



CENTRAL BEDS SWIM SQUAD AND BIGGLESWADE SWIMMING CLUB

(Affiliated to ASA East Region and Bedfordshire ASA)

1ST CHRISTMAS CRACKER OPEN MEET

(Under ASA Laws and Regulations and
Technical Rules for Racing and to the ASA Open Meet Criteria)

Level 3 Licence: 3ER

Saturday 16 and Sunday 17 December 2017

at

SAXON POOL and LEISURE CENTRE

Saxon Drive, Biggleswade

We are pleased to provide information about our 1st Christmas Cracker Open Meet, which we will run as a four session meet. This meet has a Level 3 licence and has both Upper and Lower Qualifying Times.

We hope that you will be able to take part and that the event will prove successful. We have enclosed all the information you should need but if further details are required please do not hesitate to get in touch.

Hy-tek Meet Manager & Daktronics electronic timing will be used in the 8 lane 25m deck level pool.

We would appreciate it if your club could supply officials to help on both days as the conditions of the Level 3 licence demand that all officials are qualified or actively involved in training. Please forward details with entries, giving the name of the officials and their qualifications, using the form provided. Could all those officials who volunteer assume their services will be needed, but we will try to contact them to confirm. Mentoring will be offered if we have enough officials. Thank you.

In this pack are:

- Meet rules and Information
- Schedule of events
- Individual Entry form for Girls & Boys
- Club Summary Entry form
- Withdrawal form
- Coach & poolside pass application form
- Officials form
- Qualifying and Upper Cut Off Times

Clubs who wish to enter 10 or more swimmers or events should download the event file using Hy-tek TM lite and submit their entries electronically. All clubs are asked to complete a **Club Entry Summary** form. Clubs are also reminded that ALL entries must meet the Qualifying Times and age criteria. The meet will be run without secondary entry cards or sign in sheets and **withdrawal forms** will be required for swimmers who do not intend to swim all the events they entered. Please ensure that we have contact details for each club to issue accepted entry lists.

Please note that there is limited parking available at the centre where the gym will remain open to the public during the Meet and shared use of transport might be useful. Please park on and off the site with consideration for other users and residents.

We hope you will enjoy the meet.

Good Luck!

Marie Handscombe
Meet Promoter

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MEET RULES AND INFORMATION

- 1 The competition will be held under ASA Laws and Regulations and the ASA Technical Rules of racing
- 2 All entries must meet the qualifying times stated on the entry times. Entries will not be accepted where an entry time is not submitted or is submitted as N/T (No Time). Swimmers with a disability are welcome to enter.
- 3 All competitors must hold a Category 2 ASA membership.
- 4 All events will be timed finals, with the fastest three in each age group being awarded prizes.
- 5 The age groups for boys and girls are: 10/11yr -12yr - 13yr - 14yr -15yr – 16yr & over.
- 6 Age as at 31 December 2017.
- 7 Valid entries will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are requested together with a single payment. The promoters reserve the right to close entries for individual events, event by event, to maintain a balanced programme.
- 8 Heats will be swum with all age groups combined and swimmers seeded by entry times.
- 9 Over the top starts may be used may be used at the Referee's discretion.
- 10 The entry fee is £6.00 per event. All entries must be on the official entry form, and MUST include the entrant's ASA membership registration number together with all entry fees. No entries will be accepted after the closing date or during the meet unless due to promoter's error or omission. Entries will not be registered unless accompanied by the correct entry fee. Please make cheques payable to CENTRAL BEDS SWIM SQUAD; Payment by BACS is preferred, to Code 40-10-02 A/c No 01734423, together with a confirmatory email which should include the club summary form. If preferred, single cheques from each club please, with swimmers paying their own club.
- 11 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.
- 12 Swimmers who do not send their entry on an official 1st Christmas Cracker Open Meet entry form, or electronically through their club, will not be accepted.
- 13 The recorders must be advised of any swimmer who does not wish to compete in an event which they have entered by using a withdrawal form which must be submitted by the swimmer or coach by 15 minutes after the start of each warm up. Withdrawals for a whole of day or the whole weekend may be advised by midday on Friday 15 December 2017 by email.
- 14 Refunds will only be issued when swimmers are withdrawn for medical reasons. A medical certificate may be required.
- 15 Results of this Meet will be posted on the CBSS and BWSC web sites and submitted to the ASA.
- 16 Prices:

	Programme for each day	£ 3.00
Spectator admission per day:	Adult	£ 6.00
	Child/OAP	£ 2.00
Per session:	Adult	£ 3.00
	Child/OAP	£ 1.00
- 17 Closing Date for entries: **Friday 17 November 2017.**
- 18 Coach Passes are available to Coaches supporting competing swimmers – maximum 3 per club depending on swimmer numbers. These include a programme. Coach Pass - including lunch/refreshments £15.00 each day or £30 for both days. Coach passes must be ordered with entries to assist with catering and will be issued at the door. Clubs represented by small numbers of swimmers but no *bona fide* coach should apply to the promoter with the entries for a poolside pass - £10.00 per day (no food/refreshments included). Both coach and poolside passes give access to poolside in accordance with ASA Child Protection Guidelines.
- 19 All swimmers should be supervised by coaches/team managers during the warm ups and whilst on poolside. Coaches and team managers are responsible for the behaviour of their swimmers at all times. All swimmers and coaches are reminded that they are responsible for the safety of all their possessions. The changing village has lockers operated for a returnable £1 fee.
- 20 Spectators and swimmers wishing to take photographs are advised that they must register at the desk whether they use cameras or any device capable of capturing a photographic image. **No photography is permitted in the changing village.**
- 21 Any matter not covered by the above will be determined by the Promotor and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing."

Please ensure that all swimmers are made aware of the above information.

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- 22 **All entries and coach pass requests** to bwsc@biggleswadesc.org or by post to Mrs G Lillywhite, 1 Catherines Close, Potton, BEDS SG19 2PR, Tel 07889 831648.
- 23 **All enquiries** to mariehandscome@gmail.com or by post to Mrs M Handscombe, 77 High Street, Great Barford, BEDS MK44 3LF, Tel 07734 710193

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Officials

To ensure compliance with the latest ASA licensing we request the help of officials from visiting clubs. All Officials at Level 3 Open Meets must be at least a judge level 1 in training, and a qualified timekeeper

Name		Club	
Address			
E-mail			
Tel No:		ASA Reg:	

		Referee	Starter	Judge		Timekeeper*
				1	2	
Saturday	Session 1					
	Session 2					
Sunday	Session 3					
	Session 4					

***Must be actively working towards JL1**

Officials who would like to offer their services should complete this form and return it to officials@biggleswadesc.org or to Mr Stuart Playford, 3 Longden Close, Haynes, Bedfordshire MK45 3PJ.

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Saturday 16 December	Pool Opens 12.30					Sunday 17 December	Pool opens 12.30				
<u>Session One</u>	101	B	All Ages	400m	Free	<u>Session Three</u>	301	G	All Ages	400m	Free
Withdrawals by 1.15pm	102	G	All Ages	100m	Breast	Withdrawals by 1.15pm	302	B	All Ages	100m	Breast
	103	B	All Ages	100m	Butterfly		303	G	All Ages	100m	Butterfly
Warm Up 1.00pm	104	G	All Ages	50m	Butterfly	Warm Up 1.00pm	304	B	All Ages	50m	Butterfly
Start 2.00pm	105	B	All Ages	50m	Breast	Start 2.00pm	305	G	All Ages	50m	Breast
	106	G	All Ages	200m	Free		306	B	All Ages	200m	Free
	107	B	All Ages	200m	IM		307	G	All Ages	200m	IM
<u>Session Two</u>						<u>Session Four</u>					
TBA	201	G	11 & Over	400m	IM	TBA	401	B	11 & Over	400m	IM
	202	B	All Ages	200m	Breast		402	G	All Ages	200m	Breast
	203	G	All Ages	50m	Back		403	B	All Ages	50m	Back
	204	B	All Ages	100m	Free		404	G	All Ages	100m	Free
	205	G	All Ages	200m	Back		405	B	All Ages	200m	Back
	206	B	All Ages	50m	Free		406	G	All Ages	50m	Free
	207	G	All Ages	200m	Butterfly		407	B	All Ages	200m	Butterfly
	208	B	All Ages	100m	Back		408	G	All Ages	100m	Back

Warm Up procedures

To avoid overcrowding of lanes during the continuous swim warm up, we plan to run the warm ups by gender and age groups: younger swimmers first and older swimmers later for most sessions. The final age break will depend on the entry numbers and will be advised, but it is expected that the first warm up will be for swimmers age 12 and under and the second for those aged 13, and over.

All Sessions: Lanes 1, 3, 5, 7 clockwise and Lanes 2, 4, 6 & 8 anticlockwise. Sprint Lanes 1 & 8, possibly more, when announced.

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Boys' Qualifying Times								
Upper limits		9/10	11	12	13	14	15	16/O
		50m	Freestyle	33.65	31.40	29.90	28.20	26.90
100m	Freestyle	1:15.30	1:02.00	1:01.47	59.66	57.85	55.70	54.59
200m	Freestyle	2:40.10	2:14.85	2:11.25	2:07.70	2:04.35	1:59.91	1:55.80
400m	Freestyle	5:43.20	4:45.20	4:36.07	4:29.10	4:22.24	4:13.51	4:07.30
50m	Backstroke	39.00	35.80	34.00	32.10	30.20	29.14	27.37
100m	Backstroke	1:25.50	1:10.80	1:08.70	1:06.60	1:04.57	1:01.86	1:00.90
200m	Backstroke	2:58.65	2:31.00	2:26.84	2:22.66	2:18.48	2:13.52	2:11.90
50m	Breaststroke	44.25	40.20	37.80	35.40	33.10	31.70	29.44
100m	Breaststroke	1:38.40	1:21.30	1:18.14	1:15.50	1:12.98	1:10.15	1:08.40
200m	Breaststroke	3:26.75	2:30.90	2:26.84	2:22.65	2:18.48	2:13.52	2:09.60
50m	Butterfly	38.00	33.40	31.10	29.40	27.60	26.40	25.18
100m	Butterfly	1:29.60	1:11.60	1:08.77	1:06.80	1:03.97	1:01.24	58.47
200m	Butterfly	3:15.45	2:37.50	2:32.48	2:27.45	2:22.50	2:15.72	2:11.40
200m	IM	3:02.90	2:33.80	2:29.65	2:25.45	2:21.33	2:16.27	2:12.10
400m	IM	-	5:25.00	5:16.69	5:08.50	4:59.60	4:49.45	4:42.96
Lower limits		9/10	11	12	13	14	15	16/O
		50m	Freestyle	46.90	44.39	41.45	38.91	36.26
100m	Freestyle	1:44.50	1:37.31	1:30.06	1:23.98	1:18.01	1:12.62	1:08.70
200m	Freestyle	3:44.70	3:31.09	3:15.90	3:03.16	2:50.42	2:38.37	2:29.94
400m	Freestyle	8:01.00	7:25.41	6:50.82	6:25.14	5:59.56	5:35.26	5:17.13
50m	Backstroke	53.80	50.76	47.32	44.49	41.06	38.42	35.97
100m	Backstroke	1:56.40	1:50.25	1:40.74	1:34.28	1:27.12	1:20.75	1:16.05
200m	Backstroke	4:07.80	3:53.34	3:35.99	3:22.27	3:07.57	2:53.95	2:44.15
50m	Breaststroke	59.40	57.62	53.41	49.78	45.86	42.63	40.08
100m	Breaststroke	2:14.90	2:05.93	1:55.15	1:47.21	1:38.69	1:31.63	1:26.24
200m	Breaststroke	4:43.20	4:49.89	4:08.04	3:51.67	3:33.93	3:18.16	3:06.89
50m	Butterfly	52.35	49.29	45.57	42.92	39.79	36.85	34.49
100m	Butterfly	2:01.20	1:51.13	1:40.65	1:31.63	1:26.53	1:20.07	1:15.17
200m	Butterfly	4:36.41	4:04.12	3:41.28	3:26.58	3:11.20	2:57.38	2:45.42
200m	IM	4:14.35	3:59.81	3:45.28	3:27.17	3:12.86	2:58.36	2:48.46
400m	IM	-	8:34.30	7:49.03	7:18.26	6:48.07	6:17.99	5:56.43

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Girls' Qualifying Times								
Upper limits								
		9/10	11	12	13	14	15	16/O
50m	Freestyle	34.05	32.18	30.70	29.33	28.45	27.60	28.08
100m	Freestyle	1:16.05	1:03.45	1:02.01	1:00.91	1:00.21	59.21	59.72
200m	Freestyle	2:41.40	2:16.10	2:13.11	2:12.00	2:09.41	2:07.36	2:06.04
400m	Freestyle	5:48.70	4:44.80	4:42.67	4:36.50	4:33.44	4:26.35	4:26.10
50m	Backstroke	39.05	36.69	34.83	33.26	32.18	31.49	30.48
100m	Backstroke	1:26.25	1:10.90	1:10.29	1:08.55	1:06.79	1:04.86	1:06.40
200m	Backstroke	3:00.30	2:31.20	2:28.83	2:26.40	2:23.46	2:19.29	2:22.70
50m	Breaststroke	44.75	41.70	39.20	37.20	35.80	35.10	34.24
100m	Breaststroke	1:38.80	1:20.80	1:19.34	1:18.13	1:16.00	1:15.42	1:15.40
200m	Breaststroke	3:27.90	2:56.00	2:49.83	2:47.40	2:45.02	2:42.11	2:42.90
50m	Butterfly	38.25	35.00	33.20	31.40	30.50	29.80	28.51
100m	Butterfly	1:30.05	1:12.10	1:09.92	1:08.60	1:07.43	1:05.82	1:04.90
200m	Butterfly	3:18.10	2:38.00	2:34.59	2:31.13	2:27.67	2:24.45	2:23.80
200m	IM	3:03.65	2:35.20	2:34.59	2:30.85	2:27.24	2:24.58	2:23.90
400m	IM	-	5:25.10	5:20.10	5:15.00	5:09.95	5:04.31	5:05.80
Lower limits								
		9/10	11	12	13	14	15	16/O
50m	Freestyle	47.00	44.59	41.65	39.10	36.95	35.48	34.50
100m	Freestyle	1:44.60	1:38.10	1:29.96	1:23.99	1:19.48	1:16.24	1:14.38
200m	Freestyle	3:43.40	3:29.72	3:14.24	3:01.00	2:50.81	2:44.25	2:39.94
400m	Freestyle	7:58.90	7:26.10	6:44.64	6:17.40	5:57.01	5:43.39	5:34.08
50m	Backstroke	53.60	50.67	47.14	44.20	41.75	39.98	39.00
100m	Backstroke	1:57.55	1:49.96	1:40.45	1:33.30	1:27.91	1:24.39	1:21.93
200m	Backstroke	4:07.45	3:53.53	3:32.86	3:18.94	3:08.04	3:00.81	2:55.32
50m	Breaststroke	1:01.10	57.62	53.21	49.59	46.65	44.59	43.32
100m	Breaststroke	2:14.15	2:08.98	1:54.07	1:46.33	1:39.57	1:34.77	1:32.61
200m	Breaststroke	4:43.80	4:27.25	4:04.80	3:48.24	3:33.84	3:24.62	3:19.63
50m	Butterfly	52.10	48.90	45.57	42.63	40.18	38.51	37.34
100m	Butterfly	2:00.70	1:50.35	1:40.06	1:32.71	1:27.51	1:23.50	1:21.63
200m	Butterfly	4:25.40	4:04.31	3:40.50	3:23.64	3:11.20	3:02.67	2:57.38
200m	IM	4:13.30	3:58.24	3:39.23	3:24.13	3:13.16	3:05.12	3:00.32
400m	IM	-	8:28.33	7:41.29	7:09.44	6:44.64	6:28.57	6:18.38

Please ensure that all swimmers are made aware of the above information.