

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

**ICEBREAKER LICENSED 3 OPEN MEET 2011**

**ASA license no SE31074**

*(Affiliated to Kent ASA & ASA South East Region)*

To be held at Kingsmead Leisure Centre, Canterbury

Friday 7<sup>th</sup> January to Sunday 9<sup>th</sup> January 2011

**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 (9<sup>th</sup> January, 2011)
- 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.
- 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 time achieved since July 1<sup>st</sup> 2010. 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: £5 per event and £7.50 for the 800m and 1500m races. Clubs with more than 10 swimmers should enter electronically using the data file which will be sent by e-mail. 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.

### Age Groups

The program will cover the following age bands

- 9yrs 10/11yrs 12/13yrs 14/15yrs 16yrs and Over

### Events

The events covered for **all age groups** will be:

- 50m Freestyle
- 200m Butterfly, Backstroke, Breaststroke, Freestyle & IM

9 year olds may not enter the following events:

- 100m all strokes
- 400m/ 800m and 1500m Freestyle
- 400 IM

### Finals / HDW

Finals will be held for all 50m and 100m races

The following events will be HDW

All 200m, 400m, 800m and 1500m races

There will be a 20 minute break between the last race of any session and the warm up of the following session. The start time for sessions 3,4,6 and 7 will be advertised once entries have been accepted.

### Skins Events

There will be skins events for the following age groups in each of the finals sessions

- Girls ages 13 years and under and Girls 14 years and over (Saturday evening)
- Boys ages 13 years and under and Boys 14 years plus (Sunday evening)

Competitors will be those who have achieved the six fastest times in the 200 IM earlier that day. Strokes for the skins events will be chosen at random on the night. Detailed rules for the skins competition appear elsewhere.

### Awards

Awards will be made to all finalists and fastest 6 in each age group in the HDW events. Special awards will be made for skins events. Awards for 50/100m events will be presented at the end of each finals session. Awards for other events will be collected individually as soon as the result is announced during each session.

### Photography

Anyone wishing to conduct video, zoom or close range cameras must register their details at the entrance control before entering the spectator gallery. This includes the use of mobile telephones with a camera facility. **It is a condition of entry that swimmers consent to such photography taking place.**

### Results

These will be posted on the wall in the corridor between the main reception area and the balcony. They will also be available on both club's web sites as soon as practicable after the event. A full set of results in Excel and PDF format will be sent via e-mail to all clubs who enter electronically. 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.

**FOR LATEST MEET INFORMATION PLEASE SEE EITHER CLUB'S WEB SITE**

### General

By signing the entry form swimmers accept these conditions in full. The promoters reserve the right to refuse admission to any competitor or spectator to any session.