Event No. 06	Male	50m BACKSTROKE HDW
Event No. 07	Female	50m BREASTSTROKE HDW
Event No. 08	Female	50m BREASTSTROKE HDW

10-minute Official comfort break

Event No. 09	Female	200m IND.MEDLEY JNR FINAL
Event No. 10	Female	200m IND.MEDLEY OPEN FINAL
Event No. 11	Male	200m IND.MEDLEY JNR FINAL
Event No. 12	Male	200m IND.MEDLEY OPEN FINAL

SATURDAY 19th NOVEMBER

SESSION 2 WARM UP 8.00am START 9.00am SESSION LENGTH max 3.5 hours

Event No. 13	Female	400m FREESTYLE HDW
Event No. 14	Male	400m FREESTYLE HDW
Event No. 15	Female	200m BUTTERFLY
Event No. 16	Male	200m BUTTERFLY
Event No. 17	Female	100m FREESTYLE
Event No. 18	Male	100m FREESTYLE

10-minute Official comfort break

Event No. 19	Female	200m BUTTERFLY JNR FINAL
Event No. 20	Female	200m BUTTERFLY OPEN FINAL
Event No. 21	Male	200m BUTTERFLY JNR FINAL
Event No. 22	Male	200m BUTTERFLY OPEN FINAL
Event No. 23	Female	100m FREESTYLE JNR FINAL
Event No. 24	Female	100m FREESTYLE OPEN FINAL
Event No. 25	Male	100m FREESTYLE JNR FINAL
Event No. 26	Male	100m FREESTYLE OPEN FINAL

SESSION 3 WARM UP TBC START TBC SESSION LENGTH max 3.5 hours

Event No. 27	Female	200m BACKSTROKE
Event No. 28	Male	200m BACKSTROKE
Event No. 29	Female	100m BREASTSTROKE
Event No. 30	Male	100m BREASTSTROKE

10-minute Official comfort break

Event No. 31	Female	200m BACKSTROKE JNR FINAL
Event No. 32	Female	200m BACKSTROKE OPEN FINAL
Event No. 33	Male	200m BACKSTROKE JNR FINAL
Event No. 34	Male	200m BACKSTROKE OPEN FINAL
Event No. 35	Female	100m BREASTSTROKE JNR FINAL
Event No. 36	Female	100m BREASTSTROKE OPEN FINAL
Event No. 37	Male	100m BREASTSTROKE JNR FINAL
Event No. 38	Male	100m BREASTSTROKE OPEN FINAL

SUNDAY 20TH NOVEMBER

SESSION 4 WARM UP 8.30am START 9.30am SESSION LENGTH max 3.5 hours

Event No. 39 Male 400m IND.MEDLEY HDW
Event No. 40 Female 400m IND.MEDLEY HDW
Event No. 41 Male 200m FREESTYLE
Event No. 42 Female 200m FREESTYLE
Event No. 43 Male 100m BUTTERFLY
Event No. 44 Female 100m BUTTERFLY

10-minute Official comfort break

Event No. 45 Male 200m FREESTYLE JNR FINAL
Event No. 46 Male 200m FREESTYLE OPEN FINAL
Event No. 47 Female 200m FREESTYLE JNR FINAL
Event No. 48 Female 200m FREESTYLE OPEN FINAL
Event No. 49 Male 100m BUTTERFLY JNR FINAL
Event No. 50 Male 100m BUTTERFLY OPEN FINAL
Event No. 51 Female 100m BUTTERFLY JNR FINAL
Event No. 52 Female 100m BUTTERFLY OPEN FINAL

SESSION 5 WARM UP TBC START TBC SESSION LENGTH max 3.5 hours

Event No. 53 Male 200m BREASTSTROKE
Event No. 54 Female 200m BREASTSTROKE
Event No. 55 Male 100m BACKSTROKE
Event No. 56 Female 100m BACKSTROKE
Event No. 57 Male 50m FREESTYLE HDW
Event No. 58 Female 50m FREESTYLE HDW

10-minute Official comfort break

Event No. 59 Male 200m BREASTSTROKE JNR FINAL
Event No. 60 Male 200m BREASTSTROKE OPEN FINAL
Event No. 61 Female 200m BREASTSTROKE JNR FINAL
Event No. 62 Female 200m BREASTSTROKE OPEN FINAL
Event No. 63 Male 100m BACKSTROKE JNR FINAL
Event No. 64 Male 100m BACKSTROKE OPEN FINAL
Event No. 65 Female 100m BACKSTROKE JNR FINAL
Event No. 66 Female 100m BACKSTROKE OPEN FINAL

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BOYS LOWER LIMIT CONSIDERATION TIMES

EVENT	10yrs	11yrs	12yrs	13yrs	14yrs	15/Over	Open
50m Freestyle	39.3	37.2	35.1	33.1	31.3	29.9	
100m Freestyle	1:30.5	1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	
200m Freestyle	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	
400m Freestyle							4.30.00
50m Breaststroke	51.3	48.00	45.1	41.9	39.6	37.7	
100m Breaststroke	1:58.0	1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	
200m Breaststroke	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	
50m Butterfly	43.8	41.00	38.8	36.4	34.3	32.5	
100m Butterfly	1:45.0	1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	
200m Butterfly	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	
50m Backstroke	45.1	42.5	40.3	37.6	35.8	33.9	
100m Backstroke	1:40.0	1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	
200m Backstroke	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	
200m Individual Medley	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	
400m Ind.Medley							5.00.00

GIRLS LOWER LIMIT CONSIDERATION TIMES

EVENT	10yrs	11yrs	12yrs	13yrs	14yrs	15/Over	Open
50m Freestyle	39.9	37.7	35.7	34.3	33.3	32.5	
100m Freestyle	1:27.6	1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	
200m Freestyle	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	
400m Freestyle							4.50.00
50m Breaststroke	51.7	48.3	45.4	43.2	41.8	40.8	
100m Breaststroke	1:52.5	1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	
200m Breaststroke	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	
50m Butterfly	43.9	41.3	39.1	37.3	36.1	35.2	
100m Butterfly	1:39.3	1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	
200m Butterfly	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	
50m Backstroke	45.3	42.7	40.5	38.7	37.5	36.8	
100m Backstroke	1:38.5	1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	
200m Backstroke	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	
200m Individual Medley	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	
400m Individual Medley							5..30.00

Only swimmers with times equal or faster than the lower limits shown for that event are eligible to enter

REMEMBER ~ AGE MEANS AGE AT 31st DECEMBER 2016

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PROMOTORS CONDITIONS

- The competition will be held under A.S.A. Laws & A.S.A Technical Rules at Braunstone Leisure Centre, 2 Hamelin Road, Braunstone, Leicester, LE3 1JN.
- 25m 8 lane competition pool with anti-turbulence lane ropes. Electronic timing with 8 – line scoreboard is to be used in conjunction with a computerised results service. Entry information can be downloaded from our website and results will be available on-line at:
www.cityofleicesterswimmingclub.co.uk
- 25m 4 lanes swim down pool is available at specified times. Swimmers must be supervised throughout their swim down/warm up.
- The competition is open to registered swimmers as defined by ASA Laws: Age as at 31st December 2016.
- All participants and spectators must observe the safety precautions in operation at the Braunstone Leisure Centre. Neither City of Leicester Swimming Club Limited nor Leicester City Council can be held responsible for loss or damage to spectators or competitors' property. Competitors are advised to use the lockers in the changing village and not leave belongings unattended.
- **All 50m & 400m events are OPEN HEAT DECLARED WINNERS, an individual prize for the first three places. The promoter reserves the right to restrict the number of 400m heats.**
- **ALL 100m and 200m events have FINALS in following age bands: Male/Female OPEN and 14 years & under.** Finals for these events, the fastest overall eight swimmers from the heats will compete in the OPEN finals irrespective of age, plus two reserves. The next fastest eight eligible 14yrs & under competitors shall be allocated places in the 14yrs & under Junior final, plus two reserves. A competitor in a 14yrs & under final may also be a reserve for the OPEN final and will be moved to the OPEN final as necessary with a 14yrs & under reserve taking the vacant place in the 14yrs & under final. There will be an overall individual prize for the first three places in the Open Finals.
- **It is the responsibility of the Swimmer/Club to positively accept the swimmers' place in a Final.** The promoter's decision will be final and failure to do by the announced time will result in the place being offered to a reserve.
- **This will be a card-less meet.** No cards will be issued for this meet; draft club/swimmers entries will be published on the City of Leicester website. It is the responsibility of the Swimmer/Entry Club to check this for accuracy. Draft session times will be published on the website during the week prior to the Meet.
- Over the top starts may be used at the discretion of the promoter in order to maintain the scheduled timing of events.
- It is the responsibility of team managers and coaches to ensure that their competitors report to the Marshalling Stewards in time for the start of their race.
- The Café will be open for the sale of hot and cold refreshments during the meet.
- Entry times shall be converted to 25m pool length and must be faster than the published Lower Limit
- Club entries must be made via **YOUR** club meet secretary using the Sportsystems Entry File found on the website. Exported Entry files must be emailed to both **darryl.ryan@sky.com** and received by **Sunday 30th October 2016.**

- A printout of event entries from Sportsystems, a club entry summary form and full payment must be sent to the address below or proof of BACs payment must be sent to the email address below **7 days** after the Entry File has been accepted by the meet management. The entry fee is **£7.00** per event
- Paper entries will be charged at **£7.50** per event and must be submitted using the entry form within the pack and returned to the address shown with correct fee by **Sunday 30th October 2016**. **Competitors' ASA Membership Number must be included if using the Paper Entry Form.**
- All cheques should be made payable to **City of Leicester Swimming Club LTD**.
- We recommend payments by BACS. Please contact geraldine.burns@ymail.com for details.
- The acceptance of competitors will be based on **quickest times submitted by age group basis**. As many heats as possible will be run in the time available for the Meet. The promoters reserve the right to amend the number of heats in each event depending on entry numbers. **Entries must be within (i.e. equal to or faster than) the published qualifying times** for each event. The promoters reserve the right to run a reserve list after Accepted Entries are published – details about the reserve list will be posted on the website after Accepted Entries are published.
- As soon as possible after the closing date, club list sheets will be posted on the club's website, 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 will be available for collection by Clubs on the day. There will be no refunds for withdrawals after the closing date.
- If events are oversubscribed; the Meet Organiser reserves the right to restrict entries. No entry will be accepted without a fully completed entry form application – times must be submitted. Any entry that is not accepted will be notified prior to the meet with a full refund. It is the responsibility of all competing clubs to ensure that entry times, information etc is correct.
- Entry summaries, coach poolside pass applications and individual entries should be returned to:

City of Leicester Swimming Club
c/- 8 Wyvern Close,
Burbage,
Leicestershire,
LE10 2GG

Tel: 07551858408

Email: darryl.ryan@sky.com

Web: www.cityofleicesterswimmingclub.co.uk

- Entry Fee: Electronic Entry £7.00 per event (£7.50 for individual paper entries)
- Coaches Passes: £20.00 for 3 day pass (including refreshments)
£37.00 for 3 day pass (including refreshments & lunch)
- Coaches' passes cannot be purchased on the day of the Meet.
- **OFFICIALS:** Visiting clubs are requested to provide at least one qualified official per session, Meals and refreshments will be provided.
- Any conditions not covered in the above will be at the discretion of the promoter and includes any alterations to the program and warm up times as necessary.

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Club Summary and Coaches Passes Application Form

Cheques made payable to 'City of Leicester Swimming Club LTD' to be returned by

Club		
Address		
Telephone		
e-mail		
Address		
Telephone		
e-mail		
Names of Coaches using passes		<u>CRB no.</u>
		<u>CRB no.</u>
		<u>CRB no.</u>
Number of Female Electronic Entries	@7.00	£
Number of Male Electronic Entries	@7.00	£
Number of Paper Entries	@7.50	£
Number of Coach passes	@£20.00/£37.00	£
<u>Total Amount of Club Cheque Enclosed</u>		£

THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYTEMS PRINTOUTS.

**THIS FORM MUST BE COMPLETED AND RETURNED WITH ALL PAPER ENTRIES.
 ALL FORMS, PRINTOUTS AND PAYMENTS MUST BE SENT TO**

City of Leicester Swimming Club, c/- 8 Wyvern Close, Burbage. Leicestershire, LE10 2GG

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Swimmers Entry Form

(Form must be submitted for paper entries by individuals to the address shown below)

(If Clubs use the form for internal entries and then for submission by electronic entries the fees will be £7.00 and not £7.50 as shown and the forms do not have to be returned)

Name: _____ **ASA Number:** _____

Club: _____

Email: _____ **Contact No:** _____

Event	Please tick if you wish to enter using times taken from British rankings	Submitted Entry Time only
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Backstroke		
100m Backstroke		
200m Backstroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
200m Ind.Medley		
400m Ind.Medley		
Total cost:	£7.50 per event	£ _____

For Paper Submission please post City of Leicester Swimming Club
 c/- 8 Wyvern Close
 Burbage
 Leicestershire
 LE10 2GG

Cheques made payable to 'City of Leicester Swimming Club LTD

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OFFICIALS REQUIRED

Are you able to help by officiating at one or more sessions?

Meals provided if you cover two sessions in a day.

Can Clubs please pass this on to all qualified officials likely to be attending the meet.

Contact:

		Please Tick box for all sessions you are available
Session 1	Friday PM 18 th November	
Session 2	Saturday AM 19 th November	
Session 3	Saturday PM 19 th November	
Session 4	Sunday AM 20 th November	
Session 5	Sunday PM 20 th November	

Name	
Address	
Qualification	
Email Address	

PLEASE COMPLETE AND RETURN TO ASAP

Derek Bell
derek.bell6@btinternet.com