



# West Norfolk Swimming Club

(Affiliated to Norfolk County ASA & ASA East Region)

## Level 3 - Open Meet 2019

(Held under ASA Laws and Regulations and ASA Technical Rules of Racing)

**Licence No. 3ER190013**

**Sat 16<sup>th</sup> & Sun 17<sup>th</sup> March 2019**

### **Alive St James Pool**

Blackfriars Street, King's Lynn. PE30 1NN  
6 Lane 25m pool with Electronic Timing

### **Programme of Events**

#### **Session 1 – Saturday 16th March - Warm up 2.45pm – Start 3.45pm (est. finish 19:00)**

- |                          |                         |
|--------------------------|-------------------------|
| 1. Girls 200 Freestyle   | 2. Boys 200 Freestyle   |
| 3. Girls 50m Butterfly   | 4. Boys 50m Butterfly   |
| 5. Girls 100m Backstroke | 6. Boys 100m Backstroke |

#### **10 Minute Comfort Break**

- |                           |                          |
|---------------------------|--------------------------|
| 7. Girls 200 Breaststroke | 8. Boys 200 Breaststroke |
| 9. Girls 50m Freestyle    | 10. Boys 50m Freestyle   |

#### **Session 2 – Sunday 17th March - Warm up 8:00am - Start 9:00am**

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 11. Boys 11yr and Over 200m I/Medley | 12. Girls 11yr and Over 200m I/Medley |
| 13. Boys 50m Backstroke              | 14. Girls 50m Backstroke              |
| 15. Boys 100m Breaststroke           | 16. Girls 100m Breaststroke           |
| 17. Boys 200m Butterfly              | 18. Girls 200m Butterfly              |
| 19. Boys 10yr / Under 100m I/Medley  |                                       |

#### **Session 3 – Sunday 17th March - Warm up TBC - Start TBC**

- |                                      |                            |
|--------------------------------------|----------------------------|
| 20. Girls 10yr / Under 100m I/Medley |                            |
| 21. Boys 200m Backstroke             | 22. Girls 200m Backstroke  |
| 23. Boys 50m Breaststroke            | 24. Girls 50m Breaststroke |
| 25. Boys 100m Butterfly              | 26. Girls 100m Butterfly   |
| 27. Boys 100m Freestyle              | 28. Girls 100m Freestyle   |

**Age Groups: 10yr/Under, 11yr, 12yr, 13yr, 14yr, 15yr & 16/Over**  
**Top boy, Top girl and Top visiting club**

**Entry fee is £5.50 per event**

**Closing Date Friday 15<sup>th</sup> February 2019 (First come, first served)**

### **Promotor**

Amanda Bellamy

Contact address – [openmeet@westnorfolk.co.uk](mailto:openmeet@westnorfolk.co.uk)

# West Norfolk Swimming Club Open Meet

## Meet Rules and Information

This Competition is licensed as a Level 3 meet by the ASA and will be held under *ASA Laws and Regulations, ASA Technical Rules of Racing and to ASA Open Meet Licensing Criteria.*

1. Competitors' ages shall be as at **31<sup>st</sup> December 2019**.
2. Individual entries from visiting clubs shall be made on the official entry form. Cheque payable to the West Norfolk Swimming Club or payment by BACS (account details on request if you wish to pay by BACS please email [treasurer@westnorfolksc.co.uk](mailto:treasurer@westnorfolksc.co.uk) for further details).
3. Officials who are covering both sessions will be provided with lunch. Refreshments will be provided during the meet.
4. The Promoter reserves the right to close entries early and/or to reject entries to ensure that the gala meets the ASA Open Meet Licensing Criteria. An early closure will be announced on the club website. Rejections will start with the last club received and continue until the gala meets the criteria. The Promoter reserves the right to close entries or make rejections by event and or session.
5. The list of accepted and rejected entries will be published / available for download on the club website [www.westnorfolksc.co.uk](http://www.westnorfolksc.co.uk) approximately two weeks prior to the competition. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
6. All entries must have times between lower and upper limits. Long course conversion times will be accepted. Times should have been achieved within the 12 month period prior to the closing date.
7. Results will be provided to British Swimming for inclusion in the national Rankings database.
8. No on the day entries will be accepted.
9. The pool length is 25 metres, 6 lanes with anti-wave ropes and electronic timing.
10. Competitors must report to the marshalling area in a timely manner, normally one event in advance of their own, where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event
11. All events will be seeded on submitted times and all heats will be spearheaded. The first six swimmers in each event in each age group will receive awards.
12. There will be an award for the top boy, top girl and top visiting club. Points will be awarded as follows for the top 6 places 6,5,4,3,2 and 1.
13. Team Managers/Coaches will be allowed on poolside if wearing a pre-purchased pass. Passes covering all 3 sessions can be requested with the entry forms and will be £20.00 per person, Incl. lunch on Sunday 17th March. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain a ratio of 1:10
14. The Referee reserve the right in the interests of time to operate 'OVER THE TOP' starts
15. Coaches must submit withdrawals prior to each session warm-up. Withdrawals can be made up until midday on Friday 15<sup>th</sup> March via email to [laddis136@btinternet.com](mailto:laddis136@btinternet.com) after this time withdrawals must be completed on the form in the Coaches pack, which will be available on arrival at the meet.
16. The promoters reserve the right to refuse admission to any competitor or spectator.
17. The promoter does not accept responsibility for any individual's property. Designated areas for bag storage will be identified. No bags will be allowed on poolside.
18. West Norfolk SC uses a computer to manage entries and results. By submitting and accepting entries to the meet, consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled (name, club, recorded/entered times) may be made public during or after the meet.
19. There will be no presentations (Trophies can be collected from the awards table after Event 1 has finished)
20. Full Meet Programmes / Day Programmes will be available for this Event
21. Closing date for entries **midnight on 15<sup>th</sup> February 2019**.
22. All persons wishing to use photographic equipment - including mobile phones with image capturing facility - must register at the entrance desk. **No photographs are permitted poolside.**
23. Please help to maintain a high standard of health and safety by not blocking emergency exits and walkways with bags and report any issues immediately to a member of the pool staff or to the Open Meet Promoter.
24. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5) even lanes (2, 4, 6) will swim counter clockwise. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions. Guidance will be given by the meet announcer.
25. Spectator Tickets are to be issued to each participating club pro-rata based on swimmer numbers
26. Outdoor shoes must not be worn in the changing room area, overshoes will be provided for spectator entry to poolside
27. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing

# West Norfolk Swimming Club - Open Meet 16th / 17th March 2019

## Licence No. 3ER190013

### Qualifying Times Girls

GIRLS								
Stroke		10	11	12	13	14	15	16+
50 Free	Not slower than	53.00	49.00	45.00	41.00	38.00	35.50	33.00
	Not faster than	32.00	30.00	29.00	28.00	27.00	26.50	26.00
100 Free	Not slower than	1.43:00	1.36:00	1.30:00	1.25:00	1.20:00	1.16:00	1.13:00
	Not faster than	1.11:00	1.08:00	1.06:00	1.03:00	1.00:00	58.50	57.50
200 Free	Not slower than	3.45:00	3.30:00	3.15:00	3.00:00	2.52:00	2.44:00	2.36:00
	Not faster than	2.32:00	2.27:00	2.23:00	2.18:00	2.13:00	2.09:00	2.05:00
50 Back	Not slower than	59.00	55.00	51.00	47.00	44.00	41.50	39.00
	Not faster than	37.00	35.00	33.50	31.50	30.00	29.50	29.00
100 Back	Not slower than	1.49:00	1.42:00	1.36:00	1.31:00	1.27:00	1.24:00	1.21:00
	Not faster than	1.20:00	1.17:00	1.15:00	1.12:00	1.09:00	1.07:50	1.06:50
200 Back	Not slower than	4.05:00	3.50:00	3.38:00	3.26:00	3.14:00	3.06:00	2.59:00
	Not faster than	2.48:00	2.43:00	2.40:00	2.37:00	2.33:00	2.29:00	2.25:00
50 Breast	Not slower than	1.08:00	1.03:00	58.00	53.00	49.50	46.50	43.50
	Not faster than	42.00	40.00	38.00	36.50	35.00	34.00	33.00
100 Breast	Not slower than	2.12:00	2.03:00	1.55:00	1.48:00	1.42:00	1.37:00	1.32:00
	Not faster than	1.33:00	1.29:50	1.26:00	1.23:00	1.20:00	1.17:00	1.13:50
200 Breast	Not slower than	4.35:00	4.15:00	3.58:00	3.44:00	3.30:00	3.20:00	3.15:00
	Not faster than	3.18:00	3.10:00	3.04:00	2.57:00	2.50:00	2.42:00	2.34:00
50 Fly	Not slower than	1.01:00	57.00	53.00	48.50	44.00	41.00	38.00
	Not faster than	37.00	35.00	33.50	31.50	30.00	29.00	28.50
100 Fly	Not slower than	2.00:00	1.50:00	1.40:00	1.30:00	1.25:00	1.22:00	1.21:00
	Not faster than	1.25:00	1.21:00	1.17:00	1.14:00	1.11:00	1.08:00	1.05:00
200 Fly	Not slower than	4.15:00	4.02:00	3.42:00	3.27:00	3.16:00	3.08:00	3.03:00
	Not faster than	3.16:00	3.02:00	2.50:00	2.38:00	2.28:00	2.24:00	2.20:00
100IM	Not slower than	2.00:00						
	Not faster than	1.25:00						
200 IM	Not slower than		3.59:00	3.37:00	3.25:00	3.15:00	3.07:00	3.00:00
	Not faster than		2.46:00	2.40:00	2.34:00	2.28:00	2.22:00	2.17:00

# West Norfolk Swimming Club - Open Meet 16th / 17th March 2019

## Licence No. 3ER190013

### Qualifying Times Boys

Boys								
Stroke		10	11	12	13	14	15	16+
50 Free	Not slower than	54.00	49.00	44.00	40.00	36.00	33.50	31.00
	Not faster than	32.00	30.00	28.00	26.00	25.00	24.00	23.00
100 Free	Not slower than	1.43:00	1.34:00	1.26:00	1.20:00	1.15:00	1.11:00	1.07:00
	Not faster than	1.11:00	1.05:00	1.00:00	58.00	56.00	54.00	52.00
200 Free	Not slower than	3.45:00	3.27:00	3.10:00	2.55:00	2.43:00	2.35:00	2.26:00
	Not faster than	2.32:00	2.23:00	2.15:00	2.07:00	2.00:00	1.55:00	1.50:00
50 Back	Not slower than	1.00:00	55.00	50.00	45.00	41.00	38.50	36.00
	Not faster than	34.50	32.50	30.50	28.50	27.50	26.50	26.00
100 Back	Not slower than	1.49:00	1.42:00	1.36:00	1.30:00	1.24:00	1.19:00	1.15:00
	Not faster than	1.20:00	1.15:0	1.10:0	1.06:0	1.02.5	59.50	57.50
200 Back	Not slower than	4.05:00	3.47:00	3.31:00	3.16:00	3.01:00	2.51:00	2.41:00
	Not faster than	2.48:00	2.38:00	2.28:00	2.20:00	2.13:00	2.07:00	2.02:50
50 Breast	Not slower than	1.08:00	1.03:00	57.00	51.00	45.00	42.00	39.00
	Not faster than	42.00	38.50	35.00	33.00	32.00	31.00	30.00
100 Breast	Not slower than	2.12:00	2.02:00	1.52:00	1.44:00	1.37:00	1.30:00	1.25:00
	Not faster than	1.33:00	1.27:00	1.22:00	1.18:00	1.13:00	1.10:00	1.07:50
200 Breast	Not slower than	4.35:00	4.11:00	3.47:00	3.32:00	3.16:00	3.08:00	3.00:00
	Not faster than	3.18:00	3.06:00	2.54:00	2.44:00	2.36:00	2.31:00	2.27:00
50 Fly	Not slower than	1.01:50	57.00	52.00	47.00	42.00	38.00	35.00
	Not faster than	35.00	33.00	31.00	28.50	27.50	26.50	26.00
100 Fly	Not slower than	2.00:00	1.50:00	1.40:00	1.30:00	1.22:00	1.18:00	1.14:00
	Not faster than	1.25:00	1.20:00	1.16:00	1.11:00	1.06:00	1.02:00	58.50
200 Fly	Not slower than	4.15:00	3.55:00	3.35:00	3.15:00	3.00:00	2.50:00	2.43:00
	Not faster than	3.16:00	3.00:00	2.45:00	2.30:00	2.20:00	2.12:00	2.05:00
100IM	Not slower than	2.00:00						
	Not faster than	1.25:00						
200 IM	Not slower than		3.53:00	3.33:00	3.13:00	3.03:00	2.55:00	2.48:00
	Not faster than		2.44:00	2.34:00	2.24:00	2.16:00	2.10:00	2.04:00

# West Norfolk Swimming Club - Open Meet 16th / 17th March 2019

**Licence No. 3ER190013**

## Individual Entry Form

**AGE ON 31<sup>st</sup> DECEMBER 2019**

Please fill in form correctly with current times, otherwise entry may not be accepted.

Forename..... Surname .....Male/Female

D.O.B..... Age on 31<sup>st</sup> Dec 2019..... Club.....

ASA No.....Address .....

.....Post Code.....Phone.....

EVENT	SUBMITTED TIME
50M FREESTYLE	
50M BACKSTROKE	
50M BREASTSTROKE	
50M BUTTERFLY	
100M INDIVIDUAL MEDLEY (10yr / Under only)	
100M FREESTYLE	
100M BACKSTROKE	
100M BREASTSTROKE	
100M BUTTERFLY	
200M FREESTYLE	
200M BACKSTROKE	
200M BREASTSTROKE	
200M BUTTERFLY	
200M INDIVIDUAL MEDLEY (11 & Over)	
<b>TOTAL PAYMENT @ £5.50 PER EVENT</b>	<b>£</b>

RETURN ENTRIES BY CLOSING DATE (FRIDAY 15<sup>th</sup> FEBRUARY 2019)

To:-Mrs Lois Addis, 14 Lewis Drive, St Germans, Kings Lynn, PE34 3FB

Tel: 07906 603277

Payment by BACS (contact [treasurer@westnorfolksc.co.uk](mailto:treasurer@westnorfolksc.co.uk) )  
or Cheque (payable to **West Norfolk Swimming Club**)

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by the promoters for this competition.  
Signature of Competitor..... Date.....

I certify that the above information is correct .....Club Official

# West Norfolk Swimming Club - Open Meet 16th / 17th March 2019

Licence No. 3ER190013

## Officials Request Form

The minimum qualification for this event shall be - JL1 in active training with a pass in the Time Keeper Assessment:

<b>Full Name:</b>				
<b>Qualification</b> <i>(tick box applicable):</i>	JL1	JL2	JL2S	Ref
<b>ASA Number</b>				
<b>Date Licence Valid To:</b> <i>(If applicable)</i>				
<b>Sessions Available:</b>	Sat 16th March	S1		
	Sun 17th March	S2	S3	
<b>Mobile No:</b>				
<b>Email Address:</b>				
<b>Club:</b>				
<b>Dietary Requirements</b>	<i>Officials working a full day will be provided with lunch on the 19th. Please let us know if you have any special requirements or food allergies.</i>			

Please email completed form to Stewart Murray – [stewart.murray@britishsugar.com](mailto:stewart.murray@britishsugar.com)

or return the form with your entry form via your club entry.

Thank you

# West Norfolk Swimming Club - Open Meet 16th / 17th March 2019

Licence No. 3ER190013

## Summary of Club Entry

Club Name: .....

Club Contact Name & Address: .....

.....

.....

Contact e-mail: .....

Contact phone: .....

Number of Individual Entry Forms enclosed: .....

Total of Entry Fees enclosed (£5.50 per event): £.....

Number of Coaches' Passes required: .....

Fee for Coaches' Passes – 3 Sessions (£20.00 total): £.....

Total amount enclosed: £.....

Payment by BACS (contact [treasurer@westnorfolksc.co.uk](mailto:treasurer@westnorfolksc.co.uk) )  
Or one single Cheque (payable to **West Norfolk Swimming Club**)

Completed entry forms & cheque should be sent to:

Mrs Lois Addis,  
14 Lewis Drive,  
St Germans,  
Kings Lynn, PE34 3FB

**Closing Date for Entries: Friday 15<sup>th</sup> February 2019**