



## city of **m**anchester aquatics swim team

### THE MANCHESTER OPEN MEET 2017

This competition is promoted by The City of Manchester Aquatics Swim Team (COMAST), and will be held under ASA Laws and Regulations and FINA Technical Rules of Swimming. The event is Licensed Level 1 Meet (1NW170107) by the ASA for entry into National, District, and County Championships.

**Date:** Friday 12<sup>th</sup>, Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> May 2017

**Venue:** Manchester Aquatics Centre  
2 Booth Street  
Manchester  
M13 9SS

**Facility:** 50 metre, 8 Lane, constant 2 metre water depth deck level pool with anti wave lane ropes, continuous 25m, 6 lane warm up/swim down facilities\*. Omega electronic timing with electronic display, Hytek meet software.

- Swim down facilities only available until 16:30 on Sunday afternoon

**Events:** 50m, 100m, 200m, 400m, 800m (female) and 1500m (male) Freestyle;  
50m, 100m, and 200m Butterfly, Backstroke, and Breaststroke;  
200m and 400m IM.

Heats will be run with all age groups seeded together, slowest to fastest on submitted entry times. All events **are heat declared** in age group categories.

<b>Session Times:</b>	Session 1 – Friday 12 <sup>th</sup> May 2017	17:30 warm up – 18:00 start
	Session 2 – Saturday 13 <sup>th</sup> May 2017	08:00 warm up – 09:00 start
	Session 3 – Saturday 13 <sup>th</sup> May 2017	13:30 warm up – 14:30 start
	Session 4 – Sunday 14 <sup>th</sup> May 2017	08:00 warm up – 09:00 start
	Session 5 – Sunday 14 <sup>th</sup> May 2017	13:30 warm up – 14:30 start

**Consideration Times:** Entry times for this meet are as stated in the National Licensing Guidelines. Swimmers must have achieved these times in order to qualify for entry.

**Age Groups:** Individual event age groups;

Boys: 10/11, 12, 13, 14, 15/16, and 17 years and over  
Girls: 10/11, 12, 13, 14, 15/16, and 17 years and over

**Age on the day will be as of midnight on 14<sup>th</sup> May 2017**

**Awards:** The first, second, and third placed swimmers in each individual age group event shall be awarded gold, silver, and bronze medals respectively.



**Top Team:** FINA points will be scored for all events. This will be scored as average score per swimmer for each club, 4 swimmer minimum. The Club with the highest average will be Top Team

**Best Supported Team:** This award will be made at the discretion of the promoter

**Entries:** All entries must show clearly the swimmers full date of birth, ASA registration number, and club name.

COMAST reserves the right to restrict entries in the interests of safety, time constraints, and to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times shall take precedence. Events chosen for restriction will be at the discretion of COMAST. Refunds for entries not accepted will be available for collection at the start of the meet.

If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted to enable the competition to meet ASA licensing requirements. Any deletions made will be equally proportionate from each age year, and will endeavour to ensure an equal balance of swimmers across the age groups and events

Submitted entry times shall be used for seeding and rejection purposes as required. All submitted times must be Long Course times or converted Short Course times. Once an entry has been submitted improved times will not be accepted.

As soon as possible after the closing date for the competition each club will be sent by email details of their entries stored by the meet management software. These should be used to cross check the accuracy of those entries and to allow any necessary corrections to be made. Corrections need to sent [comastopenmeet@gmail.com](mailto:comastopenmeet@gmail.com) before the 28<sup>th</sup> April 2017. The final gala programme will be produced as a result of any corrections that are received.

Random checks will be made against the current ASA rankings database and any swimmer found to be submitting false times will be rejected from all events, unless a result sheet is available to confirm entry times.

Entries of 5 or more swimmers from the same Club must be made electronically. Entries of 4 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration

The Meet Secretary reserves the right to allocate spare lanes to City of Manchester Aquatics Swim Team members

**Overseas Clubs:** The promoter reserves the right to guarantee entries of up to a maximum of two clubs and not exceeding a total of 400 entries, where booking of flights is required to travel to and from the event. All entries must meet the published qualifying times, proof may be requested. This will be on a first come first served basis and application must be by email to the promoter on [comastopenmeet@gmail.com](mailto:comastopenmeet@gmail.com) The promoter strongly recommends that no travel arrangements are confirmed until the club receives a written confirmation of entry.



- Closing Date:** The closing date for entries is **Friday 14<sup>th</sup> April 2017**
- The Hy Tek entry file can be downloaded from  
<http://cityofmanchesterswimteam.co.uk/>
- Email the entry file to [comastopenmeet@gmail.com](mailto:comastopenmeet@gmail.com) The entry fees, one combined cheque per club please, and club summary entry form should be sent to:
- Beverly Brown**  
**COMAST Meet Secretary**  
**1 Southway**  
**Droylsden**  
**Manchester**  
**M43 6EH**
- Entry Fee:** £7.00 per event – All events **except** 800m Freestyle and 1500m Freestyle  
£12.00 per 800/1500m Distance Events
- Poolside Pass:** Each coach/team manager requiring access to poolside must be in possession of a pass issued by COMAST. It is mandatory that all coaches/team managers comply with the relevant ASA Child Protection Procedures and have an up to date DBS certificate.
- Passes will be issued in the name of the club and are transferable between club personnel. Clubs must purchase sufficient poolside passes so that all of their team staff members are in possession of a pass when they are on poolside.
- Coaches/Team managers pass (to include poolside access and programme) is **£20.00 for the weekend or £15 for Saturday or Sunday only**
- Withdrawals:** Coaches/Team Managers or swimmers **MUST** notify the recorders of any swimmers withdrawing from an event before the published warm-up for the session in which the event is due to be swum. Details of any withdrawals can be text to **07580 173007**
- Refunds** No refunds of entries will be given after the entries have been processed, except in the case of:
- A swimmer being subsequently selected to swim for their country on the same day
  - The production of a Doctor's note confirming the athlete is unfit to compete
- Results:** Live results will be posted at <http://cityofmanchesterswimteam.co.uk/>
- Other:** Competitors are responsible for presenting themselves to the Stewards one event prior to the race in which they are competing. **It is the swimmers responsibility to be at the start in time for the race.**



Entries will be audited against the rankings published by the ASA and any club may be challenged to demonstrate the authenticity of the information provided.

All persons are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

You are strongly advised not to leave clothes or property around, and to use the lockers in the changing area. The Promoters or Pool management will not be held responsible for any loss or damage caused.

Both competitors and members of the general public share the changing facilities.

The Promoters or Pool Management reserve the right to refuse admission to any competitor or spectator.

A swim shop will be in operation throughout the gala.

**Anything not covered above, and not printed in the programme, will be at the promoter's discretion.**

**Please do not park in front of the entrance to Manchester Aquatics Centre.  
Clamping/Fine payable**



## Disability Conditions

The general conditions for the Manchester Open Meet shall apply to disability competitors except where varied by any of the following conditions.

Swimmers with the indicated classifications will be accepted for the following events:

- Freestyle 50m, 100m, (S1 to S14); 200m (S1 to S5); 400m (S6 to S14)
- Backstroke 50m (S1 to S5), 100m (S6 to S14)
- Butterfly 50m (S2 to S7), 100m (S8 to S14)
- Breaststroke 50m (SB1 to SB3), 100m (SB4 to SB9 and SB11 to SB14)
- Individual Medley 200m (SM5 to SM14)

All competitors must:

- All competitors must have an authorised IPC Swimming classification which is held on the British Swimming or IPC Swimming Classification Database at the time of entry..
- All competitors must be registered as members of a swimming club affiliated to the Amateur Swimming Association (ASA) Scottish ASA (SASA) or Welsh ASA (WASA) at the time of entry.

Qualifying times for disability competitors with a FAC are shown below and must have been achieved in the last 12 month period prior to the date of the competition,

Personal Care Attendants/Coaches will be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11. All coaches, chaperones and personal care attendants must conform with the ASA child protection procedures.

Competition format:

- The competition format will be based on disability inclusion within the able bodied programme.
- All swimmers will be seeded in the heats according to their entry times.
- Disability competitors will be included within the results for their age group.
- There will be no separate disability results.



## THE MANCHESTER OPEN MEET 2017 – PROGRAMME OF EVENTS

<b>SESSION ONE</b>		
<b>FRIDAY 12<sup>th</sup> MAY 2017 – WARM UP 17:30 START 18:00</b>		
101	Girls	800m Freestyle
102	Boys	1500m Freestyle
<b>SESSION TWO</b>		
<b>SATURDAY 13<sup>th</sup> MAY 2017 – WARM UP 08:00 START 09:00</b>		
201	Boys	400m Individual Medley
202	Girls	200m Individual Medley
203	Boys	50m Butterfly
204	Girls	50m Freestyle
205	Boys	100m Breaststroke
206	Girls	100m Butterfly
207	Boys	200m Backstroke
208	Girls	200m Breaststroke
<b>SESSION THREE</b>		
<b>SATURDAY 13<sup>th</sup> MAY 2017 – WARM UP 13:30 START 14:30</b>		
301	Girls	400m Freestyle
302	Boys	200m Freestyle
303	Girls	50m Backstroke
304	Boys	50m Breaststroke
305	Girls	100m Freestyle
306	Boys	100m Backstroke
307	Girls	200m Butterfly
<b>SESSION FOUR</b>		
<b>SUNDAY 14<sup>th</sup> MAY 2017 – WARM UP 08:00 START 09:00</b>		
401	Girls	400m Individual Medley
402	Boys	200m Individual Medley
403	Girls	50m Butterfly
404	Boys	50m Freestyle
405	Girls	100m Breaststroke
406	Boys	100m Butterfly
407	Girls	200m Backstroke
408	Boys	200m Breaststroke
<b>SESSION FIVE</b>		
<b>SUNDAY 14<sup>th</sup> MAY 2017 – WARM UP 13:30 START 14:30</b>		
501	Boys	400m Freestyle
502	Girls	200m Freestyle
503	Boys	50m Backstroke
504	Girls	50m Breaststroke
505	Boys	100m Freestyle
506	Girls	100m Backstroke
507	Boys	200m Butterfly



## MANCHESTER OPEN MEET 2017

### CONSIDERATION TIMES – LONG COURSE POOL

	10/11	12	13	14	15/16	17+
<b>BOYS</b>						
50m Freestyle	37.0	34.9	33.0	31.3	29.7	28.4
100m Freestyle	1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:01.5
200m Freestyle	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:13.7
400m Freestyle	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:44.6
1500m Freestyle	22.25.00	20.16.00	19.27.00	18.45.00	18.18.00	17.59.00
50m Breaststroke	48.2	44.6	41.8	39.7	37.8	35.8
100m Breaststroke	1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:17.0
200m Breaststroke	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:47.0
50m Butterfly	40.8	38.1	35.9	34.0	32.2	30.6
100m Butterfly	1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:06.5
200m Butterfly	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:27.6
50m Backstroke	43.2	40.5	38.2	36.1	34.5	32.7
100m Backstroke	1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:09.3
200m Backstroke	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:28.6
200m Individual Medley	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:31.0
400m Individual Medley	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:22.6
	10/11	12	13	14	15/16	17+
<b>GIRLS</b>						
50m Freestyle	37.3	35.4	34.0	32.9	32.2	31.8
100m Freestyle	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.1
200m Freestyle	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:25.8
400m Freestyle	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:06.3
800m Freestyle	11.17.00	10.44.00	10.22.00	10.12.00	10.02.00	9.58.00
50m Breaststroke	47.8	45.0	43.1	41.5	40.6	39.8
100m Breaststroke	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:25.2
200m Breaststroke	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:04.0
50m Butterfly	40.7	38.6	36.7	35.7	34.8	34.2
100m Butterfly	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.0
200m Butterfly	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:41.3
50m Backstroke	43.1	40.9	39.4	38.0	37.0	36.3
100m Backstroke	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:16.3
200m Backstroke	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:42.8
200m Individual Medley	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:45.5
400m Individual Medley	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:48.7



## INDIVIDUAL ENTRY FORM

Name					
Club					
ASA No.		Gender			
DOB		Age at date			
Disabled Y/N		Disability S, SB, SM			
Address			Tel No.		
			Email		

Event	Entry Time (50m)	Date and Meet Time achieved
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
<b>800m Freestyle (Girls)*</b>		
<b>1500m Freestyle (Boys)*</b>		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
50m Backstroke		
100m Backstroke		
200m Backstroke		
200m Ind. Medley		
400m Ind. Medley		

Total number of entries..... @ £7.00 per event. **Total number of entries..... @ £12.00\* per event** TOTAL.....

I certify that the above details are correct, I will abide by the promoter's conditions and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association.

Swimmer's Signature (or parent/guardians if under 18 years of age)

Date:     /     /

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## SUMMARY FORM

### THE MANCHESTER OPEN MEET 2017

CLUB			
Contact Name		Tel No.	
Address			
Email			

No. of Girls entries		@ £7.00 per event =	£
No of Boys entries		@ £7.00 per event =	£
No. of Girls entries		@ £12.00 per event =	£
No of Boys entries		@ £12.00 per event =	£
No of Coaches passes		@ £20.00 Both Days =	£
No of Coaches passes		@ £15.00 SAT/SUN (delete as applicable)	£
TOTAL (Cheques made payable to The City of Manchester Aquatics Swim Team)			£

**All forms should be sent with full payment FAO Beverly Brown, 1 Southway, Droylsden, Manchester, M43 6EH**

**For payment by electronic transfer our bank details are:- Royal Bank of Scotland, Account Name: The City of Manchester Aquatics Swim Team, Sort Code: 16-25-14, Account Number: 10183830  
Ref: Your home club name**



## Disability Qualifying Times

		Freestyle				Back		Fly		Breast		IM	
		50m	100m	200m	400m	50m	100m	50m	100m	50m	100m	100m	200m
S1	Boys	02:43.2	05:50.3	13:08.6		02:55.5							
	Girls	02:20.8	08:02.6	14:34.7		02:19.8							
S2	Boys	01:50.8	04:04.2	08:40.1		01:54.4		03:07.9					
	Girls	02:22.4	04:58.8	11:20.2		02:22.3							
S3	Boys	01:17.8	02:51.8	05:53.3		01:32.7		02:05.3					
	Girls	01:43.2	03:47.1	08:10.2		01:49.4		02:25.1					
S4	Boys	01:06.2	02:25.7	05:13.8		01:22.3		01:21.5					
	Girls	01:29.8	03:16.1	06:44.0		01:44.3		02:05.4					
S5	Boys	00:57.1	02:06.7	04:38.2		01:05.9		01:03.0					
	Girls	01:02.7	02:16.2	04:53.15		01:16.0		01:24.3					
S6	Boys	00:52.2	01:56.7		09:04.1		02:11.0	00:55.0					
	Girls	01:03.3	02:14.9		09:52.8		02:33.9	01:09.3					
S7	Boys	00:49.0	01:48.3		08:29.1		02:07.5	00:55.2					
	Girls	00:57.7	02:04.0		09:16.2		02:26.7	01:05.4					
S8	Boys	00:46.2	01:40.3		07:44.7		01:57.7		01:44.6				
	Girls	00:54.6	01:56.6		08:25.3		02:15.9		02:08.0				
S9	Boys	00:43.5	01:36.6		07:22.4		01:48.1		01:42.2				
	Girls	00:50.5	01:48.6		08:03.8		02:01.2		02:00.7				
S10	Boys	00:41.9	01:32.2		07:08.6		01:46.9		01:41.0				
	Girls	00:49.2	01:45.3		07:55.1		02:05.4		01:59.9				
S11	Boys	00:45.5	01:42.8		08:01.6		01:58.0		01:51.1				
	Girls	00:54.7	02:00.8		09:54.0		02:28.9		02:48.5				
S12	Boys	00:42.4	01:32.3		07:21.1		01:45.5		01:42.9				
	Girls	00:48.2	01:45.4		08:28.6		02:05.4		01:57.1				
S13	Boys	00:41.7	01:32.0		07:28.1		01:47.8		01:43.0				
	Girls	00:47.4	01:42.5		07:51.8		02:00.7		01:53.8				
S14	Boys	00:45.2	01:40.6		07:34.9		01:58.4		01:49.1				
	Girls	00:51.2	01:54.6		08:44.1		02:16.0		02:13.3				