



# DEEPINGS SWIMMING CLUB

(AFFILIATED TO THE LINCOLNSHIRE AND EAST MIDLANDS REGION)

## 200M OPEN MEET 2010

(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES OF SWIMMING)

**SUNDAY 17<sup>TH</sup> OCTOBER 2010**

**DEEPINGS LEISURE CENTRE, DEEPING ST JAMES PE6 8NF**

- ENTRY FEE** £4.00 per event  
All entries will be accepted on a first come first serve basis
- EVENTS** 200m Freestyle, Backstroke, Breaststroke, Butterfly and IM  
All events will be heat declared winners
- AGES** 9 and under, 10, 11, 12, 13, 14, 15, 16/over  
Age at 17<sup>th</sup> October 2010 except current 8 year olds who should be 9 by 31<sup>st</sup> March 2011
- SESSIONS** 1<sup>st</sup> session will commence at 9.30am  
Warm up: 8.30am  
2<sup>nd</sup> session will commence at approx 1.30pm  
Warm up: approx 12.45pm  
3<sup>rd</sup> session will commence at approx 5.30pm  
Warm up: approx 4.45pm  
Actual times of warm up and start for sessions 2 and 3 will be notified with the cards.  
Warm up sessions will be supervised
- ENTRY CARDS** All cards to be posted no later than 45minutes before the start of each session.

**No late entries will be accepted.**

**CLOSING DATE FOR ENTRIES 31<sup>st</sup> AUGUST 2010**

**Further copies can be found on our website**

[www.deepingssc.co.uk](http://www.deepingssc.co.uk)



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**PROGRAMME OF EVENTS**  
**SUNDAY 17<sup>th</sup> October 2010**

**PROGRAMME OF EVENTS**

**Event** Session 1 – Warm up 8.30am – Start 9.30am

- |   |       |                   |
|---|-------|-------------------|
| 1 | Girls | 200m Freestyle    |
| 2 | Boys  | 200m Backstroke   |
| 3 | Girls | 200m Butterfly    |
| 4 | Boys  | 200m Breaststroke |

**Event** Session 2 – Warm up tbc – Start tbc

- |   |       |                   |
|---|-------|-------------------|
| 5 | Girls | 200m Backstroke   |
| 6 | Boys  | 200m Freestyle    |
| 7 | Girls | 200m Breaststroke |
| 8 | Boys  | 200m Butterfly    |

**Event** Session 3 – Warm up tbc – Start tbc

- |    |       |         |
|----|-------|---------|
| 9  | Girls | 200m IM |
| 10 | Boys  | 200m IM |

**AGE AT 17th October 2010 except 9years old age as at 31<sup>st</sup> March 2011**



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**MEET INFORMATION AND RULES**

General

1. The competition will be held under current ASA Laws and ASA Technical Rules of swimming.
2. The competition is Open to ASA registered swimmers only.
3. The venue is Deepings Leisure Centre, Park Road, Deeping St James, PE6 8NF

Entries

4. Applications for entry must be received at the published address, by the published closing date, on a correctly and legibly completed entry form (or photocopy); together with a stamped, self addressed envelope and the correct payment by cheque or postal order. The promoter reserves the right to return any entry not fulfilling these requirements.
5. Entries will be accepted on a **first come first serve basis**. Full reimbursement of fees shall be made to unsuccessful applicants.
6. Club entries may be partially declined if the numbers designated for each event are oversubscribed.
7. No entries will be accepted after the closing date or during the meet. Unless the promoter has made an error or omission.
8. The individual entry form and summary entry form have provision for applying for "coaches' passes". For reasons of Child Protection these will not be sold on the day. All applicants should have registered with the ASA's scheme- see your Club Secretary. The chief warm up steward may request pass holders to assist in supervising warm ups.
9. Cards will be returned to the contact address as soon as possible after the closing date.

Age groups

10. Age groups are based on **swimmer's age on the day of the competition except current 8 year olds who must be 9 years as at 31<sup>st</sup> March 2011.**
11. Age groups are: 9yrs and under, 10yrs, 11 yrs, 12yrs, 13yrs, 14 yrs, 15yrs, 16/over

The competition

12. All entry cards must be posted in the card box **at least 45 minutes before the times advertised for starts, late entries will not be accepted.**
13. It is the swimmers' responsibility to report to the Competitors' Stewards when the event is called, so that they are ready for the start of their event. **Swimmers WILL NOT be fetched.**
14. Events are to be swum in integrated age groups with seeding by submitted times.
15. All events will have heat declared winners. There will be no finals.
16. Over the top starts will be at the promoter's discretion.
17. The final heat in each event will be spearheaded.

Awards

18. There will be an award for the three fastest swimmers in each age group for each event – trophy for 1<sup>st</sup> place and medals for 2<sup>nd</sup> & 3<sup>rd</sup>.
19. Awards to be collected from the Trophy Stewards following the final announcement of the results.
20. Awards will be presented at the start of session 3 to each of the following – Top Boy, Top Girl, and Top Visiting Club. Awards are based on points gained in events excluding the Individual Medley.

Other

21. All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
22. Access to the pool will be restricted to swimmers taking part in the gala in progress, officials and coaches with an official pass. **NO OUTDOOR SHOES ARE PERMITTED ON POOLSIDE.** Footwear used *exclusively* on poolside is permitted.
23. During warm-ups swimmers will be under the control of the Chief Warm-Up Steward who will be responsible for all aspects of safety. Warm-up details will be posted around the pool and announced.
24. All swimmers must be able to execute a competitive racing dive as laid down by ASA law or they should start in the water. It is the swimmer's or their representative's responsibility to inform a meet official of any reason why they cannot conform to the ASA technical rules; this should be done before the event in which they are taking part commences.
25. Coaches or team managers are responsible for the swimmers' conduct at all times.
26. Please do not leave clothing or valuables lying around as neither the Promoters nor the Pool Management can accept liability for loss or damage.
27. The Promoters reserve the right to refuse admission to any person.
28. Your co-operation is requested to keep fire exits free and clear of obstruction at all times.
29. Anything not covered within these rules will be at the discretion of the meet organiser and/or the promoters of the competition, i.e. Deepings Swimming Club.



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**INDIVIDUAL ENTRY FORM**

Please complete all details requested below in **full**

Name				Male/Female
Address				
Telephone no (we require a contact no)		E-mail		
Date of birth		Age as at 18th October 2010 except 9yrs		
Club				
Unique ID Number				
Official use only				

EVENT	ENTRY TIME
200m Freestyle	
200m Backstroke	
200m Breaststroke	
200m Butterfly	
200m Individual Medley	

Total no of entries		@£4.00 per event = Total	£
No of coaches Passes required		@ £10.00 each includes programme	£

Cheques should be made payable to "Deepings Swimming Club"

Please return entries with large SAE by **Closing date 31<sup>st</sup> August 2010**

To: Sue Reynolds  
 36 Wade Park Avenue  
 Market Deeping  
 Peterborough  
 PE6 8JL 01778 344653  
[sue.reynolds@thedeepings.co.uk](mailto:sue.reynolds@thedeepings.co.uk)





# DEEPINGS SWIMMING CLUB

## 200M Open Meet 2010

Sunday 17<sup>th</sup> October 2010

If you are a qualified official and are able to assist, please indicate below and return with your Club's entry form.

Thank you

Full Name.....

Swimming Club.....

Telephone no.....

E-mail.....

Qualification.....

### Availability

Session 1	
Session 2	
Session 3	