



# Basildon Phoenix Swimming Club

## Last Chance County Qualifier 2015

### Level 3 Short Course Meet

**19/20 December 2015**

**Basildon Sporting Village, Cranes Farm Road, Basildon.**

### **Rules and Conditions**

1. The Gala will take place at Basildon Sporting Village, Cranes Farm Road, Basildon, and is pending confirmation of license number by the ASA as Level 3 event. It will run short course 25m 8 lane pool with electronic timing. It will be held under ASA Laws and ASA Technical Rules.
2. Age on day is 20<sup>th</sup> December 2015
3. All entrants must be members of an ASA affiliated club and or members of countries affiliated to FINA
4. It is the responsibility of all clubs and coaches to ensure that swimmers are competent to the standard of the ASA Competitive Start Award. Swimmers may start in the water but must inform the relevant official before the start of the race.
5. The promoter reserves the right in the interests of time, to operate **OVER THE TOP** starts in ALL events
6. The age groups are 9,10, 11, 12, 13,14 15+,. Age groups are based on the swimmers age on the last day of the competition. Medals will be awarded to the top 3 swimmers in each age group. No Medals will be posted.
7. Races consist of 50m all strokes, 100m all strokes, 200m all strokes, 400 F/s & 400m IM
8. **It is a condition of entry that ALL clubs entering 5 or more swimmers must provide at least 1 official (all 4 sessions must be covered)- Completed officials form MUST be sent in with entries for entries to be accepted**

### **ENTRIES**

10. All entries are £5.50 per event.
11. Clubs entering 6 or more swimmers must do so using the Sportsystems entry file available on our website or by emailing [bpscgalasec@btopenworld.com](mailto:bpscgalasec@btopenworld.com). Please note that if a club enters more than 6 swimmers by means of entry form rather than Sportsys they will incur an administration charge of £25
12. If a club is entering less than 6 swimmers, entries may be made by either via the Sportystems File or by entry form (photocopies will be accepted).
13. Manager/Coach passes are available at the cost of £20 for the weekend. Passes will entitle holders to admission to all sessions, lunch, tea, coffee and biscuits and a programme. Requests for manager/coach passes should be made on the



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appropriate form and can either be emailed to [bpscgalsec@btopenworld.com](mailto:bpscgalsec@btopenworld.com) or posted. Manager/Coach passes will not be issued on the day. A maximum of three team managers/coaches passes per club will be allocated to permit access to poolside. All applicants should be registered on the ASA Child Protection Register. Manager/Coach pass holders will be requested to assist in the supervision of warm-ups.

14. Hard entry copies, Manager/Coach pass forms and cheques covering entry fees and Manager/Coach passes should be sent to: BPSC Spring Meet. Rebels, Rebels Lane, Southend, Essex SS3 0QE
15. The promoter reserves the right to return any entry not fulfilling the above requirements. It is the swimmers / parent or guardian's responsibility to ensure the name used for entry into the meet is as registered with the ASA. Swimmers / parent's or guardian's should check the name on the sign in sheet and report mistakes to the promoter.
16. All swimmers including those aged 9 must be registered as Category 2 with the ASA and have their cards available should they be required.
17. Swimmers entering this Meet are expected to enter their current best times. Submitted times should be those achieved in a 25m pool (or converted from 50m times using conversion tables or the Sportsystem programme).
18. **ALL entry times must be no faster than the published upper limit- Entries faster than this time will be entered as Timetrials only and will not be eligible for an award**
19. **Entries are first come first served**
20. **NO OTHER MONIES WILL BE REFUNDED.**
18. **Closing date for entries will be 19<sup>th</sup> November 2015**

#### **THE COMPETITION**

19. This meet will operate as a CARDLESS meet.. All swimmers will be required to 'sign in' for their event within 20 minutes of the start of racing at each session.
20. Swimmers must report to the Competitors' Stewards when instructed to do so by the announcer. Any competitor not reporting in time may be excluded.
21. Each event will incorporate all age groups and age group winners will be on a Heat Declared Winner basis.

#### **Time Trials**

**Time Trials at this meet maybe allowed if time permits however priority will be given to children of Officials and Volunteers**

Time trials WILL be entered into placing's



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#### **ADDITIONAL INFORMATION**

22. BPSC accepts no responsibility for loss or damage to personal property and requests that all persons remove their belongings if they leave the premises at any time. Any lost property not claimed from the announcer during the meet will be handed to Pool Management for collection by the owner.
23. In line with the recommendations in the ASA Child Protection Policy, any person wishing to use video, zoom or closerange photography at the competition must register their details at the desk provided beforehand. This rule also applies to the use of mobile phones with an image capturing facility. A sticker will be issued and this should be affixed to the camera/video itself.
24. Competitors must be suitably dressed and with the appropriate footwear whilst on poolside. No outdoor shoes are allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers are not allowed elsewhere in the building or in the spectator area with wet swimwear.
25. Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 1984, 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 Promoters.
26. Spectators, officials and competitors must observe the safety precautions in operation at Basildon Sporting Village and are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management. Neither the Meet Management, the Promoters nor BPSC will be responsible for any loss or damage occurring during this Meet.
27. Coaches or Team Managers are responsible for the swimmers' conduct at all times.
28. By submitting an entry, competitors and coaches are agreeing to be bound by these rules.
29. The promoters reserve the right to refuse admission to any person.
30. Results will be available on the Club website as soon as possible after the meet.
31. Any issues not covered by the above will be dealt with according to the laws of the Sport and subject to the discretion of the Meet Management and the Promoters Lyndsey Motin and Phill Nice who also reserve the right to make changes that may be considered necessary for the smooth running and discipline of the event.



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## **SCHEDULE OF EVENTS**

<b>SATURDAY SESSION 1 WARM UP 1.00PM</b>	<b>SUNDAY SESSION 3 WARM UP 1PM</b>
BOYS 400M FREESTYLE	GIRLS 400M FREESTYLE
GIRLS 400M IM	BOYS 400M IM
BOYS 50M BREASTSTROKE	GIRLS 50M BREASTSTROKE
GIRLS 50M BUTTERFLY	BOYS 50M BUTTERFLY
BOYS 200M BACKSTROKE	GIRLS 200M BACKSTROKE
GIRLS 200M BREASTSTROKE	BOYS 200M BREASTSTROKE
BOYS 100M BUTTERFLY	GIRLS 100M BUTTERFLY
GIRLS 100M FREESTYLE	BOYS 100M FREESTYLE
<b>SATURDAY SESSION 2 WARM UP TBC</b>	<b>SUNDAY SESSION 4 WARM UP TBC</b>
BOYS 200M IM	GIRLS 200M IM
GIRLS 50M FREESTYLE	BOYS 50M FREESTYLE
BOYS 50M BACKSTROKE	GIRLS 50M BACKSTROKE
GIRLS 100M IM	BOYS 100M IM
BOYS 200M FREESTYLE	GIRLS 200M FREESTYLE
GIRLS 200M BUTTERFLY	BOYS 200M BUTTERFLY
BOYS 100M BACKSTROKE	GIRLS 100M BACKSTROKE
GIRLS 100M BREASTSTROKE	BOYS 100M BREASTSTROKE



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Upper limits  
No QTS

GIRLS									BOYS								
9	10	11	12	13	14	15+			9	10	11	12	13	14	15+		
38.5	36.1	35.1	33.0	32.5	31.1	30.6	50m	Back	38.8	36.5	34.4	32.5	30.0	29.4	26.9		
45.4	43.4	40.8	38.5	37.8	37.3	36.0	50m	Breast	44.8	42.8	41.0	37.6	35.6	34.1	32.4		
38.2	35.9	34.9	32.9	32.4	31.6	30.3	50m	Fly	38.5	36.0	34.0	32.3	30.5	28.0	26.2		
35.3	33.4	31.7	30.0	28.8	28.0	26.9	50m	Free	33.0	32.0	31.0	30.0	29.0	28.0	25.0		
1.16.3	1.16.3	1.16.3	1.12.5	1.11.9	1.10.4	1.05.6	100m	Back	1.09.3	1.09.3	1.09.3	1.09.3	1.07.2	1.04.4	1.00.1		
1.25.4	1.25.4	1.25.4	1.23.0	1.21.1	1.20.5	1.17.4	100m	Brst	1.20.3	1.20.3	1.20.3	1.20.3	1.15.4	1.12.2	1.10.0		
1.15.0	1.15.0	1.15.0	1.14.0	1.11.8	1.10.2	1.09.3	100m	Fly	1.11.2	1.11.2	1.11.2	1.11.2	1.08.3	1.06.3	58.0		
1.08.2	1.08.2	1.08.2	1.05.9	1.04.2	1.03.3	1.01.3	100m	free	1.03.5	1.03.5	1.03.5	1.03.5	59.6	58.9	53.9		
3.10.5	2.50.2	2.41.8	2.33.0	2.30.9	2.29.4	2.25.3	200m	Back	3.00.0	2:47.0	2.36.0	2.31.0	2.27.0	2.22.1	2.10.1		
3.30.5	3.20.8	3.09.9	3.00.5	2.59.4	2.57.4	2.45.7	200m	Breast	3.30.0	3.10.0	3.00.8	2.55.2	2.50.9	2.45.7	2.32.8		
3.22.5	3.00.6	2.45.3	2.40.0	2.35.1	2.30.4	2.25.7	200m	Fly	3.20.2	3.00.9	2.50.5	2.40.0	2.30.2	2.25.4	2.05.5		
2.45.1	2.35.0	2.25.0	2.20.0	2.18.0	2.15.6	2.10.9	200m	Free	2.45.0	2.35.0	2.25.0	2.15.8	2.10.5	2.05.5	2.00.0		
5.30.0	5.15.4	5.00.0	4.54.0	4.45.0	4.43.0	4.30.0	400m	Free	5.45.0	5.20.0	5.00.0	4.45.9	4.34.7	4.25.9	4.15.8		
1.25.0	1.20.0	1.15.7	1.14.4	1.13.9	1.12.5	1.05.6	100m	I/M	1.31.5	1.25.1	1.20.3	1.15.5	1.11.2	1.08.5	1.02.2		
3.10.4	2:55.0	2.45.8	2.40.9	2.35.7	2.30.8	2.20.2	200m	I/M	3.16.0	2:59.5	2.48.6	2.39.4	2.29.7	2.25.1	2.10.6		
6.30.0	6.10.7	5.40.1	5.35.0	5.30.8	5.25.5	5.10.1	400m	I/M	6.54.0	6.20.6	5.49.2	5.35.0	5.14.8	5.08.4	4.40.9		