

Parkside Swimming Pools, Cambridge.



April 2016
Last Chance
Regional Qualifier
Level 3 No. 3ER160167
8th, 9th and 10th April, 2016

City of Cambridge Swimming Club



City of Cambridge Swimming Club
April 2016 Last Chance Regional Qualifier
(License Number: 3ER160167)

Friday 8th, Saturday 9th and Sunday 10th April 2016
Under ASA Laws & Technical Rules: Affiliated to the East Region ASA

- Venue: Parkside Swimming Pool, Gonville Place, Cambridge, CB1 1LY
- Pool: 8 Lane, 25m Pool, Electronic Timing, new Olympic standard blocks.
- Age Groups: 9, 10, 11, 12, 13, 14, 15, 16 and over. For event restrictions see qualifying times table.
- Awards: Heat Declared Winners with awards to top three in each age group.
- Events: 50m, 100m and 200m all strokes, 400m Freestyle and 200m and 400m IM.
- Fees Race Entry Fee: £5.00 per event
Spectator Entry £3.00 per session or £5.00 all day.
Queen Anne Car Park is adjacent to the pool.
- Entries to Meets Secretary,
City of Cambridge Swimming Club, Parkside Pools, Gonville Place, Cambridge, CB1 1LY

Enquiries can be e-mailed to meets@cocsc.org.uk

Closing Date for Entries: 12.00 Midnight on 9th March 2016.

Meet Programme

Session 1

Friday 8th April

Sign-in closes 6.15pm

Warm-up 6.15pm - Start 7.15pm

| | | |
|-----|------------------|--------|
| 101 | 400m IM | Female |
| 102 | 400m IM | Male |
| 103 | 50m Butterfly | Female |
| 104 | 50m Butterfly | Male |
| 105 | 50m Backstroke | Female |
| 106 | 50m Backstroke | Male |
| 107 | 50m Breaststroke | Female |
| 108 | 50m Breaststroke | Male |

Session 2

Saturday 9th April

Sign-in closes 12pm

Warm-up 12pm - Start 1pm

| | | |
|-----|----------------|--------|
| 201 | 100m Freestyle | Male |
| 202 | 100m Freestyle | Female |
| 203 | 200m IM | Male |
| 204 | 200m Butterfly | Female |
| 205 | 200m Butterfly | Male |
| 206 | 50m Freestyle | Female |

Session 4

Sunday 10th April

Sign-in closes 11am

Warm-up 11am - Start 12pm

| | | |
|-----|----------------|--------|
| 401 | 400m Freestyle | Female |
| 402 | 100m Butterfly | Male |
| 403 | 100m Butterfly | Female |
| 404 | 200m Freestyle | Male |
| 405 | 200m Freestyle | Female |
| 406 | 50m Freestyle | Male |

Session 3

Saturday 9th April

Sign-in closes tbc

Warm-up tbc - Start tbc

| | | |
|-----|-------------------|--------|
| 301 | 400m Freestyle | Male |
| 302 | 100m Breaststroke | Female |
| 303 | 100m Breaststroke | Male |
| 304 | 200m Backstroke | Female |
| 305 | 200m Backstroke | Male |

Session 5

Sunday 10th April

Sign-in closes tbc

Warm-up tbc - Start tbc

| | | |
|-----|-------------------|--------|
| 501 | 200m IM | Female |
| 502 | 100m Backstroke | Male |
| 503 | 100m Backstroke | Female |
| 504 | 200m Breaststroke | Male |
| 505 | 200m Breaststroke | Female |

***Timings noted above are indicative, and may alter slightly.
Final timings will be confirmed shortly before the meet.***

Meet Rules and Information

1. This Competition is licensed by the ASA and will be held under ASA Laws and ASA Technical Rules.
 2. Entrants must be ASA Registered CAT 2, belong to an affiliated club and enter in the name of one club only.
 3. This is not a first come first served meet. The promoter reserves the right to limit entries. Competitors may be rejected if the meet is oversubscribed in order to meet license time guidelines. The promoters reserve the right to give preference to accepting complete clubs entries whose swimmers (meeting the qualifying times) are travelling long distances due to having to pre book accommodation and/or transport.
 4. All entries of 3 or more swimmers must be made electronically. Electronic Sportsys entry files are available on request by email meets@cocsc.org.uk or from the club website at www.cocsc.org.uk. There will be an administration charge of £20 for group entries not submitted electronically.
 5. Entry forms and payment must be received by the Promoters before midnight on 9th March 2016 and must be fully and correctly completed, or else they may be rejected.
 6. Swimmers in possession of an ASA Certificate of Swimming Disability or whose ASA membership record details a disability sport class and compete within the ASA are welcome to enter the competition with a time slower than the lower limit standard. An entry time must be provided.
 7. The Competition will be run as a cardless meet. The list of accepted and rejected entries will be published/available for download on the club website (www.cocsc.org.uk) approximately two weeks prior to the competition. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
 8. Competitors' ages shall be as at 10th April 2016.
 9. 9 year old swimmers are not eligible to enter 100m events.
 10. All events will be Heat Declared Winners (HDW) Awards will be made for the top three in each age group in each event.
 11. Swimmers must sign in before the start of the warm-up for each session for each event in which they wish to take part. A swimmer who is late to sign in may be placed in an unoccupied lane at the discretion of the meet administrator, but this is not guaranteed.
 12. Swimmers must not be signed in unless they are present.
 13. All withdrawals after sign-in must be notified to the meet administrator as soon as possible, any un-notified withdrawals will be subject to a £10 fine, which must be paid prior to the competitor resuming participation in the meet.
 14. Any competitor that withdraws on medical grounds will not be able to participate in any events for the remainder of that session.
 15. The pool length is 25 metres, 8 lanes with anti-wave ropes and electronic timing and the depth of the pool is 1.2m at the shallow end and 1.8m at the deep end.
 16. Backstroke start devices may be used.
 17. Competitors must report to the marshalling area in a timely manner, normally 1 event in advance of their own, where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event.
 18. All events will be seeded on submitted times and the fastest heat will be spearheaded. The first three swimmers in each event in each age group will receive awards.
 19. Coaches/Team Managers will be allowed on poolside if wearing a pass.
 20. Coach Passes are available free of charge for the Friday evening session, or at £12 per day for Saturday or Sunday which includes a meal at lunchtime, a programme and a full set of results.
 21. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of 1:20 helpers/swimmers. Untrained parents without CRB are not allowed poolside.
 22. Clubs entering a large number of swimmers are asked to provide 1 licensed judge per session for every 5 swimmers entered to help officiate. Officials will be provided with lunch and refreshments throughout the weekend.
 23. The promoters reserve the right in the interests of time, to operate 'OVER THE TOP' starts.
 24. The promoters do not accept responsibility for any property.
 25. For Health and Safety reasons only small rucksack bags will be allowed poolside. Lockers are available with a £1 coin (refundable) Pool staff will remove any large obtrusive bags.
 26. Limited seating poolside will be available for Coaches and swimmers. No additional seating is permitted.
-

27. No person will be allowed on poolside without a pass.
28. There will be no glass items allowed on poolside.
29. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.
30. City of Cambridge Swimming Club uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.
31. Charges as follows: Race Entry Fees £5.00 per event, Coaches Passes £12.00 per day (except Friday), Spectator fees £3.00 per session or £5.00 per day, Programmes £3.00.
32. All persons wishing to use photographic equipment - including mobile phones with photographic capacity - must register at the reception desk on the balcony in accordance with ASA guidelines. No photographs are permitted poolside
33. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter clockwise. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions. Guidance will be given by the meet announcer and Warm Up Marshalls. Warm up schedule will be issued to Coaches on arrival.
34. Any situation not covered by the above will be at the discretion of the promoters, who also reserve the right to make any changes that may be considered necessary for the smooth running and discipline of the event.

Disability Swimming Conditions

The conditions outlined above shall apply to the Disability Swimming events except where varied by any of the following conditions.

Eligibility

1. Swimmers with S1- S15 classifications will be accepted.
2. All swimmers must have an internationally authorised classification.
3. Competitors must be registered members of the ASA.
4. The meet does not have disability consideration times, however the organisers reserve the right to reject swimmers after the closing date if demand exceeds the time available in the galas.

Personal Care Attendants

1. Personal care attendants will be permitted for swimmers in all disability classes.
2. A swimmer may have both a coach and a personal care attendant present.

Competition Format

1. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.
2. Positions will be determined by each swimmer's times relative to the world record in their own classification.
3. Disability swimmers will be included but not placed within the results for the appropriate age group in the able-bodied competition unless their entry times meet the qualifying times for the able-bodied competition. They will also be included in the Multi Disability results and placed within those results according to their equivalent times.
4. Winners of all events will be heat declared.
5. Competition to be run under IPC Swimming swim rules.
6. An official who holds the qualification of ASA Disability Official will act as a technical advisor in each of the sessions where disability athletes are entered, if available.

Medals

1. Medals shall be awarded on a multi-disability basis to 1st, 2nd and 3rd place in each event. Medals shall be awarded following the posting of the results after the relevant event has taken place.
 2. Placing shall be determined by achieving a time better than or closest to, the equivalent World record relevant to their own classification.
-

Qualifying Times

Qualification times must have been achieved at licensed meets since the 11th April 2015, converted to 25m pool if necessary. All entry times will automatically be checked against British Rankings for validity.

If the meet is oversubscribed your entry may be rejected even if meet the qualifying times.

Entries with "No Time" will automatically be rejected.

FEMALE QUALIFYING TIMES

| Event | Entry Times to be faster than | | | | | | | | Entry times to be slower than |
|---------------|-------------------------------|---------|---------|---------|---------|---------|---------|----------|-------------------------------|
| | 9yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs | 16+ yrs. | All Age Groups |
| 50fr | 54.99 | 51.80 | 49.21 | 46.85 | 45.19 | 44.01 | 43.07 | 42.48 | 27.78 |
| 100fr | | 1.35.96 | 1.35.96 | 1.30.68 | 1.27.19 | 1.24.71 | 1.23.13 | 1.21.78 | 59.66 |
| 200fr | 3.49.35 | 3.29.88 | 3.17.34 | 3.05.79 | 2.58.20 | 2.53.25 | 2.50.72 | 2.47.20 | 2.07.43 |
| 400fr | 8.14.34 | 7.19.67 | 6.45.79 | 6.22.47 | 6.07.18 | 5.57.28 | 5.49.58 | 5.45.62 | 4.32.17 |
| 50br | 1.10.68 | 1.05.72 | 1.01.71 | 58.29 | 55.70 | 54.04 | 53.45 | 52.27 | 35.91 |
| 100br | | 2.00.94 | 2.00.94 | 1.53.96 | 1.48.34 | 1.44.29 | 1.42.49 | 1.41.48 | 1.16.33 |
| 200br | 4.50.40 | 4.27.85 | 4.08.71 | 3.54.08 | 3.42.42 | 3.35.05 | 3.31.09 | 3.28.78 | 2.44.80 |
| 50fly | 1.01.24 | 56.52 | 53.45 | 50.86 | 48.73 | 47.32 | 46.26 | 45.67 | 29.58 |
| 100fly | | 1.46.76 | 1.46.76 | 1.40.01 | 1.35.85 | 1.32.59 | 1.31.01 | 1.29.78 | 1.05.32 |
| 200fly | 4.40.50 | 4.06.40 | 3.44.62 | 3.29.44 | 3.19.43 | 3.12.50 | 3.07.99 | 3.05.68 | 2.24.23 |
| 50bk | 1.02.42 | 58.17 | 55.11 | 52.51 | 50.39 | 48.97 | 48.14 | 47.32 | 31.96 |
| 100bk | | 1.46.88 | 1.46.88 | 1.40.46 | 1.36.08 | 1.33.37 | 1.31.23 | 1.30.11 | 1.06.23 |
| 200bk | 4.13.22 | 3.53.97 | 3.36.15 | 3.24.27 | 3.16.13 | 3.10.52 | 3.05.68 | 3.03.04 | 2.21.88 |
| 200IM | 4.21.36 | 3.58.37 | 3.42.09 | 3.30.43 | 3.21.08 | 3.14.81 | 3.10.85 | 3.08.32 | 2.26.02 |
| 400IM | 9.04.83 | 8.26.33 | 7.36.83 | 7.16.70 | 6.57.34 | 6.44.91 | 6.36.88 | 6.31.05 | 5.11.52 |

MALE QUALIFYING TIMES

| Event | Entry Times to be faster than | | | | | | | | Entry times to be slower than |
|---------------|-------------------------------|---------|---------|---------|---------|---------|---------|----------|-------------------------------|
| | 9yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs | 16+ yrs. | All Age Groups |
| 50fr | 54.4 | 51.09 | 48.62 | 46.14 | 43.78 | 41.65 | 40 | 38.94 | 24.73 |
| 100fr | | 1.36.18 | 1.36.18 | 1.29.66 | 1.24.48 | 1.20.21 | 1.17.17 | 1.14.92 | 54.31 |
| 200fr | 3.47.48 | 3.29.09 | 3.16.68 | 3.05.57 | 2.54.9 | 2.45.66 | 2.39.28 | 2.34.33 | 1.57.17 |
| 400fr | 8.31.06 | 7.15.38 | 6.47.00 | 6.25.00 | 6.03.88 | 5.45.84 | 5.31.65 | 5.21.97 | 4.09.87 |
| 50br | 1.09.74 | 1.05.25 | 1.01.36 | 57.94 | 54.16 | 51.45 | 49.21 | 47.67 | 30.72 |
| 100br | | 2.00.6 | 2.00.6 | 1.53.51 | 1.45.86 | 1.40.23 | 1.35.62 | 1.28.2 | 1.09.5 |
| 200br | 4.47.98 | 4.27.3 | 4.09.04 | 3.54.52 | 3.39.23 | 3.26.69 | 3.17.78 | 3.07.67 | 2.30.63 |
| 50fly | 1.00.52 | 56.4 | 53.1 | 50.5 | 47.67 | 45.19 | 43.07 | 41.89 | 25.93 |
| 100fly | | 1.46.20 | 1.46.20 | 1.39.67 | 1.33.49 | 1.28.20 | 1.24.03 | 1.21.9 | 59.04 |
| 200fly | 4.37.53 | 4.03.43 | 3.42.42 | 3.29.66 | 3.16.57 | 3.05.57 | 2.55.45 | 2.51.27 | 2.12.26 |
| 50bk | 1.02.06 | 57.94 | 54.87 | 52.27 | 49.09 | 46.96 | 44.72 | 40.83 | 28.78 |
| 100bk | | 1.46.76 | 1.46.76 | 1.40.35 | 1.34.16 | 1.28.87 | 1.24.93 | 1.21.34 | 1.00.35 |
| 200bk | 3.47.80 | 3.30.70 | 3.17.30 | 3.06.60 | 2.55.10 | 2.45.40 | 2.38.30 | 2.32.80 | 2.10.37 |
| 200IM | 4.17.07 | 3.53.42 | 3.41.76 | 3.29.88 | 3.17.78 | 3.06.23 | 2.58.42 | 2.53.47 | 2.12.75 |
| 400IM | 9.10.66 | 8.26.66 | 7.48.27 | 7.20.25 | 6.58.00 | 6.30.83 | 6.14.66 | 6.00.47 | 4.45.25 |

Swimmer Entry Form

Please ensure that you eligible to enter a race before completing this form.

ENTRY DEADLINE: MIDNIGHT ON 9th March 2016

| | | | |
|---|-----------------|-------------------------|-----|
| First Name: | | Surname: | |
| Male or Female | | Phone Number | |
| DOB (dd/mm/yy) | | ASA Reg. No | |
| Club | | | |
| Address | | | |
| Email | | | |
| Disability Exemption Code | S= | SB= | SM= |
| Age as of 10th April 2016 | Yrs. old | | |
| Event | Time | Fee | |
| 50m Freestyle | | | |
| 100m Freestyle | | | |
| 200m Freestyle | | | |
| 400m Freestyle | | | |
| 50m Breaststroke | | | |
| 100m Breaststroke | | | |
| 200m Breaststroke | | | |
| 50m Butterfly | | | |
| 100m Butterfly | | | |
| 200m Butterfly | | | |
| 50m Backstroke | | | |
| 100m Backstroke | | | |
| 200m Backstroke | | | |
| 200m Individual Medley | | | |
| 400m Individual Medley | | | |
| | | Total @ £5.00 per event | |
| Payment Method (tick and complete): Cheque (payable to COCSC) <input type="checkbox"/> BACS <input type="checkbox"/> Ref: <input type="checkbox"/> Other: <input type="checkbox"/> | | | |
| I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by the promoters for this competition. | | | |
| Signature of Competitor: | | Date: | |

Coach/Helper Pass Application Form

Club Name: _____

Closing date 9th March 2016

| | Coach/Helper 1 | Coach/Helper 2 | Coach/Helper 3 |
|--|----------------|----------------|----------------|
| Full Name: | | | |
| Position: (e.g. Coach) | | | |
| Home Address: | | | |
| Telephone No: | | | |
| Email Address: | | | |
| ASA Affiliation Number: | | | |
| Number of passes @ £12 Total enclosed: £ | | | |

The above named person(s) is (are) authorised to hold a pass for this club:

Signed _____ Club Secretary

Coach Passes will not be available on the day. There will be no access to poolside without a pass.

Coach Passes are free of charge for Friday evening, or £12 per day for Saturday or Sunday.

Passes include entry to poolside, programme and results service.

All completed forms to be returned to:
 City of Cambridge Swimming Club Parkside Pools,
 Gonville Place,
 Cambridge
 CB1 1LY

Please address any questions to meets@cocsc.org.uk.

Officials Request Form

We request that Clubs entering a large number of swimmers provide 1 licensed judge for every 5 swimmers entered to help officiate. We will provide lunch and refreshments for those doing more than one session and payment for expenses incurred in travel and parking will be offered.

| | | | | |
|--|--|-----|-----------------|---------|
| Full Name: | | | | |
| Qualification <i>(tick box applicable):</i> | JL1 | JL2 | JL2S | Referee |
| Date License Valid To: | | | License number: | |
| Sessions Available: | S1 | | | |
| | S2 | | | |
| | S3 | | | |
| | S4 | | | |
| | S5 | | | |
| Mobile No: | | | | |
| Email Address: | | | | |
| Club: | | | | |
| Swimmer's Name | | | | |
| Mentor Request | <p><i>If you are in the middle of training to become an official and require mentoring, please indicate the sessions you are available and use this box to detail the tasks you require mentoring for.</i></p> | | | |

Please complete one form per official and submit with your Club Summary Entry form or email to meets@cocsc.org.uk.

Club Summary Entry Form

Please return this completed form with your entries and a SINGLE Cheque* payable to City of Cambridge Swimming Club, and send to Open Meets Secretary, City of Cambridge Swimming Club, Parkside Swimming Pools, Gonville Place, Cambridge, CB1 1LY

Closing date 9th March 2016

| | |
|-----------------|--|
| Club Name: | |
| Contact Name: | |
| Postal Address: | |
| Email Address: | |
| Telephone No: | |

Entry Details:

| | | No of Entries/ Passes | Cost |
|---|-------------------|--------------------------|------|
| Swimmers | @ £5.00 per event | | £ |
| Coaches Pass | @ £12 | | £ |
| | | TOTAL | £ |
| Payment Method (tick and complete): Cheque <input type="checkbox"/> BACS* <input type="checkbox"/> Ref: <input type="checkbox"/> Other: <input type="checkbox"/> | | | |

* If you wish to pay by BACs please email meets@cocsc.org.uk for details.

Checklist – By the Closing Date of 9th March please ensure you have:

Emailed:

Club Summary Entry Form (this form)
 Sportsys Meet Entry File
 Sportsys Meet Entry Report
 Coach/Helper Forms
 Officials Forms (1 licensed official for every 5 swimmers)
 (BACs transfer)

Posted:

Club Summary Entry Form (this form)
 Sportsys Meet Entry Report
 Coach/Helper Forms
 Officials Forms (1 licensed official for every 5 swimmers)
 Cheque (payable to CoCSC)