



# Gravesend & Northfleet Swimming Club

Saturday 29 October 2011 – Medway Park

## Programme of Events

### Session 1: Sign in before 8.45am, Warm-up 8.30am, Start 9.30am

1. Boys 100m Individual Medley
2. Girls 200m Backstroke
3. Boys 200m Breaststroke
4. Girls 50m Breaststroke
5. Boys 50m Freestyle
6. Girls 100m Butterfly
7. Boys 100m Backstroke
8. Girls 200m Individual Medley
9. Boys 50m Backstroke
10. Girls 50m Butterfly
11. Boys 200m Butterfly
12. Girls 200m Freestyle
13. Boys 100m Breaststroke
14. Girls 100m Freestyle

### Session 2: Times tbc

15. Girls 100m Individual Medley
16. Boys 200m Backstroke
17. Girls 200m Breaststroke
18. Boys 50m Breaststroke
19. Girls 50m Freestyle
20. Boys 100m Butterfly
21. Girls 100m Backstroke
22. Boys 200m Individual Medley
23. Girls 50m Backstroke
24. Boys 50m Butterfly
25. Girls 200m Butterfly
26. Boys 200m Freestyle
27. Girls 100m Breaststroke
28. Boys 100m Freestyle



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## Promoter's Conditions

1. This competition is promoted by Gravesend and Northfleet Swimming Club which is affiliated to ASA London. It is to be held under ASA Laws and ASA Technical Rules and the event is licensed by the ASA for entry to Regional and National Events. The event will be held in a six lane 25 metre pool with electronic timing pads and display.
2. The cost of entry is £5.00 per event.
3. Ages are at 29th October 2011. It is the swimmers responsibility to ensure his/her eligibility for each event. All swimmers must be currently registered with the ASA.
4. All events will be swum on a HDW basis. The final two heats of each event will be spearheaded. All starts will be at the deep end of the pool and over the top starts will be at the discretion of the Referee.
5. Entries submitted outside the stated entry times will be rejected and returned to the club. Closing date for entries is Midnight 14th October 2010.
6. One combined entry per club with one cheque. Clubs sending more than six swimmers will need to submit entries electronically using Sportsys. All entries (less than six swimmers) must be on the official entry form and must include the entrants Name, ASA registration number, DOB and submitted times together with correct entry fees. No entries will be accepted after the closing date or during the meet unless due to promoters error or omission.
7. Entries will not be registered unless accompanied by the correct fee. Cheques payable to Gravesend and Northfleet Swimming Club.
8. Entries must be within the upper and lower qualifying times published above for each event. The promoter reserves the right to restrict the number of entries by rejecting entries to keep the running time within the limits imposed by the ASA. If it is necessary to restrict entries this will be done by excluding the slowest swimmers in each event whilst ensuring an appropriate distribution across age groups
9. Any swimmer exceeding the upper qualifying time will not be eligible for a medal but will be issued with a speeding ticket.
10. Coaches/team manager passes are £15 per day to include admittance to poolside in all sessions, programme, lunch and refreshments.
11. Coach passes must be ordered with entries to assist with catering.
12. Only coaches and officials will be allowed mobile phones or cameras on poolside. Swimmers are not allowed mobile phones/cameras on poolside. If caught they may be omitted from the meet.
13. A cardless entry system will be operated at this gala. Swimmers **must** sign in at the relevant desk **not later than 45 minutes prior** to the start of each session for the events in **that session only**. Other swimmers, coaches, parents, etc must not sign in on behalf of swimmers.
14. Competitors must report to the stewards in the teaching pool area at least two events before their own. Competitors not reporting in time for an event may be excluded from the start. Competitors for the first two events of each session must report to the stewards directly after the finish of the warm up.
15. Competitors must leave the pool by the steps at the sides of the pool and not climb over the electronic pads.



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16. An adjacent swim-down facility is available. This area must not be used during the formal warm-up time. It is the responsibility of the coaches/team managers to supervise their swimmers and to ensure it is only used for swim-down activity.
17. Awards will be made to the fastest six swimmers in the following age groups: 9years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years and over. Where events are swum as combined age groups the seeding will be slowest to fastest irrespective of age.
18. Competitors are only allowed on poolside for the session in which they are competing. They must also cover up and wear shoes when leaving the poolside area. It is forbidden to bring glass containers on poolside. All rubbish must be taken off poolside when leaving.
19. No time trials will be permitted at the meet.
20. The promoter reserves the right to alter the schedule if circumstances demand.
21. Any item not covered within these conditions will be at the discretion of the promoter.

### **Data protections Act 1984**

Gravesend and Northfleet Swimming Club uses computers to run the entries and results of this meet. By submitting entries and accepting entry to the meet, consent is therefore given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data such as name, club, entered and recorded times may be made during or after the event.



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## Qualifying Times

### BOYS

			Upper and Lower Qualifying times						
			9yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15Yrs/ over
<b>50</b>	Back	LQT	51.60	48.10	45.50	43.30	40.60	38.80	36.90
		UQT	41.00	38.00	36.50	33.50	32.00	30.50	30.00
<b>50</b>	Breast	LQT	58.1	54.1	51.00	48.1	44.9	42.6	40.7
		UQT	47.00	45.00	41.50	40.00	35.00	34.50	33.00
<b>50</b>	Fly	LQT	50.4	46.8	44.00	41.8	39.4	37.3	35.5
		UQT	43.00	39.00	37.00	34.00	31.00	29.00	28.00
<b>50</b>	Free	LQT	45.1	42.3	40.2	38.10	36.10	34.30	32.9
		UQT	36.00	32.50	30.00	29.00	27.00	26.00	25.00
<b>100</b>	Back	LQT	N/A	1.42.20	1.34.5	1.29.20	1.23.70	1.19.00	1.15.50
		UQT	N/A	1.28.50	1.23.00	1.13.00	1.09.10	1.05.20	1.02.50
<b>100</b>	Breast	LQT	N/A	1.55.90	1.47.40	1.40.90	1.34.10	1.29.10	1.25.00
		UQT	N/A	1.44.00	1.38.00	1.25.00	1.19.20	1.14.80	1.11.50
<b>100</b>	Fly	LQT	N/A	1.51.20	1.38.40	1.28.60	1.23.10	1.18.40	1.14.70
		UQT	N/A	1.41.00	1.28.00	1.13.70	1.09.20	1.05.00	1.02.10
<b>100</b>	Free	LQT	N/A	1.30.20	1.24.60	1.19.70	1.15.10	1.11.30	1.08.60
		UQT	N/A	1.16.50	1.11.00	1.02.90	59.50	56.40	55.40
<b>100</b>	IM	LQT	1.51.40	1.43.6	1.37.90	1.32.70	1.27.10	1.22.10	1.18.70
		UQT	1.36.00	1.29.00	1.26.00	1.16.00	1.11.00	1.09.00	1.08.00
<b>200</b>	Back	LQT	3.49.80	3.32.70	3.19.30	3.08.60	2.57.10	2.47.40	2.40.30
		UQT	3.24.00	2.58.50	2.47.30	2.38.00	2.29.00	2.22.30	2.16.40
<b>200</b>	Breast	LQT	4.23.80	4.05.00	3.48.40	3.35.20	3.21.30	3.09.90	3.01.80
		UQT	3.52.00	3.31.00	3.17.50	3.04.70	2.53.40	2.44.50	2.36.70
<b>200</b>	Fly	LQT	4.14.30	3.43.30	3.24.20	3.12.60	3.00.70	2.50.70	2.41.50
		UQT	3.44.00	3.26.00	2.58.00	2.45.00	2.35.50	2.27.70	2.19.90
<b>200</b>	Free	LQT	3.28.80	3.12.00	3.00.80	2.50.70	2.41.00	2.32.60	2.26.80
		UQT	3.03.00	2.38.50	2.27.50	2.20.10	2.12.00	2.05.00	2.01.00
<b>200</b>	IM	LQT	3.55.70	3.38.20	3.23.60	3.12.80	3.01.80	2.51.30	2.44.20
		UQT	2.29.00	3.04.60	2.51.50	2.41.10	2.32.60	2.23.00	2.19.50

Entries must be equal to or faster than the times published above for each event. The promoter reserves the right to restrict the number of entries by rejecting entries to keep the running time within the limits imposed by the ASA. If it is necessary to restrict entries, this will be done by excluding the slowest swimmers in each event whilst ensuring an appropriate distribution across age groups.



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## Qualifying Times

### GIRLS

			Upper and Lower Qualifying times						
			9yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs/ over
<b>50</b>	Back	LQT	51.9	48.30	45.70	43.50	41.70	40.50	39.80
		UQT	42.00	38.50	37.00	35.00	33.00	27.70	27.20
<b>50</b>	Breast	LQT	58.90	54.70	51.30	48.40	46.20	44.80	43.80
		UQT	49.00	44.00	42.00	40.00	38.00	36.00	35.30
<b>50</b>	Fly	LQT	50.9	46.90	44.30	42.10	40.30	39.10	38.20
		UQT	43.00	38.00	37.00	33.00	32.00	30.60	29.90
<b>50</b>	Free	LQT	45.6	42.90	40.70	38.70	37.30	36.30	35.50
		UQT	36.00	32.50	30.50	29.00	28.50	27.70	26.80
<b>100</b>	Back	LQT	N/A	1.42.50	1.35.10	1.29.30	1.25.40	1.23.00	1.21.10
		UQT	N/A	1.28.00	1.17.00	1.12.80	1.10.30	1.06.80	1.05.80
<b>100</b>	Breast	LQT	N/A	1.56.50	1.47.50	1.41.30	1.36.30	1.32.70	1.31.10
		UQT	N/A	1.44.00	1.29.70	1.24.70	1.20.70	1.17.40	1.16.80
<b>100</b>	Fly	LQT	N/A	1.50.30	1.34.90	1.28.90	1.25.20	1.22.30	1.20.90
		UQT	N/A	1.38.00	1.19.60	1.14.30	1.10.70	1.07.90	1.07.60
<b>100</b>	Free	LQT	N/A	1.31.60	1.25.30	1.20.60	1.17.50	1.15.30	1.13.90
		UQT	N/A	1.19.00	1.08.10	1.04.20	1.02.30	1.00.50	59.80
<b>100</b>	IM	LQT	1.52.80	1.42.50	1.38.20	1.33.10	1.28.90	1.20.66	1.24.90
		UQT	1.36.00	1.29.00	1.23.00	1.16.00	1.13.00	1.11.00	1.10.00
<b>200</b>	Back	LQT	3.52.20	3.34.70	3.18.50	3.07.70	3.00.30	2.55.20	2.50.80
		UQT	3.24.00	2.59.60	2.46.60	2.38.10	2.33.20	2.26.00	2.22.90
<b>200</b>	Breast	LQT	4.26.00	4.05.50	3.48.10	3.34.80	3.24.20	3.17.50	3.13.90
		UQT	3.52.00	3.29.60	3.13.90	3.04.20	2.54.00	2.49.30	2.47.10
<b>200</b>	Fly	LQT	4.17.00	3.46.00	3.26.20	3.12.40	3.03.30	2.57.00	2.52.90
		UQT	3.24.00	3.17.00	2.59.00	2.47.00	2.39.00	2.30.00	2.28.50
<b>200</b>	Free	LQT	3.30.50	3.12.80	3.01.40	2.50.90	2.44.00	2.39.50	2.36.20
		UQT	3.00.00	2.41.50	2.29.10	2.22.10	2.15.90	2.11.10	2.10.90
<b>200</b>	IM	LQT	3.57.60	3.38.70	3.23.90	3.12.30	3.04.80	2.59.10	2.55.50
		UQT	3.12.00	3.03.90	2.50.80	2.41.60	2.34.50	2.29.80	2.27.70

Entries must be equal to or faster than the times published above for each event. The promoter reserves the right to restrict the number of entries by rejecting entries to keep the running time within the limits imposed by the ASA. If it is necessary to restrict entries, this will be done by excluding the slowest swimmers in each event whilst ensuring an appropriate distribution across age groups.