



CITY of CANTERBURY S.C. & DOVER LIFE GUARD CLUB

ICEBREAKER LICENSED 1 OPEN MEET 2009

ASA License no 1SE9044

(Affiliated to Kent ASA & ASA South East Region)

To be held at Kingsmead Leisure Centre, Canterbury
on Friday 9th January to Sunday 11th January 2009

COMPETITION RULES AND MEET INFORMATION

General Information

- a) The meet will be held under ASA Laws and Technical Rules and is designated by the ASA for entry into National Competitions and Championships. Ages as on the last day of meet (11th January, 2009)
- b) The pool is 25 metres long with 6 lanes, anti-wave lane ropes and electronic timing in operation with continuous digital scoreboard display. Results sheets will be available via both clubs websites at the end of the meet. Individual sheets can be purchased at the end of each session..
- c) "Over the top" starts will be used in the heats at the discretion of the promoter.
- d) An adjacent Warm-up and Swim-down facility is available before and after sessions. This area must not be used during the "formal" warm up period. It will be the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended. Strictly no diving in or climbing over the pads in main pool.
- e) A cardless entry system will be operated at this gala. Swimmers must sign in at the relevant desk not later than 30mins prior to the start of each session for events in that session only.
- f) It is the decision of the promoter not to carry reserves. Time trials will only be considered from host club swimmers.
- g) Whilst every effort will be made to confirm that swimmers will take part in finals it is the swimmers responsibility to sign in at the recorders table within 30min of the finalists being announced, otherwise reserves may be substituted.
- h) All events will be swum as combined age groups and seeded slowest to fastest irrespective of age.
- i) Swimmers may enter the 800m or 1500m but not both. Events 101 and 102 will be swum together as mixed heats as will 103 and 104, swimmers being seeded from slowest to fastest.
- j) Entries for all events must include a **current** time. Times will not be amended in the event that swimmers achieve faster times after the closing date of the competition.
- k) The promoter may have to restrict entries in order to ensure the competition runs within the timetable guidelines set out by the ASA. In this event the slowest swimmers will be rejected. As far as practicable this will be in even proportions across all age groups.
- l) Entry Fee: £4.50 per event and £7 for the 800m and 1500m races. Clubs with more than 10 swimmers should enter by disc which will be provided. A summary of all entries is required together with a cheque made payable to "DLGC & CCSC".
- m) Coaches passes are available at a cost of £17 which includes entry to all three days, programmes food and refreshments at all sessions.

