

# Flitwick Dolphins Swimming Club

Affiliated to ASA East Region and Bedfordshire ASA



## OPEN MEET 2017

Under ASA Laws and Regulations, and Technical Rules of Racing

**Level 3 Licence 3ER170904**

**Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> October 2017**  
**Saxon Pool, Saxon Drive, Biggleswade SG18 8SU**

Eighth running of this popular meet

50m, 100m and 200m events in all strokes, plus 100m, 200m and 400m IM and  
400m freestyle

8 lane, 25m deck level pool, electronic timing

Age groups: 9, 10, 11, 12, 13, 14, 15 and 16 years and over  
Age as at 22<sup>nd</sup> October 2017

Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each age group

Top visiting club trophy

Contact: [flitopen@btinternet.com](mailto:flitopen@btinternet.com); Updates: [flitwickdolphins.org.uk](http://flitwickdolphins.org.uk)

**Closing date for entries: Midnight Sunday 24<sup>th</sup> September 2017**

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### MEET RULES AND INFORMATION

1. The competition is a Level 3 licensed meet, held under ASA Laws and Regulations, Technical Rules of Racing and the ASA Open Meet Licensing Criteria. All competitors must be ASA Category 2 members or members of SASA or WASA
2. All events will be run on a timed final basis (formerly referred to as heat declared winner) with the fastest three swimmers in each age group being awarded medals
3. The age groups for boys and girls are: 9, 10, 11, 12, 13, 14, 15 and 16 years and over. Age as at 22<sup>nd</sup> October 2017. The minimum age for participation is 9 years.
4. Qualifying and Upper Limit times apply for entries.
5. There will be a Top Visiting Club award presented at the end of the competition, which will be kept by the winners for 12 months. Points are as follows: 1<sup>st</sup> = 3pts, 2<sup>nd</sup> = 2pts, 3<sup>rd</sup> = 1pt. Although Flitwick Dolphins are not eligible to win the trophy their results will be included when calculating the points.
6. Heats will be swum with all age groups combined and swimmers seeded by entry times.
7. Over the top starts may be used at the referee's discretion.
8. Valid entries will be accepted on a first come first served basis and the promoter reserves the right to close entries for the meet or for individual events to maintain a balanced programme and control the duration of the meet.
9. The entry fee is £6.00 per event. All entries must include the entrant's ASA identification number together with all entry fees. Where a club enters five or more swimmers, entries must be submitted electronically. The entry files will be available from the Flitwick Dolphins website: [flitwickdolphins.org.uk](http://flitwickdolphins.org.uk). Paper entries must be on the official entry form but are only required if not using electronic entry.
10. Bank transfer is the preferred method of payment: please contact the Promoter for details. If using a cheque, it must be made payable to 'FLITWICK DOLPHINS SWIMMING CLUB'. Consolidated entries are requested to be submitted for each club, together with a single payment.
11. Entries are welcomed from swimmers with a disability, and no qualifying standards apply to swimmers with a disability classification, in which case entries should be submitted using the paper entry form with the disability classification indicated. Medals for swimmers with a disability classification will be awarded separately from those for other competitors.

12. Closing Date for entries: Midnight, Sunday 24<sup>th</sup> September 2017.
13. The draft entry list will be posted on the [flitwickdolphins.org.uk](http://flitwickdolphins.org.uk) website and any errors/omissions must be reported before 7<sup>th</sup> October 2017.
14. Full refund of entry fees will be given if an entry is not accepted because an event is over-subscribed. Otherwise, refunds will only be given on medical grounds.
15. Results will be posted on the [flitwickdolphins.org.uk](http://flitwickdolphins.org.uk) web site and submitted to the ASA.
16. Swimmers will be required to inform the Recorders of withdrawal at least 45 minutes before the start of each session. Withdrawals after the 45 minute deadline may only be made on medical grounds and must be notified by the club coach to the Recorders.
17. Coaches and team managers will be allowed on deck only if they have a meet coach pass, which must be purchased in advance using the official application form. The cost is £15.00 for one day or £25.00 for both days, including a programme and lunch/refreshments. Applications for coach passes must be submitted with entries by 24<sup>th</sup> September 2017 to assist with catering and will be available at the door with the coach's pack.
18. All coaches, team managers and volunteers on deck must be ASA or IoS members.
19. Swimmers, coaches and team managers are responsible for the security of their possessions. The changing area has lockers operated for a returnable £1 fee.
20. The Promoter requests that anyone who wishes to take photographs or video at the meet first signs the photography book at the entry desk, as stipulated in the Meet Rules. Anyone signing the book will be issued with a photography sticker, which should be worn prominently. The taking of photographs or video, and the use of any images must comply with the ASA guidance on photography as described in detail in 'Wavepower 2016-2019' ([www.swimming.org/asa/clubs-and-members/safeguarding-children](http://www.swimming.org/asa/clubs-and-members/safeguarding-children)). This applies to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Note that any photography in the changing rooms is absolutely forbidden by both the Promoter and the swimming pool management.
21. Entries to the meet will be held on a computer and consent (as required by the Data Protection Act 1998 to the holding of personal information on computer) will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.
22. Any conditions not covered by the above will be at the discretion of the promoter and lead referee.
23. All entries and enquiries should be submitted to the promoter below:

Mr Ian Fowler

Flitwick Dolphins SC

9 Salisbury Road,

Flitwick,

Bedfordshire MK45 1UD

Email: [flitopen@btinternet.com](mailto:flitopen@btinternet.com)

# Flitwick Dolphins Swimming Club



## OPEN MEET 2017

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Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> October 2017, Saxon Pool, Biggleswade SG18 8SU

### Schedule of Events

#### Saturday 21<sup>st</sup> October 2017

	Event	Gender	
101	400m IM	Male	<b>Session One</b> <b>Warm-Up: 12:45pm</b> <b>Withdrawal: 13:00pm</b> <b>Start: 1:45pm</b>
102	100m Freestyle	Female	
103	100m Freestyle	Male	
104	100m Backstroke	Female	
105	200m Backstroke	Male	
106	100m IM	Female	
107	50m Breaststroke	Male	
108	50m Breaststroke	Female	

	Event	Gender	
201	100m Butterfly	Male	<b>Session Two</b> <b>Warm-Up: TBC</b> <b>Withdrawal: TBC</b> <b>Start: TBC</b>
202	400m Freestyle	Female	
203	200m IM	Male	
204	100m Butterfly	Female	
205	100m Breaststroke	Male	
206	200m Breaststroke	Female	
207	50m Backstroke	Male	
208	50m Backstroke	Female	

#### Sunday 22<sup>nd</sup> October 2017

	Event	Gender	
301	400m IM	Female	<b>Session Three</b> <b>Warm-Up: 12:45pm</b> <b>Withdrawal: 13:00pm</b> <b>Start: 1:45pm</b>
302	200m Breaststroke	Male	
303	100m Breaststroke	Female	
304	200m Freestyle	Male	
305	200m Freestyle	Female	
306	100m IM	Male	
307	50m Butterfly	Female	
308	50m Butterfly	Male	

	Event	Gender	
401	200m Butterfly	Female	<b>Session Four</b> <b>Warm-Up: TBC</b> <b>Withdrawal: TBC</b> <b>Start: TBC</b>
402	400m Freestyle	Male	
403	200m IM	Female	
404	200m Butterfly	Male	
405	200m Backstroke	Female	
406	100m Backstroke	Male	
407	50m Freestyle	Female	
408	50m Freestyle	Male	

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**Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> October 2017, Saxon Pool, Biggleswade SG18 8SU**

### Individual Entry Form

Please use BLOCK LETTERS and make sure that the form is complete and correct.

First Name: ..... Surname: .....

Date of Birth: DD / MM / YYYY Age at 22<sup>nd</sup> October 2017: .....

ASA Number: ..... Male / Female (Delete as appropriate)

Club: .....

Disability classification, if applicable: .....

Home Address: .....

Postcode: .....

E-Mail address: .....

Event	Time
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	

Event	Time
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
100m IM	
200m IM	
400m IM	

Closing date for entries: Midnight, Sunday 24<sup>th</sup> September 2017

Total number of events entered = ..... × £6.00 = £ .....

Cheques should be made payable to Flitwick Dolphins Swimming Club. Please send a single cheque for consolidated entries from one club.

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the Promoter for this competition.

Signature of Competitor: ..... Date: .....

Club Official's Signature: ..... Date: .....

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### Qualifying and Upper Limit Times: Girls

UPPER LIMIT (AAA)	Age							
	9	10	11	12	13	14	15	16+
50m Freestyle	35.3	32.8	31.3	29.9	29	28.5	28.1	27.9
100m Freestyle	1:20.0	1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	1:00.2	59.5
200m Freestyle	2:49.7	2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:09.0	2:08.0
400m Freestyle	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3	4:28.3
50m Breaststroke	46.8	42.7	40.1	38	36.6	35.8	35.2	35
100m Breaststroke	1:44.3	1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1	1:14.8
200m Breaststroke	3:37.5	3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:42.1	2:41.4
50m Butterfly	40.2	36.3	34.5	32.7	31.7	31	30.4	30.3
100m Butterfly	1:37.6	1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.4	1:06.0
200m Butterfly	3:33.1	3:03.1	2:46.5	2:35.8	2:30.2	2:26.4	2:23.9	2:23.1
50m Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.8	31.4
100m Backstroke	1:31.1	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4	1:06.1
200m Backstroke	3:08.4	2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:22.0	2:20.8
100m IM	1:30.7	1:20.8	1:18.0	1:14.3	1:11.7	1:10.8	1:09.8	1:08.9
200m IM	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8	2:24.9
400m IM	6:50.1	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:06.0	5:03.4

QUALIFYING (B)	Age							
	9	10	11	12	13	14	15	16+
50m Freestyle	48.5	45.5	42.5	39.9	37.7	36.2	35.2	34.5
100m Freestyle	1:49.1	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9	1:14.2
200m Freestyle	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2	2:39.8
400m Freestyle	8:25.6	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9	5:35.1
50m Breaststroke	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2	43.4
100m Breaststroke	2:20.3	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5	1:32.9
200m Breaststroke	4:54.9	4:32.7	4:09.8	3:52.9	3:38.2	3:28.8	3:23.7	3:20.3
50m Butterfly	54.3	49.9	46.5	43.5	41	39.3	38.1	37.4
100m Butterfly	2:08.8	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3	1:21.6
200m Butterfly	4:41.5	4:09.3	3:45.0	3:27.8	3:15.1	3:06.4	3:01.0	2:57.7
50m Backstroke	55.5	51.7	48.1	45.1	42.6	40.8	39.8	38.9
100m Backstroke	2:02.9	1:52.2	1:42.5	1:35.2	1:29.7	1:26.1	1:23.6	1:22.1
200m Backstroke	4:16.6	3:58.3	3:37.2	3:23.0	3:12.2	3:04.5	2:58.9	2:55.1
100m IM	2:03.7	1:52.7	1:46.2	1:39.4	1:33.4	1:30.1	1:27.7	1:25.5
200m IM	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0	3:00.6
400m IM	9:18.4	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1	6:18.4

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### Qualifying and Upper Limit Times: Boys

UPPER LIMIT (AAA)	Age							
	9	10	11	12	13	14	15	16+
50m Freestyle	34.9	32.4	30.8	29.1	27.7	26.6	25.8	25.3
100m Freestyle	1:18.9	1:10.6	1:06.6	1:02.5	59.2	57	55.6	54.4
200m Freestyle	2:47.9	2:32.3	2:24.0	2:15.6	2:08.7	2:03.8	2:00.8	1:58.3
400m Freestyle	6:06.0	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:15.2	4:10.5
50m Breaststroke	46	42.5	40	37.5	35.1	33.7	32.6	31.7
100m Breaststroke	1:44.0	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8	1:08.2
200m Breaststroke	3:35.4	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5	2:28.7
50m Butterfly	39.7	36.4	34.1	32.3	30.5	29.2	28.1	27.6
100m Butterfly	1:36.6	1:22.6	1:15.4	1:10.4	1:06.2	1:03.2	1:00.9	1:00.0
200m Butterfly	3:30.1	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8	2:12.1
50m Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	29.4	28.5
100m Backstroke	1:29.6	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7	1:00.5
200m Backstroke	3:06.5	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.8	2:10.4
100m IM	1:29.5	1:22.4	1:18.2	1:13.9	1:09.8	1:06.5	1:04.5	1:02.7
200m IM	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1	2:13.7
400m IM	6:52.6	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5	4:42.8

QUALIFYING (B)	Age							
	9	10	11	12	13	14	15	16+
50m Freestyle	48.5	45.3	42.3	39.7	37	34.4	32.4	31.2
100m Freestyle	1:49.0	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1	1:07.5
200m Freestyle	3:54.0	3:35.4	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0	2:27.1
400m Freestyle	8:27.1	7:34.5	6:59.2	6:33.0	6:06.9	5:42.1	5:23.6	5:11.4
50m Breaststroke	1:03.1	58.8	54.5	50.8	46.8	43.5	40.9	39.2
100m Breaststroke	2:21.3	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0	1:24.4
200m Breaststroke	4:56.1	4:35.4	4:13.1	3:56.4	3:38.3	3:22.2	3:10.7	3:03.8
50m Butterfly	54.4	50.3	46.5	43.8	40.6	37.6	35.2	33.9
100m Butterfly	2:08.9	1:53.4	1:42.7	1:35.5	1:28.3	1:21.7	1:16.7	1:14.0
200m Butterfly	4:42.6	4:09.1	3:45.8	3:30.8	3:15.1	3:01.0	2:48.8	2:43.3
50m Backstroke	55.8	51.8	48.2	45.4	41.9	39.2	36.7	35.1
100m Backstroke	2:02.2	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6	1:14.6
200m Backstroke	4:17.5	3:58.1	3:40.4	3:26.4	3:11.4	2:57.5	2:47.5	2:41.4
100m IM	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9	1:17.3
200m IM	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9	2:45.6
400m IM	9:29.9	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7	5:50.9

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### Club Summary / Coach Pass Application Form

Club: ..... ASA Abbreviation: .....

Contact Name: .....

Contact Address: .....

Contact Phone: .....

Contact E-mail: .....

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

OR: Number of entries submitted electronically: .....

Total of Entry Fees (£6.00 per event): £.....

Number of coach's / poolside passes required:

	Number	Cost each	Total cost
Saturday Only		£15	
Sunday Only		£15	
Saturday and Sunday		£25	
<b>Total</b>			

Please contact the Promoter to arrange payment by bank transfer, or make cheques payable to Flitwick Dolphins Swimming Club and submit form to:

Flitwick Dolphins SC, c/o Mr Ian Fowler, 9 Salisbury Road, Flitwick MK45 1UD



**Closing date for entries: 24<sup>th</sup> September 2017**

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## **Officials Form**

**Name:** .....

**ASA Number:** .....

**Address:** .....

**Tel. Number:** .....

**Email:** .....

**Qualification (delete as applicable):**

**Referee / Judge Level 2 / Judge Level 1**

**Mentoring may be available: if you require mentoring, indicate here the level you wish to be mentored at, if it is available:**

**Sessions available (delete as applicable)**

**1 / 2 / 3 / 4**

**Refreshments will be provided and expenses may be claimed as per ASA guidelines**

**Please submit form to:**

**Flitwick Dolphins SC, c/o Mr Ian Fowler, 9 Salisbury Road, Flitwick MK45 1UD, or email your information to: [flitopen@btinternet.com](mailto:flitopen@btinternet.com) by 7<sup>th</sup> October 2017**

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## Electronic Entry

Download and install the SPORTSYSTEMS Entry Manager V2.0 from [www.sportsys.co.uk](http://www.sportsys.co.uk)

The website also has several webcasts (videos) which can be viewed to help you get started.

Once installed, this application may be retained on your computer for future competitions that also use the SPORTSYSTEMS Entry Manager V2.0 system. You will only need to download the Entry File Set for the specific competition being entered.

Full instructions can also be found within the program under Help.

The Entry File Set for the 2017 Flitwick Dolphins Open Meet can be downloaded from our website: [flitwickdolphins.org.uk](http://flitwickdolphins.org.uk)

You will find using this system makes entering your entries very easy. One click to enter a swimmers personal details and any entry time entered is dynamically checked against the entry standards for the meet. If a time is entered, automatically from rankings or manually, that does not satisfy the entry standard, the Y (green) / N (red) button adjacent to the time will be Y (yellow). These times will not be accepted for the Meet. You should ensure only Y (green) times are submitted.

You can use the report feature to calculate the total cost of your entries. This sum should be paid to Flitwick Dolphins Swimming Club either by cheque or bank transfer. If you require the club's bank details please contact the promoter.

After completing your entries e-mail the single export file to **[flitopen@btinternet.com](mailto:flitopen@btinternet.com)**

Closing date for entries is Midnight, Sunday 24<sup>th</sup> September 2017.

Original paper entry forms are not required to be sent to the promoter if an electronic entry is submitted; just the club summary / coach pass application form and payment. Under these circumstances, the person sending the electronic entry accepts that all swimmers are bound by the agreement printed on the individual entry form.

Swimmers with a disability classification should use a paper entry form, ensuring that their disability classification is indicated.

