



DEEPINGS SWIMMING CLUB

(AFFILIATED TO THE LINCOLNSHIRE AND EAST MIDLANDS REGION)

Sprint Meet 2010

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

SUNDAY 4th JULY 2010

DEEPINGS LEISURE CENTRE, DEEPING ST JAMES PE6 8NF

- ENTRY FEE** £4.00 per individual event & £5.00 per relay team.
All entries will be accepted on a first come first serve basis
- EVENTS** 50m Freestyle, Backstroke, Breaststroke, Butterfly and
100m IM and Freestyle Relay Team
All events will be heat declared winners
- AGES** 9 & under, 10, 11, 12, 13, 14, 15, 16 and 17/over
Age at 4th July 2010 except current 8 years old who need
to be age 9 as at 31st March 2011
- SESSIONS** 1st session will commence at 9.15am
Warm up: 8.30am
2nd session will commence at approx 2.30pm
Warm up: approx 1.45pm
3rd session will commence at approx 5.45pm
Warm up: approx 5.15pm
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 12TH MAY 2010

Further copies of entry forms can be found on our website

www.deepingssc.co.uk



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PROGRAMME OF EVENTS
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Event	Session 1 – Warm up 8.30am – Start 9.15am	
1	Girls	50m Freestyle
2	Boys	50m Backstroke
3	Girls	50m Breaststroke
4	Boys	50m Butterfly
5	Girls	100m Individual Medley
6	Boys	10 and under 4x25m Freestyle Relay
7	Boys	12 and under 4x50m Freestyle Relay
8	Boys	13 and over 4x50m Freestyle Relay
Event	Session 2 – Warm up tbc – Start tbc	
9	Boys	50m Freestyle
10	Girls	50m Backstroke
11	Boys	50m Breaststroke
12	Girls	50m Butterfly
13	Boys	100m Individual Medley
14	Girls	10 and under 4x25m Freestyle Relay
15	Girls	12 and under 4x50m Freestyle Relay
16	Girls	13 and over 4x50m Freestyle Relay
Event	Session 3 – Warm up tbc – Start tbc	
17	Girls	100m Freestyle
18	Boys	100m Freestyle

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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. Club cheques are preferred. 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/Welfare Officer. 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, with the exception of 8 years old who must be age 9 at 31st March 2011.**
11. Age groups are: 9yrs and under, 10yrs, 11 yrs, 12yrs, 13yrs, 14 yrs, 15yrs, 16yrs and 17/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, other than the relays, are to be swum in integrated age groups with seeding by submitted times.
15. All events, including the relays, will have heat declared winners. There will be no finals.
16. Use of 'Over the top starts' will be at the promoter's discretion.
17. The final heat in each of the individual events will be spearheaded.

Awards

18. There will be an award for the three fastest swimmers in each age group for each event – trophy for 1st place and medals for 2nd & 3rd.
19. Awards to be collected from the Trophy Stewards following the final announcement of the results.
20. Trophies will be presented to each of the following – Top Boy, Top Girl, and Top Visiting Club based on the individual swims but excluding the Individual Medley, 100m Freestyle and relays.



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MEET INFORMATION AND RULES

Relays

21. Each Club is permitted to enter up to a maximum of two teams per relay event.
22. Relay Team Sheets (available on the DSC website) must be submitted at least 45 minutes before the start of each session, late entries will not be accepted.
23. Relay events will not be seeded by times and will have heat declared winners. There will be no finals with the fastest team in each age group will be declared the winner.
24. Swimmers may only enter in 1 relay team for their club.
25. It will be permitted for a relay team to use one swimmer from a younger age group providing that the younger swimmer hasn't entered in their own age group relay.
26. All relay swimmers must have entered at least one individual event.
27. It is each club coach's responsibility to ensure that their relay team satisfies the requirements relating to competitive racing dives defined in rule 31.
28. The promoter reserves the right to alter the format of and/or remove the relays should we be over subscribed on individual swims, or where there are insufficient teams to make an event viable.

Other

29. 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.
30. 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.
31. 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.
32. 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.
33. Coaches or team managers are responsible for the swimmers' conduct at all times.
34. Please do not leave clothing or valuables lying around as neither the Promoters nor the Pool Management can accept liability for loss or damage.
35. The Promoters reserve the right to refuse admission to any person.
36. Your co-operation is requested to keep fire exits free and clear of obstruction at all times.
37. 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 4 th July 2010 (for 8 yr olds age at 31 March 2011)		
Club				
Unique ID Number				
Official use only				

EVENT	ENTRY TIME
50m Freestyle	
100M Freestyle	
50m Backstroke	
50m Breaststroke	
50m Butterfly	
100m 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 12th May 2010**

To: Mrs Edna Hingle
 2 Riverbank Close
 Deeping St James
 Peterborough
 PE6 8TL

sue.reynolds@thedeepings.co.uk



DEEPINGS SWIMMING CLUB

Sprint Meet 2010

SUNDAY 4th JULY 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	