

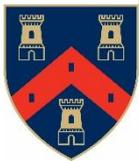


*The Plymouth Amateur Swimming Association*

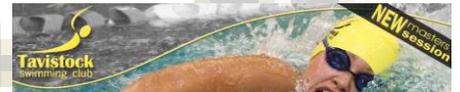
*Proudly Presents*

*The City of Plymouth ASA*

*Annual Swim Meet 2017*



MOUNT  
KELLY



**Saturday 30th September 2017, Sunday 1<sup>st</sup> October 2017 and  
Sunday 15<sup>th</sup> October 2017**



# City of Plymouth ASA Annual Swim Meet 2017



Saturday 30<sup>th</sup> September, Sunday 1<sup>st</sup> October & Sunday 15<sup>th</sup> October 2017

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

LICENCE NO: 30 Sep 3SW171479

1 Oct 3SW171480

15 Oct 3SW171481

Entry Closing Date: Monday 11<sup>th</sup> September 2017

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

## MEET CONDITIONS

1. The City of Plymouth Annual Swim Meet will be held under ASA Laws and Regulations and Technical Rules of Racing and has been licensed at Level 3 by the ASA for entry into Regional (this is only applicable to events taking place on 1<sup>st</sup> & 15<sup>th</sup> October 2017 if the Regional qualifying window starts on 1<sup>st</sup> October) and County Championships and Competitions.
2. The City of Plymouth Annual Swim Meet is limited to the clubs that have paid their affiliation fee to the City of Plymouth S.A. in the year of competition from Plymouth Leander S.A., Mount Kelly College, Dinnaton, Tavistock, Plymouth RN/RM S.C., Devonport Royal S.A., Kingsbridge Kingfishers and Caradon S.C.. All affiliation fees must be paid prior to the closing date for the entries.
3. Any swimmer qualified for the 2017 British Summer LC Championships, or selected for any International or Home National Championships (e.g. English Summer Nationals) will **not** be eligible for entry into this Meet (regardless of whether they take up their invitation to compete in the above competitions).
4. Entries must be the fastest time currently held by a swimmer either Short Course or Long Course conversion; times will be checked using the British Swimming Rankings checker.
5. All entries must be made electronically (unless agreed beforehand). By the closing date, club officers will be given the opportunity to check entries in order to correct errors. There will be no changes to times after this. **No changes permitted on the day!** At the discretion of the promoter, entries may be taken on the day on a strictly time trial basis providing all such entries comply with the Qualifying Times of this competition. Swimmer's entered as a time trial will not be eligible for awards or finalist positions.
6. The acceptance of competitors will be based on times submitted so it is essential that only achieved times or realistic times be entered. As many heats, as possible will be run in the time available for the Meet.
7. The promoter (City of Plymouth Swimming Association) reserves the right to reject any entry without giving a reason. By submitting entries on the official entry forms and discs, clubs and competitors accept the rules of this competition. Competitors whose entries are accepted and subsequently found to have been entered in the wrong event(s):
  - (a) because of incorrect entry information, will be withdrawn from the event(s) and will not have their entry fee(s) refunded; or,
  - (b) because of error by the organizer, will be withdrawn from the event(s) and will at the organizer's discretion and without further obligation or liability by the organizer either
    - i) be entered into the correct event(s) or
    - ii) receive a refund of the relevant entry fee(s)
8. If the number of entries within the qualifying criteria exceeds the time allowed per session the promoters reserve the right to limit entries to enable the gala to meet licensing requirements. Any deletions required will need to take into consideration meet conditions 3, 6 & 7 and will ensure an equal balance of swimmers across the age groups and events based on entry time.



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9. **Officials & Poolside Helpers:** All Plymouth ASA Clubs are requested to provide 1 Official per session and the required number of volunteers for poolside roles
10. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a slower time in order to gain entry to this meet. Falsely entered times will be rejected without a refund.
11. The City of Plymouth Swimming Association 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 such as name, club, entered/achieved times may be made public prior to, during or after the meet (e.g. programs, results, etc).
12. The pool is 25m x 10 lanes and the competition will be swum short course. Anti-wave devices will be in place and electronic timing/placing will be used wherever possible.
13. On acceptance of entries, the swimmer and any supporters agree that their behavior will be of an appropriate and respectful manner abiding by the Rules of the Competition and venue. Failure to do so could result in removal or refusal of entry.
14. The promoter does not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Items have gone missing in the past so please look after your belongings.
15. Closing date for entries is Monday 11<sup>th</sup> September 2017. Dates of birth, ASA numbers and fees must accompany entry.

#### 2017 Entry Fees

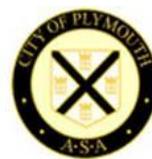
Individual = £4.00 per event

Relays = £10.00 for up to 2 male teams & £10.00 for up to 2 female teams

16. In line with child protection policies, any persons wishing to use video or photographic equipment (including mobile phones with photographic facility) are required to sign the authorization book available at the entry desk and must display a camera pass. Any person not complying will be asked to leave the pool complex.
17. The meet will be run without cards. All events to be swum in "spearheaded" seeded heats (slowest heat first), regardless of age, from submitted times, with declared age group winners. Finals will be swum in 100metre events only. **Swimmers may be required to sign in for 400m, 800m & 1500m events (to be announced on the day).**
18. All events will be HDW (except 100m events).
19. There will be Championship finals in all 100m events, one final for each event, these finalists will be the **fastest 8 swimmers**, regardless of age. Two reserves will be named for these finals. We request that swimmers withdrawing from finals should do so within twenty (20) minutes of the announcement to enable the notification of reserve finalists who are required to swim. Once an entry is withdrawn the Final place will be assigned to the next reserve, the original swimmer may not re-enter the Final. Failure to withdraw a swimmer from the Championship final, who subsequently does not swim will result in a £25 fine to the club of the swimmer.
20. **Medals & Trophies:** medals will be awarded to swimmers placing 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in all age groups and in all events. Unless disqualified, all Championship Finalists will receive a keepsake trophy. The Champion will be presented with a Perpetual Challenge Shield to engrave at their expense, hold for one year and return for the next years Championships.  
Trophies will be issued or not, at the discretion of the Hon. Trophy Steward and upon satisfactory completion of a receipt. The trophies remain the property of the City of Plymouth ASA and must not be removed from the County of Devon. Swimmers under 18 years of age will need an adult to sign the receipt on their behalf. In the event of a trophy being unavailable for presentation at the required time, unengraved or in a state unsuitable for presentation, City of Plymouth ASA reserve the right to levy a fine of £50 against the club of which the swimmer was a member at the time of the award. Any expenses incurred by City of Plymouth ASA for retrieval, replacement, repair or engraving of trophies will also be recoverable from the club.



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Any club not willing to stand surety for the issue of trophies, must inform the Hon. Trophy Steward in advance of the meet, by email or by signing a waiver to that effect on the day. Any appeal against the implementation of the above protocols may be submitted in writing to the Hon Gen. Secretary for discussion at the next scheduled Committee meeting. The decision of the committee shall be final and communicated to the appellant within a reasonable time after the committee has ruled.

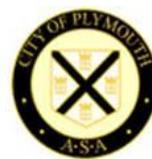
21. The Leaze Shield is awarded every year in recognition of endeavor and excellence. Nominations are invited from the clubs within the City Of Plymouth group for deserving candidates. The Chairman will then decide who receives the award which will be presented at the Lord Mayors parlour along with our other prize winners. Please email the Chairman directly detailing why you are nominating that person/group. Anyone can nominate although the nominee must have participated in the City of Plymouth Championships for that year and be a member of an associated club.
22. Competitors must report to the stewards at the marshaling area at least 3 events prior to their event where they will be given their starting order. It is the responsibility of coaches and swimmers to ensure that swimmers report to the marshaling area in good time. Any swimmer not reporting may be deemed to have withdrawn from that event.
23. Competitors' ages shall be as at 15<sup>th</sup> October 2017.
24. RELAY EVENTS
  - a) Entries are limited to maximum 2 Male Relay Teams and 2 Female Relay Teams per Club.
  - b) Male and Female 4 x 50metre Freestyle events.
  - c) All swimmers must be eligible as individual events and have taken part in at least one individual event.
  - d) Closing date for entries to be as for the City of Plymouth Swim Meet Competition.
25. POOL PASSES  
Entry on to pool deck will not be permitted without a valid Pool Pass. All Team Managers and Coaches must ensure they display their pass at all times during the competition.
  - a) Pool passes will be £20 each
  - b) Each club may purchase 3 passes if a club requires more than three per session these may be purchased for an additional fee of £4.00 per pass per session.
26. SPECTATORS
  - a) Spectator Entry will be **FREE**. Programmes will be sent to club representatives one week before the gala and can be printed by individuals as required. A small number of programmes will be available at the door, available for £1 per day. Entrance to the gallery does not guarantee a seat and the promoter reserves the right to utilise gallery seating for swimmers in the case of heavy subscription.
27. OFFICIAL DECISIONS
  - a) The Referees decision on all swimming matters is final.

## Annex to Meet Conditions – Summary of Events/Age Groups

50m events - all strokes HDW	All swimmers aged 9 & over
200m events – all strokes HDW	All swimmers aged 9 & over
100m IM Championship final for 8 fastest swimmers	All swimmers aged 9 & over
100m events - all strokes	All swimmers aged 10 & over



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Championship finals for 8 fastest swimmers 200m IM – HDW 400m Freestyle – HDW	All swimmers aged 10 & over
400m IM – HDW Girls & Boys 800m Freestyle Girls & Boys 1500m Freestyle	All swimmers aged 11 & over

## PROGRAMME OF EVENTS:

### Saturday 30<sup>th</sup> September

Session 1			Event	Boys/Girls	Age Groups	
Warm Up	12.30	1	400m Freestyle	Boys	10 & over	HDW
Start	13.00	2	100m Butterfly	Girls	10 & over	HDW
		3	100m Backstroke	Boys	10 & over	HDW
Warm up order	Boys 1 <sup>st</sup> , girls 2 <sup>nd</sup>	4	50m Backstroke	Girls	9 & over	HDW
		5	50m Breaststroke	Boys	9 & over	HDW
		6	200m Breaststroke	Girls	9 & over	HDW
		7	200m Butterfly	Boys	10 & over	HDW
		8	100m Butterfly – Championship Final	Girls		
		9	100m Backstroke – Championship Final	Boys		

Session 2 warm up will start 15 minutes after the previous session

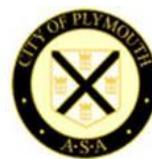
Warm up	TBC	10	400m IM	Girls	11 & over	HDW
Start	Tbc	11	100m IM	Boys	9 & over	HDW
		12	100m IM	Girls	9 & over	HDW
Warm up order	Girls 1 <sup>st</sup> , boys 2 <sup>nd</sup>	13	50m Freestyle	Boys	9 & over	HDW
		14	50m Butterfly	Girls	9 & over	HDW
		15	200m Backstroke	Boys	9 & over	HDW
		16	200m Freestyle	Girls	9 & over	HDW
		17	100m Individual Medley – Championship Final	Boys		
		18	100m Individual Medley – Championship Final	Girls		

### Sunday 1<sup>st</sup> October

Session 3			Event	Boys/Girls	Age Groups	
Warm Up	11.30	19	400m Freestyle	Girls	10 & over	HDW
Start	12.00	20	100m Butterfly	Boys	10 & over	HDW
		21	100m Backstroke	Girls	10 & over	HDW
Warm up order	Girls 1 <sup>st</sup> , boys 2 <sup>nd</sup>	22	50m Backstroke	Boys	9 & over	HDW
		23	50m Breaststroke	Girls	9 & over	HDW
		24	200m Breaststroke	Boys	9 & over	HDW



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		25	200m Butterfly	Girls	10 & over	HDW
		26	100m Butterfly – Championship Final	Boys		
		27	100m Backstroke – Championship Final	girls		

Session 4 warm up will start 15 minutes after the previous session

Warm up	TBC	28	400m IM	Boys	11 & over	HDW
Start	Tbc	29	100m Breaststroke	Girls	10 & over	HDW
		30	100m Breaststroke	Boys	10 & over	HDW
warm up order	boys 1 <sup>st</sup> , girls 2 <sup>nd</sup>	31	50m Freestyle	Girls	9 & over	HDW
		32	50m Butterfly	Boys	9 & over	HDW
		33	200m Backstroke	Girls	9 & over	HDW
		34	200m Freestyle	Boys	9 & over	HDW
		35	100m Breaststroke – Championship Final	Girls		
		36	100m Breaststroke – Championship Final	Boys		

## Sunday 15<sup>th</sup> October

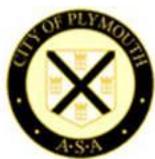
Session 5			Event	Boys/Girls	Age Groups	
Warm Up	11.30	37	200m Freestyle Relay	Boys	Open	HDW
Start	12.00	38	200m Freestyle Relay	Girls	Open	HDW
Warm up order	Boys 1 <sup>st</sup> , girls 2 <sup>nd</sup>		Relay Presentations			
		39	100m Freestyle	Boys	10 & over	HDW
		40	100m Freestyle	Girls	10 & over	HDW
		41	200m IM	Boys	10 & over	HDW
		42	200m IM	Girls	10 & over	HDW
		43	100m Freestyle – Championship Final	Boys		
		44	100m Freestyle – Championship Final	Girls		

Session 6 warm up will start 15 minutes after the previous session

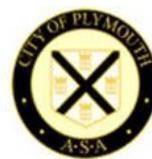
Warm up	TBC	45	1500m Freestyle	Mixed	11 & over	HDW
Start	Tbc	46	800m Freestyle	Mixed	11 & over	HDW
warm up order	1500m swimmers 1 <sup>st</sup> , 800m swimmers 2 <sup>nd</sup>					

WARM UP

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.



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## Cut Off Times

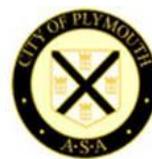
### MALE

#### ENTRY TIMES MAY NOT BE FASTER THAN

Events	Boys								
	9	10	11	12	13	14	15	16	17/+
50m Freestyle	36.00	33.56	30.36	29.56	27.43	25.60	24.95	24.50	24.15
100m Freestyle		1.13.94	1.06.90	1.05.14	1.01.17	55.67	55.38	54.95	54.50
200m Freestyle	2.45.00	2.39.81	2.24.59	2.20.79	2.13.59	2.11.20	2.05.50	2.00.60	1.58.00
400m Freestyle		5.30.00	5.16.80	5.15.80	5.05.40	4.34.90	4.23.30	4.17.70	4.11.30
800m Freestyle			11:00.00	10:40.00	10:10.00	9:40.00	9:25.00	9:25.00	9:20.00
1500m Freestyle			21:00.00	20:30.00	20:00.00	19:30.00	18:00.00	17:40.00	17:00.00
50m Backstroke	41.50	39.50	38.00	37.10	35.50	32.30	31.60	29.50	28.60
100m Backstroke		1.24.00	1.22.00	1.21.40	1.16.50	1.09.80	1.07.80	1.03.50	1.00.70
200m Backstroke	2.58.00	2.53.00	2.50.60	2.49.60	2.39.70	2.25.30	2.21.40	2.14.10	2.12.20
50m Breaststroke	46.00	44.00	40.80	39.66	37.31	35.34	32.60	31.95	30.03
100m Breaststroke		1.37.00	1.34.80	1.33.80	1.29.50	1.21.90	1.15.20	1.12.60	1.07.20
200m Breaststroke	3.40.00	3.20.00	3.16.60	3.15.60	3.03.50	2.53.20	2.43.80	2.34.80	2.28.90
50m Butterfly	40.00	38.00	36.10	35.80	33.00	31.50	30.15	28.50	26.20
100m Butterfly		1.29.90	1.26.40	1.25.90	1.18.80	1.11.80	1.06.60	1.03.30	59.50
200m Butterfly		3.18.00	3.12.15	3.11.15	2.55.80	2.40.50	2.26.70	2.20.50	2.10.10
100m Ind. Med.	1.30.54	1.25.19	1.17.60	1.11.36	1.08.54	1.05.14	1.02.25	1.01.28	1.00.01
200m Ind. Med.	3.10.54	2.58.80	2.54.20	2.53.20	2.45.90	2.31.30	2.25.80	2.18.20	2.14.00
400m Ind. Med.			6.08.80	6.07.50	5.48.50	5.23.40	5.04.70	4.46.80	4.46.00



# City of Plymouth ASA Annual Swim Meet 2017



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## FEMALE

### ENTRIES MAY NOT BE FASTER THAN

Events	GIRLS								
	9	10	11	12	13	14	15	16	17/+
50m Freestyle	36.00	34.50	31.60	31.24	29.25	28.25	28.12	27.77	27.50
100m Freestyle		1.14.30	1.09.50	1.08.55	1.02.80	1.01.80	1:00.30	59.15	59.00
200m Freestyle	2.50.00	2.42.00	2.30.75	2.29.70	2.21.40	2.15.20	2.09.80	2.08.30	2.08.00
400m Freestyle		5.30.00	5.17.20	5.16.20	4.55.10	4.46.40	4.34.05	4.33.30	4.33.00
800m Freestyle			11:00.00	10:40.00	10:10.00	9:40.00	9:25.00	9:25.00	9:20.00
1500m Freestyle			21:00.00	20:30.00	20:00.00	19:30.00	18:00.00	17:40.00	17:00.00
50m Backstroke	41.50	39.50	37.10	36.50	34.50	33.50	32.50	32.40	32.30
100m Backstroke		1.24.00	1.20.50	1.19.80	1.14.80	1.11.20	1.08.40	1.07.20	1.06.50
200m Backstroke	2.58.00	2.53.00	2.47.60	2.46.60	2.35.80	2.32.70	2.24.10	2.23.50	2.23.30
50m Breaststroke	49.15	44.88	40.60	39.53	37.20	35.20	35.05	34.12	33.10
100m Breaststroke		1.37.00	1.29.12	1.26.77	1.20.85	1.17.57	1.14.77	1.13.52	1.12.98
200m Breaststroke	3.35.25	3.20.00	3.07.60	3.02.10	2.52.18	2.42.77	2.37.92	2.35.24	2.33.11
50m Butterfly	40.00	36.75	33.25	32.38	31.45	30.33	29.27	28.96	28.50
100m Butterfly		1.29.90	1.22.65	1.22.00	1.17.60	1.13.20	1.09.70	1.08.30	1.07.90
200m Butterfly		3.18.00	3.00.00	2.59.00	2.52.80	2.46.50	2.33.40	2.32.00	2.27.70
100m Ind. Med.	1.29.19	1.23.92	1.19.92	1.13.25	1.10.50	1.07.65	1.04.57	1.02.12	1.01.99
200m Ind. Med.	3.10.00	2.58.80	2.47.25	2.46.30	2.42.40	2.36.50	2.30.50	2.27.30	2.27.20
400m Ind. Med.			6.00.00	5.59.00	5.38.60	5.30.90	5.16.00	5.13.10	5.13.00



# City of Plymouth ASA Annual Swim Meet 2017



Saturday 30<sup>th</sup> September, Sunday 1<sup>st</sup> October & Sunday 15<sup>th</sup> October 2017

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### ENTRY APPLICATION FORM

**ALL ENTRIES WILL NEED TO BE PASSED TO YOUR CLUB FOR SUBMISSION BY THEM ELECTRONICALLY  
City of Plymouth ASA do not accept individual entries on paper**

#### COMPLETE IN BLOCK CAPITALS

<b>Club</b>							
<b>Surname</b>				<b>First Name</b>			<b>Initial</b>
<b>Date of Birth</b>			<b>Age as at 15<sup>th</sup> October 2017</b>			<b>M/F</b>	
<b>Address &amp; Postcode</b>							
<b>Telephone Number &amp; e-mail</b>							
<b>ASA Membership Ref. Number</b>							
<b>Disability Swimmer (Tick)</b>				<b>S Class:</b>			

EVENT	Female (Tick)	Male (Tick)	ENTRY TIME
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
800m Freestyle			
1500m Freestyle			
50m Butterfly			
100m Butterfly			
200m Butterfly			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Backstroke			
100m Backstroke			
200m Backstroke			
100m IM			
200m IM			
400m IM			

Total No of Entries	Description	Cost per event	Total
	Individual Entries	£4.00	
<b>Payment by:</b>	BACS	CHEQUE	CASH
<b>Amount Due</b>			<b>£</b>



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## Officials Nomination Form

**Full Name:** .....

**Name of Club:** .....

**Qualification:**

<input type="checkbox"/>				
J1	J2	Starter	Referee	Workbook

**Telephone Number:** .....

**Email:** .....

**ASA Number:** .....

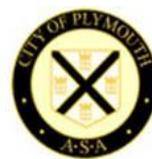
**Sessions Which  
Your available  
For  
(please tick):**

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
<input type="checkbox"/>					

All completed forms to be returned to Mel Jaynes  
[officials@plymouthswimming.co.uk](mailto:officials@plymouthswimming.co.uk)



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### TEAM ENTRY SUMMARY SHEET

**FOR COMPETION BY NOMINATED CLUB REPRESENTATIVE TO SEND TO CITY OF PLYMOUTH ASA MEET SECRETARY**

Cheques should be made payable to 'City of Plymouth ASA'. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek file for this meet will be available on [TBA](#)

PLEASE NOTE coaches passes cannot be purchased on the day of meet, you must buy them in advance

<b>Club</b>	
<b>Contact Name</b>	
<b>Address</b>	
<b>Telephone (Day)</b>	
<b>Telephone (Eve)</b>	
<b>Mobile</b>	
<b>E-Mail</b>	

<b>Total No. of Meet Entries</b>		@	<b>£4.00 each Entry</b>	=	
<b>Relay Entries</b>		@	<b>£10.00 for up to 2 male teams &amp; £10.00 for up to 2 female teams</b>	=	
<b>Poolside Pass</b>		@	<b>£20.00 Per Pass (Up to three per club)</b>	=	
<b>Poolside Per Session Pass (where more than three required)</b>		@	<b>£4.00 Per Pass per session (List sessions below)</b>	=	
<b>Closing Date: Monday 11<sup>th</sup> September 2017</b>			<b>Total Cheque Enclosed</b>		

Return to: Esther Rookes, The Old Vicarage, Sheepstor, Yelverton, Devon PL20 6PF  
Enquiries can be emailed to [esther.rookes@gmail.com](mailto:esther.rookes@gmail.com)

<p>I certify that all the above details are correct and that I will abide by the meet conditions. <b><u>Signed on behalf of all swimmers :</u></b></p> <p>(Team Manager) .....</p> <p>Date .....</p>
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**Please do not use recorded delivery or special delivery. If you are concerned about your entry reaching the destination on time please e-mail or call the contact and obtain a certificate of posting.**