



## **BEXLEY SWIMMING CLUB**

FOUNDED 1968 • AFFILIATED A.S.A.L.R

BEXLEY LONG COURSE OPEN MEET (License no.1LR0192)  
To be held at Crystal Palace National Sports Centre, Ledrington Rd London SE19  
On 10<sup>th</sup> & 11<sup>th</sup> April 2010

### Competition Rules and Meet Information

**Facilities:** Eight Lane 50 metre Pool  
Swim Down Pool  
Electronic timing with display.  
Results will be e-mailed if e-mail address is left at the information desk.  
Results will be published on BSC website.

**RULES:**

The meet will be held under ASA Laws and ASA Technical Rules.  
All events will be on a heat declared winner basis.

**INFORMATION:**

Mrs Loraine Cousins, 37 Coniston Road, Barnehurst, Kent DA7 6PX. Telephone 01322-403456.  
e-mail [windyridge37@ntlworld.com](mailto:windyridge37@ntlworld.com)

**WEBSITE ADDRESS:** [bexleyswimmingclub.com](http://bexleyswimmingclub.com)

**AGE GROUPS:** 11/Under,12/13, 14/15, 16/Over.

Age as at 11th April 2010

**ENTRIES:** Closing date for entries is 24th March 2010.

All submitted times must be long course times (these can be converted from short course times).

All entries must be legible and on the correct entry form (photo copies acceptable). Accompanied with a stamped self-addressed envelope. For clubs entering more than 10 swimmers electronic entries will be required, please contact Loraine Cousins at [windyridge37@ntlworld.com](mailto:windyridge37@ntlworld.com) for the appropriate electronic entry files.

All entries must show the swimmer's full date of birth and ASA registration number.

Entries will be considered provided they are inside our set qualifying times.

If the event is oversubscribed, and in order to keep the time of each session within the appropriate time period, the slowest entries from each age group will be rejected.

Improved times will not be accepted after the entries have closed and been accepted.

Bexley Swimming Club reserves the right to reject entries that fall outside the guidelines.

By submitting entries on the official entry forms, clubs and competitors accept the rules of the competition.

**DATA PROTECTION:** Swim meet entries and results will be managed on a computer. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitted & recorded times, may be made public during the meet.

**ENTRY FEES:** £5.00 per event.

Cheques payable to Bexley Swimming Club.

The fees include the 25p levy per event, payable to ASA London Region.





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**AWARDS:** Awards will be made to the first three placed swimmers in each age group for each event (presentations will not be made, medals can be collected from the awards table). Top boy, Top girl and Top club (a formal presentation will be made for these awards at the end of the meet).

**COACHES PASSES:** £10.00 per day - to include admittance to pool side in all sessions, programme, food/refreshments.

Only pass holders, swimmers and officials will be allowed on poolside.

**SIGNING IN SHEETS:** Swimmers must report to the appropriate desk and sign against their name in each event that is being swum in that particular session at least 45 minutes before the start of each session. The signing in sheets will be by event number and then alphabetical order by first name. Swimmers must only sign themselves in. Swimmers/Parents/Coaches etc must not sign in on behalf of swimmers. When registration time has been reached, heat start lists will be posted on the lower concourse in the marshalling area (near the diving pit). Swimmers are advised to check the lists, prior to the event being swum, to ensure that they have been accepted into the event. It is the swimmers responsibility to ensure that their name appears on the heat start list.

Swimmers must report to the stewards when instructed to do so. Any competitor not reporting in time may be excluded. The organisers reserve the right to amend the running order of events and to add non-scoring swimmers at their sole discretion, should it be necessary. Over the top starts will operate where applicable.

As soon as possible after the closing date, confirmation bearing details of each swimmer will be e-mailed/sent for the entries accepted. Any refund in respect of entries not accepted will be made 'en-bloc' to the official named on the resume sheet, and can be collected from the information desk on the day of the event. (or if possible sent with the accepted entry lists).

Swimmers may enter for any number of individual events in their own age group.

**TIME TRIALS:** Swimmers may be allowed on the day to do time trials, this will solely be at the discretion of the meet director, and will be on a first come first served basis and will be governed by available space. The time trial list will be at the information desk on the lower concourse and will be charged at £5.50 per event.

**SEEDING:** All events are seeded, slowest to fastest, based on submitted entry times and the last heat in each event will be spearheaded.

### **SAFETY AND SECURITY GUIDELINES FOR SWIMMERS, COACHES, OFFICIALS AND SPECTATORS.**

**STARTS:** It is the responsibility of the competitors, coaches and clubs, to ensure that all swimmers are competent to the standard of the ASA competitive start award, to perform a shallow racing dive into the water. In the event of a false start, swimmers should perform a safe entry with a shallow





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racing dive and not fall into the water. Swimmers are reminded that they are permitted to start in the water for all events, but must advise the referee of this prior to the start of their heat.

**WARM UP:** during the warm up, swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others. The instructions of the pool lifeguards or others in authority must be obeyed immediately.

**SWIM DOWN:** Any swimmers in the swim down pool must be supervised by a coach or club representative.

**SAFETY:** everyone attending the event must familiarise themselves with the location of the emergency exits, which must be kept clear at all times. Everyone is asked to observe all normal precautions in the pool area and when moving around the sports centre, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to one of the meet directors representatives.

The pool depths are 2.06 metres at the starting end of the pool and 1.8 metres at the teaching end of the pool.

Swimmers must not leave the poolside unless wearing shoes and having dried themselves.

**BEHAVIOUR:** The organisers and the pool management reserve the right to remove any swimmer or spectator from the pool area whose behaviour is either against the pool rules or the efficient running of the meet. Stewards will be patrolling the sports centre and anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building.

**SECURITY:** Competitors are advised not to leave their belongings unattended and to ensure valuables are placed in a locked locker or deposited with someone for safekeeping. Neither Bexley Swimming Club nor the pool management will be held responsible for the property that is lost.

**PHOTOGRAPHY:** In line with the recommendation in the ASA Child Protection Policy, the Meet Director of this event insists that any person wishing to engage in any video, zoom or close range photography and using a mobile phone with photographic capability should register their details in the book provided at the information desk on the lower concourse, before carrying out any such photography.

**LITTER:** Competitors and spectators are asked to place all litter in the receptacles provided and not to leave it on the floor, particularly in the spectator gallery, where it may become a safety hazard.

**SWIMSHOP:** We are pleased to confirm that **MAILSPORTS** will again be providing a swimshop with a full range of products, during the meet.





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**CAR PARKING:** There is ample car parking on site, for which charges may be levied, by the pool operator.

**ANY SITUATION NOT COVERED BY THE ABOVE MEET RULES AND INFORMATION, WILL BE AT THE DISCRETION OF THE MEET DIRECTOR, WHO ALSO RESERVES THE RIGHT TO MAKE ANY CHANGES THAT MAY BE CONSIDERED NECESSARY FOR THE SMOOTH RUNNING AND DISCIPLINE OF THE EVENT.**



