

# Northampton SC 2017 Summer Festival Long Course Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

**Corby East Midlands, International Swimming Pool Sat 8<sup>th</sup> and Sun 9<sup>th</sup> July 2017**

**Level 3 (3EM170339)**

## To Club Entries Officers!

Thank you for your interest in our Summer Festival Long Course Open Meet  
It's a great pleasure to send you the Meet Information Pack. You should find enclosed:

- **Programme of Events**
- **Meet information**
- **Coaches Pass Application form**
- **Officials form**

**This event is a first come, first served meet and so an ideal opportunity to compete at a long course event!**

### Programme of events:

#### **Saturday 8<sup>th</sup> July 2017**

##### **Session 1 Warm up TBC Start 9:00**

Event 101 Girls	200 Metres Backstroke
Event 102 Boys	100 Metres Butterfly
Event 103 Girls	100 Metres Breaststroke
Event 104 Boys	50 Metres Breaststroke
Event 105 Girls	50 Metres Backstroke
Event 106 Boys	200 Metres Freestyle
Event 107 Girls	200 Metres Butterfly

#### **Sunday 9<sup>th</sup> July 2017**

##### **Session 3 Warm up TBC Start 9:00**

Event 301 Boys	200 Metres Backstroke
Event 302 Girls	100 Metres Butterfly
Event 303 Boys	100 Metres Breaststroke
Event 304 Girls	50 Metres Breaststroke
Event 305 Boys	50 Metres Backstroke
Event 306 Girls	200 Metres Freestyle
Event 307 Boys	200 Metres Butterfly

##### **Session 2 Warm up TBA**

Event 201 Boys	200 Metres I.M.
Event 202 Girls	50 Metres Butterfly
Event 203 Boys	50 Metres Freestyle
Event 204 Girls	200 Metres Breaststroke
Event 205 Boys	100 Metres Backstroke
Event 206 Girls	100 Metres Freestyle

##### **Session 4 Warm up TBA**

Event 401 Girls	200 Metres I.M.
Event 402 Boys	50 Metres Butterfly
Event 403 Girls	50 Metres Freestyle
Event 404 Boys	200 Metres Breaststroke
Event 405 Girls	100 Metres Backstroke
Event 406 Boys	100 Metres Freestyle

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## Meet Information and Competition Rules

- 1) The competition is open to amateurs only as defined by the ASA and will be swum under ASA Laws and ASA Technical Rules. The promoter is Northampton Swimming Club.
- 2) The competition will be open to age groups 10, 11, 12, 13, 14, 15, 16+. Ages will be **age at 31<sup>st</sup> December 2017**.
- 3) This is a first come, first served meet. The promoter reserves the right to limit entries if the meet is oversubscribed.
- 4) Swimmers who are ranked to qualify for either Home nation nationals or GB nationals are not allowed to enter this event.
- 5) All clubs must submit their entries using the electronic entry files that will be available on the Northampton Swimming Club website.
- 6) The pool is 50 metres long and 8 lanes wide. We reserve the right to have "Over the top" starts.
- 7) Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads.
- 8) All entry times should be converted to a 50m pool. (This will be automatically done when importing times from national rankings using the entry manager programme). Entries without entry times will be refused. No poolside entries will be accepted.
- 9) This meet will operate as a cardless meet. Coaches **must** submit withdrawal forms for any swimmers not competing to the meet promoter 45 minutes before the start of each session. Withdrawals can be made up until 1800 via email on Friday 7<sup>th</sup> July 2017. Send to [swimming@proudys.plus.com](mailto:swimming@proudys.plus.com) after this time withdrawals must be made on the official withdrawal forms which can be found in the coaches packs and technical office.
- 10) Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time **may** be excluded.
- 11) An award will be made to the fastest 6 swimmers in the 10,11 and 12 years age groups and the fastest 3 swimmers in the 13,14,15 and 16 Over Age groups.
- 12) Coaches packs are available for £20 for one day or £30 for both. They include programme, start sheets, food and refreshments. If a club has 10 or more swimmers entered, it is recommended that there is one pass per 10 swimmers.
- 13) Refunds will only be made where a swimmers is rejected from the meet due to it being over subscribed. No refunds will be made for entries accepted under any circumstances once the meet has been closed to new entrants.
- 14) There will be a charge to enter the building past the reception area. Programmes will be extra.
- 15) Result sheets will be posted after each event. Live results will be available on the Northampton Swimming Club website [www.northamptonswimming.com](http://www.northamptonswimming.com)
- 16) Club entries must use sportsystems and send the entry report printout from Sportsystems to the address shown on the club summary sheet below and must be returned by the closing date of **Friday 9<sup>th</sup> June 2017**. Entry fees are £6.50 per event for electronic submission. Paper entries will be accepted for an additional cost of 50p per event (£7). Please make cheques payable to "Northampton Swimming Club". Exported entry files must be emailed to [swimming@proudys.plus.com](mailto:swimming@proudys.plus.com) and [coach.sharp@btconnect.com](mailto:coach.sharp@btconnect.com)
- 17) Entries from individuals must be made using the paper entries incurring an additional cost of 50p per event and must be submitted using the entry form within the pack and returned to the address shown with correct fee. Where there is more than 1 entry from a club only 1 file should be sent and the consolidated entry form filled in.
- 18) A swim shop will be in attendance.
- 19) Entry Confirmation will be on the Northampton Swimming Club website [www.northamptonswimming.com](http://www.northamptonswimming.com) this will be in the form of a draft programme and accepted entry list of swims by club.
- 20) Any point not covered in these rules is at the discretion of the organisers.

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## Club Summary and Coaches Passes Application Form

Return the completed coaches pass forms and Sportsystems printout, together with the entry fees to: Northampton Swimming Club, Mounts Baths, Upper Mounts, Northampton NN13DN

*Cheques made payable to 'Northampton Swimming Club' to be returned by Fri 9.06.17*

<b>Club</b>		
<b>Address</b>		
<b>Telephone</b>		
<b>e-mail</b>		
<b>Address</b>		
<b>Telephone</b>		
<b>e-mail</b>		
<b>Names of Coaches using passes</b>		
<b>Number of Female Electronic Entries</b>	<b>@6.50</b>	<b>£</b>
<b>Number of Male Electronic Entries</b>	<b>@6.50</b>	<b>£</b>
<b>Number of Paper Entries</b>	<b>@7</b>	<b>£</b>
<b>Number of 1 day Coaches pass Saturday</b>	<b>@20.00</b>	<b>£</b>
<b>Number of 1 day Coaches pass Sunday</b>	<b>@20.00</b>	<b>£</b>
<b>Number of 2 day (weekend passes)</b>	<b>@30.00</b>	<b>£</b>
<b><u>Total Amount of Club Cheque Enclosed</u></b>		<b>£</b>

**THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYTEMS PRINTOUTS.**

**THIS FORM MUST BE COMPLETED AND RETURNED WITH ALL PAPER ENTRIES.  
ALL FORMS, PRINTOUTS AND PAYMENTS MUST BE SENT TO  
NSC MOUNTS BATHS, UPPER MOUNTS, NORTHAMPTON NN1 3DN  
ELECTRONIC ENTRY FILES TO BE EMAILED TO IAN PROUD  
[SWIMMING@PROUDYS.PLUS.COM](mailto:SWIMMING@PROUDYS.PLUS.COM) FOR CLUB ENTRIES VIA SPORTSYTEMS  
INDIVIDUAL ENTRIES CANNOT BE MADE USING SPORTSYSTEMS**

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## **Level 3 (3EM170339)**

### **Male Lower Limit times**

Event	10	11	12	13	14	15	16+
50m Freestyle	48.4	0:46.4	0:38.6	0:36.9	0:35.1	0:33.1	0:32.4
100m Freestyle	1:41.4	1:37.4	1:22.7	1:18.4	1:15.1	1:11.5	1:09.9
200m Freestyle	3:38.1	3:30.1	2:59.9	2:50.5	2:43.4	2:37.1	2:33.5
50m Breaststroke	1:02.3	1:00.3	0:49.3	0:46.0	0:43.6	0:42.2	0:41.1
100m Breaststroke	2:11.2	2:07.2	1:46.4	1:39.6	1:35.1	1:32.4	1:29.9
200m Breaststroke	4:40.2	4:32.2	3:49.7	3:36.0	3:25.5	3:20.4	3:15.9
50m Butterfly	54.2	0:52.2	0:42.8	0:40.6	0:38.0	0:36.4	0:35.7
100m Butterfly	1:59.6	1:55.6	1:33.1	1:27.5	1:23.1	1:20.6	1:19.0
200m Butterfly	4:22.3	4:14.3	3:25.1	3:13.2	3:04.1	2:57.0	2:54.1
50m Backstroke	55.3	0:53.9	0:44.6	0:42.1	0:40.0	0:38.1	0:36.9
100m Backstroke	1:55.4	1:51.4	1:33.8	1:28.3	1:24.0	1:21.6	1:19.6
200m Backstroke	4:40.3	3:56.3	3:20.1	3:09.0	3:00.4	2:55.7	2:51.9
200m IM	4:06.1	3:58.1	3:24.5	3:14.1	3:04.5	3:00.1	2:56.4

### **Female Lower Limit times**

Event	10	11	12	13	14	15	16+
50m Freestyle	49.1	0:47.1	0:39.7	0:38.5	0:36.7	0:36.1	0:35.7
100m Freestyle	1:42.0	1:38.0	1:24.4	1:21.9	1:19.3	1:17.5	1:16.5
200m Freestyle	3:39.1	3:31.1	3:01.5	2:55.6	2:53.6	2:47.9	2:46.3
50m Breaststroke	1:05.1	1:01.1	0:50.2	0:48.4	0:46.6	0:45.7	0:45.4
100m Breaststroke	2:09.2	2:05.2	1:47.5	1:43.0	1:40.5	1:39.4	1:38.8
200m Breaststroke	4:36.5	4:28.5	3:50.7	3:40.9	3:37.1	3:34.4	3:32.9
50m Butterfly	54.3	0:52.3	0:43.7	0:41.8	0:40.3	0:39.5	0:39.2
100m Butterfly	1:54.9	1:50.9	1:34.0	1:30.8	1:28.8	1:27.8	1:26.9
200m Butterfly	4:20.0	4:12.0	3:26.0	3:18.0	3:14.0	3:10.4	3:08.7
50m Backstroke	55.7	0:53.7	0:45.3	0:43.3	0:41.7	0:41.3	0:40.8
100m Backstroke	1:54.0	1:50.0	1:34.2	1:30.9	1:29.6	1:27.9	1:27.3
200m Backstroke	4:00.2	3:52.2	3:20.4	3:14.3	3:11.6	3:11.3	3:05.9
200m IM	4:06.4	3:58.4	3:25.1	3:19.0	3:15.9	3:13.0	3:11.3



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## Swimmers Entry Form

**(Form must be submitted for paper entries by individuals to the address shown below)**

**(If Clubs use the form for internal entries and then for submission by electronic entries the fees will be £6.50 and not £7 as shown and the forms do not have to be returned)**

Name: \_\_\_\_\_ / Club \_\_\_\_\_

DOB: \_\_\_\_\_

ASA Number: \_\_\_\_\_

Event	Please tick (entry time is taken from British rankings)	Paper entry £7 per event
50m Freestyle		
100m Freestyle		
200m Freestyle		
50m Backstroke		
100m Backstroke		
200m Backstroke		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
200m IM		
		<b>Total cost:</b>

**For Paper Submission please post**

**Northampton Swimming Club  
Mounts Baths  
Upper Mounts  
Northampton  
NN1 3DN**

BACS details  
Northampton Swimming Club  
Sort code: 09-07-24  
Account number: 61751984

**Cheques made payable to Northampton Swimming Club**

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## OFFICIALS REQUIRED

Are you able to help by officiating at one or more sessions?

Meals provided if you cover two sessions in a day.

**Can Clubs please pass this on to all qualified officials likely to be attending the meet.**

Contact: Terry Bream [t.bream@btinternet.com](mailto:t.bream@btinternet.com)

		<b>Please Tick box for all sessions you are available</b>
Session 1	Saturday 8 <sup>th</sup> July 2017	
Session 2	Saturday 8 <sup>th</sup> July 2017	
Session 3	Sunday 9 <sup>th</sup> July 2017	
Session 4	Sunday 9 <sup>th</sup> July 2017	

Name	
Address	
Qualification	
Email Address	

**PLEASE COMPLETE AND RETURN TO TERRY BREAM ASAP**