

North Lancashire Swimming & Water Polo Association

Licensed Level 3 Open Meet No. 3NW9475 - Affiliated North West Region Amateur Swimming Association

9-14/over LEVEL 3 AGE GROUPS 2010 – License No. 3NW0517

Blackpool Palatine Pool – Saturday / Sunday 2/3 October 2010 - Under ASA Laws & ASA Technical Rules of Swimming

BOYS LEVEL 3 QULIFYING TIMES - 2009						Short Course - 25m			GIRLS LEVEL 3 QUALIFYING TIMES - 2009					
9	10	11	12	13	14/ov	QT	EVENTS	QT	9	10	11	12	13	14/ov
40.00	39.00	35.00	33.00	32.00	29.00	Upr	50m Free	Upr	39.00	37.00	34.00	33.00	31.00	30.00
55.00	53.00	51.00	40.00	37.00	37.00	Lwr		Lwr	54.00	52.00	50.00	41.00	40.00	37.00
		1.16.00	1.13.00	1.07.00	1.03.00	Upr	100m Free	Upr			1.17.00	1.13.00	1.10.00	1.06.00
		1.36.00	1.25.00	1.20.00	1.18.00	Lwr		Lwr			1.35.00	1.27.00	1.25.00	1.23.00
3.25.00	2.55.00	2.50.00	2.35.00	2.28.00	2.15.00	Upr	200m Free	Upr	3.18.00	3.00.00	2.46.00	2.38.00	2.30.00	2.20.00
4.15.00	3.55.00	3.40.00	3.10.00	3.00.00	2.50.00	Lwr		Lwr	4.05.00	4.00.00	3.40.00	3.10.00	3.00.00	2.40.00
46.00	42.00	41.00	39.00	36.00	33.00	Upr	50m Back	Upr	45.00	43.00	40.00	38.00	35.00	34.00
58.00	54.00	52.00	49.00	45.00	43.00	Lwr		Lwr	58.00	54.00	52.00	49.00	47.00	45.00
		1.28.00	1.21.00	1.17.00	1.10.00	Upr	100m Back	Upr			1.26.00	1.21.00	1.17.00	1.14.00
		1.50.00	1.45.00	1.40.00	1.35.00	Lwr		Lwr			1.50.00	1.45.00	1.40.00	1.38.00
3.30.00	3.20.00	3.10.00	2.51.00	2.44.00	2.30.00	Upr	200m Back	Upr	3.45.00	3.15.00	3.05.00	2.54.00	2.45.00	2.35.00
4.00.00	3.50.00	3.40.00	3.25.00	3.10.00	3.10.00	Lwr		Lwr	4.20.00	4.10.00	3.50.00	3.25.00	3.10.00	3.10.00
52.00	49.00	45.00	43.00	40.00	37.00	Upr	50m Breast	Upr	51.00	49.00	44.00	43.00	41.00	39.00
1.05.00	59.00	59.00	55.00	50.00	49.00	Lwr		Lwr	1.05.00	59.00	59.00	55.00	54.00	52.00
		1.37.00	1.31.00	1.26.00	1.20.00	Upr	100m Breast	Upr			1.36.00	1.31.00	1.28.00	1.23.00
		2.00.00	1.55.00	1.50.00	1.48.00	Lwr		Lwr			2.00.00	1.55.00	1.50.00	1.48.00
4.00.00	3.48.00	3.30.00	3.22.00	3.06.00	2.53.00	Upr	200m Breast	Upr	4.00.00	3.50.00	3.30.00	3.19.00	3.09.00	2.58.00
4.36.00	4.30.00	4.10.00	3.55.00	3.45.00	3.40.00	Lwr		Lwr	4.35.00	4.30.00	4.10.00	3.55.00	3.45.00	3.40.00
48.00	42.00	40.00	37.00	36.00	32.00	Upr	50m Fly	Upr	47.00	42.00	39.00	37.00	35.00	34.00
1.00.00	58.00	57.00	48.00	45.00	43.00	Lwr		Lwr	1.00.00	58.00	57.00	50.00	47.00	45.00
		1.29.00	1.22.00	1.16.00	1.10.00	Upr	100m Fly	Upr			1.27.00	1.24.00	1.20.00	1.14.00
		1.50.00	1.48.00	1.41.00	1.35.00	Lwr		Lwr			1.52.00	1.50.00	1.45.00	1.40.00
4.28.00	3.43.00	3.20.00	3.02.00	2.48.00	2.35.00	Upr	200m Fly	Upr	4.28.00	3.37.00	3.15.00	3.00.00	2.50.00	2.40.00
4.50.00	4.40.00	4.10.00	3.50.00	3.45.00	3.30.00	Lwr		Lwr	4.50.00	4.30.00	4.00.00	3.50.00	3.45.00	3.30.00
			2.49.00	2.45.00	2.38.00	Upr	200m I.M.	Upr				2.51.00	2.50.00	2.43.00
			3.18.00	3.15.00	3.10.00	Lwr		Lwr				3.15.00	3.10.00	3.05.00
1.39.00	1.32.00	1.25.00				Upr	100m I.M.	Upr	1.40.00	1.35.00	1.26.00			
2.10.00	2.05.00	2.00.00				Lwr		Lwr	2.10.00	2.05.00	2.00.00			

ASA CODE OF CONDUCT - PLEASE SUBMIT CORRECT, TRUTHFUL INFORMATION.

North Lancashire Swimming & Water Polo Association

(Affiliated North West Region ASA)

9-14/Over years LEVEL 3 MEET 2010

(Licensed Meet No. 3NW0517 - Under ASA Laws & ASA Technical Rules of Swimming)

PROGRAMME OF EVENTS

BLACKPOOL PALATINE 25m POOL

Saturday 2 October 2010

Sunday 3 October 2010

Event No.	Session 1 Warm-up 8.30a.m. Start 9.30p.m.	Event No.	Session 3 Warm-up 8.30a.m. Start 9.30p.m.
101	Boys 12/13/14/ov 200m Ind.Medley	301	Girls 12/13/14/ov 200m Ind.Medley
102	Girls 12/13/14/ov 50m Freestyle	302	Boys 12/13/14/ov 50m Freestyle
103	Boys 12/13/14/ov 50m Butterfly	303	Girls 12/13/14/ov 50m Butterfly
104	Girls 9/10/11yr 50m Breaststroke	304	Boys 9/10/11yr 50m Breaststroke
105	Boys 9/10/11yr 50m Backstroke	305	Girls 9/10/11yr 50m Backstroke
106	Girls 11/12/13/14/ov 100m Freestyle	306	Boys 11/12/13/14/ov 100m Freestyle
107	Boys 11/12/13/14/ov 100m Butterfly	307	Girls 11/12/13/14/ov 100m Butterfly
108	Girls 9/10/11yr 200m Breaststroke	308	Boys 9/10/11yr 200m Breaststroke
109	Boys 9/10/11yr 200m Backstroke	309	Girls 9/10/11yr 200m Backstroke
110	Girls 12/13/14/ov 200m Freestyle	310	Boys 12/13/14/ov 200m Freestyle
111	Boys 12/13/14/ov 200m Butterfly	311	Girls 12/13/14/ov 200m Butterfly

[Event 112 Invitation Medley Skins Boys 12/13 & 14/ov](#)

[Event 312 Invitation Medley Skins Girls 12/13 & 14/ov](#)

Event No.	Session 2 Warm-up 1.30p.m. Start 2.30p.m.	Event No.	Session 4 Warm-up 1.30p.m. Start 2.30p.m.
201	Girls 9/10/11yr 100m Ind.Medley	401	Boys 9/10/11yr 100m Ind.Medley
202	Boys 12/13/14/ov 50m Breaststroke	402	Girls 12/13/14/ov 50m Breaststroke
203	Girls 12/13/14/ov 50m Backstroke	403	Boys 12/13/14/ov 50m Backstroke
204	Boys 9/10/11yr 50m Freestyle	404	Girls 9/10/11yr 50m Freestyle
205	Girls 9/10/11yr 50m Butterfly	405	Boys 9/10/11yr 50m Butterfly
206	Boys 11/12/13/14/ov 100m Breaststroke	406	Girls 11/12/13/14/ov 100m Breaststroke
207	Girls 11/12/13/14/ov 100m Backstroke	407	Boys 11/12/13/14/ov 100m Backstroke
208	Boys 9/10/11yr 200m Freestyle	408	Girls 9/10/11yr 200m Freestyle
209	Girls 9/10/11yr 200m Butterfly	409	Boys 9/10/11yr 200m Butterfly
210	Boys 12/13/14/ov 200m Breaststroke	410	Girls 12/13/14/ov 200m Breaststroke
211	Girls 12/13/14/ov 200m Backstroke	411	Boys 12/13/14/ov 200m Backstroke

*** See Meet information for Skins Events.

A PERSONAL RECORD OF EVENTS ENTERED SHOULD BE KEPT

CLOSING DATE FOR ENTRIES WEDNESDAY 8 SEPTEMBER 2010

MEET CONDITIONS
2010 NORTH LANCS LEVEL 3 MEET - SATURDAY/SUNDAY 2/3 OCTOBER 2010
Licensed Level 3 Meet No. 3NW0517 held under ASA Laws & ASA Technical Rules
SWIMMERS SHOULD KEEP A PERSONAL RECORD OF EVENTS ENTERED

1. This meet is part of North Lancs programme to provide **Competition for All** and is being held at the Palatine Pool, St. Annes Road, Blackpool, on 2/3 October 2010. The pool is equipped with Omega Electronic Timing System. The competition is open to swimmers who are registered with clubs affiliated to North Lancashire
2. **QUALIFYING TIMES (25m Pool Size) REQUIRED FOR ALL EVENTS - AGES as at midnight 3 OCTOBER 2010.** Please check the correct age group is entered relative to the swimmers date of birth. The requirement of having achieved a qualifying time in order to enter for an event relies significantly on the integrity of coaches, swimmers and parents to submit correct, truthful information. This is a clear expectation within the **ASA Code of Conduct**.
3. Please check that your swimmers (including 9yr olds) **ASA (Cat.2) MEMBERSHIP I.D.** is on their entry form, and times and other details are correct before submitting. Entries sent without fee or entries incorrectly made out may not be accepted. No refunds for entries incorrectly submitted. Entries to be completed in **BLOCK LETTERS** and submitted in bulk by an authorised club official. Club Cheques only. **NO LATE ENTRIES WILL BE ACCEPTED.**
CLOSING DATE FOR ENTRIES - WEDNESDAY 8 SEPTEMBER 2010
4. Events are heat declared. Overhead starts will be used.
5. **Withdrawals** must be made on an official withdrawal form or by phone to Janice Whittle (01253 393967) by 9.00am on the Friday before the weekend competition or by phone to mobile number 07508 427444 between 5:00 pm and 7:00 pm on the Friday before competition or between 7:45 am and 8.45 am and 12:45 pm and 1:45 pm on competition days. To help the event run smoothly withdrawals must be made no later than 45 minutes before the start of a session. Swimmers may be subject to a fine of £10 per event for none notification of a withdrawal.
6. **Awards** - Medals will be presented to 1st, 2nd & 3rd placed swimmers. Speeding tickets will be issued to those swimmers exceeding the upper time.
7. **Medley Skins:** - An invitation to swim the skins will be initially made to the top 6 swimmers in age groups 12/13 (combined) and 14/over in the 200 IM. A random draw will take place before each round to determine the stroke to be swum. Races will take place 3 minutes apart.
 - We will start the skins with a maximum of 12 swimmers (6 x 12/13 & 6 x 14/0v).
 - At the end of each heat the swimmer who finishes last will be eliminated.
 - If a swimmer is disqualified in a heat then that swimmer is eliminated.
 - If there are less than four swimmers in an age group, the event will not take place in that age group.
 - Vouchers will be awarded to 1st placed swimmers only.
 - Swimmers issued with speeding tickets in the 200 IM will not be eligible to compete in the skins event.
8. The promoter reserves the right to restrict the number of entries on an entry time basis in order to try and keep within the licensing time limits.
9. The promoter reserves the right to refuse admission to any competitor or spectator. Please note random checks will be made against the current ASA ranking data base. Any swimmer found to be submitting false times, will be subject to rejection in all events.
10. **Coaches passes:-** No more than 3 coaches on poolside. Coaches must be ASA registered. (Up to 5 - named) Coaches are responsible for the behaviour of their swimmers and must act as safety wardens in respect of their swimmers during and after warm up.
11. Competition fees £4 Entry per event £2.50
11. Spectator admission TBC

North Lancashire Swimming & Water Polo Association

Affiliated North West Region ASA

2010 LEVEL 3 MEET

Licensed Level 3 Open Meet No. 3NW0517 - Swum under ASA Laws and Technical Rules

9/14/Over ENTRY FORM

READ ENTRY CONDITIONS & AWARDS DETAIL BELOW

Surname		1st Name		LEVEL 3 EVENTS		
Address						
Post Code	Contact Tel No: -					
1st Registered Club: -			Sex M / F	DATE OF BIRTH		
				d d	m m	y y
* ALL DETAILS IN THIS SECTION MUST BE FULLY COMPLETED *						
ASA MEMBERSHIP ID: -				COUNTRY OF COMMITMENT: - England (E) Scotland (S) Wales (W)		

TO ENTER INSERT TIMES IN BOXES (Times must have been achieved in a 25 m pool)

ENTRIES NOT PERMITTED WITH TIMES FASTER THAN QUALIFYING TIME OR WITHOUT TIMES

EVENT	ALL EVENTS HEAT DECLARED - AGES AS AT MIDNIGHT 3 OCTOBER 2010						
	9 years	10 years	11 years		12 years	13 years	14/over years
50m FREESTYLE							
100m FREESTYLE	No Event	No Event					
200m FREESTYLE							
50m BACKSTROKE							
100m BACKSTROKE	No Event	No Event					
200m BACKSTROKE							
50m BREASTSTROKE							
100m BREASTSTROKE	No Event	No Event					
200m BREASTSTROKE							
50m BUTTERFLY							
100m BUTTERFLY	No Event	No Event					
200m BUTTERFLY							
100m INDIVIDUAL MEDLEY					No Event	No Event	No Event
200m INDIVIDUAL MEDLEY	No Event	No Event	No Event				

*** MEDAL * AWARDS 1st / 2nd / 3rd All Events – Speeding tickets issued to those exceeding the upper time.**

**A PERSONAL RECORD OF EVENTS ENTERED SHOULD BE KEPT
SUBMIT TIMES THAT ARE CORRECT – ASA CODE OF CONDUCT – THE FORM MUST BE SIGNED BELOW**

I certify that the times entered are correct Club Official

TOTAL EVENTS ENTERED	ENTRY FEES		TOTAL ENTRY FEES £ .
	<u>COMPETITION FEE</u> £ 4.00	<u>PLUS</u> <u>EACH EVENT ENTERED</u> £ 2.50	

NO REFUNDS FOR INCORRECT ENTRIES - ENTRIES CLOSE WEDNESDAY 8 SEPTEMBER 2010