



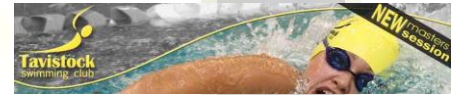
*The Plymouth Amateur
Swimming Association
Proudly Presents*



The City of Plymouth ASA Annual Swim Meet 2019



MOUNT
KELLY



**Saturday 5th, Sunday 6th and
Sunday 13th October 2019**

LICENCE NO: tbc (5th & 6th October) & tbc (13th October).

Entry Closing Date: Friday 13th September 2019

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MEET CONDITIONS

1. The City of Plymouth Annual Swim Meet will be held under Swim England Laws and Regulations and Technical Rules of Racing and has been licensed at Level 3 by the Swim England for entry into Regional and County Championships and Competitions.



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2. There will be no secondary strobe available on the starter.
3. 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 by end of the March prior to the closing date for the entries.
4. Entries may only be accepted from competitors registered as members of Swim England, Swim Scotland or Swim Wales.
5. Competitors' ages shall be as at 13th October 2019.
6. British or Home National swimmers may not enter this meet, this includes any swimmer who has achieved a British or Home National qualification ranking place in any event for the 2019 Summer Championships. It also includes any swimmer accepted to swim in any Home National Event.
7. All Para-Swimmers are eligible to compete in this meet.
8. Para-swimmers who enter this meet will be seeded in this meet according to achieved time standards and with able bodied or disability swimmers of appropriate times, there will be a Multi-Classification.
9. Entries must be the fastest time currently held by a swimmer either Short Course or Long Course conversion; The meet promoter will check entry times 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.
10. 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.
11. Times must be submitted for all competitors & 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.
12. 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)
13. As this gala is a 'Development Gala', if the meet were to be oversubscribed & exceeds the time allowed per session the promoters reserve the right to limit entries to enable the gala to meet licensing requirements. Any scratches will come from the fastest swimmers entered and equally scratched across all age groups and events.
14. **Officials & Poolside Helpers:** All Plymouth ASA Clubs are requested to provide 1 Official per session (but strongly encourage as many officials as possible to help) and the required number of volunteers for poolside roles. All volunteers must be Swim England registered.
15. 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 GDPR - Data Protection Act 2018, 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).



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16. 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.
17. 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.
18. 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.
19. Closing date for entries is Wednesday 13th September 2019. **Dates of birth, Swim England numbers and fees must accompany entry.** All relays must also be entered by the closing day. **NO** Deck entries or late entries for individual or relay events will be accepted.

2019 Entry Fees

Individual = £4.00 per event

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

20. For advice and guidance on the use of recording or streaming devices during the duration of the competition parents should consult the ASA Wavepower Policy:
www.swimming.org/asa/clubs-and-members/safeguarding-children/
Please refer to your Club Welfare officer for further guidance on photography or live streaming detailed within the ASA Wavepower 2016-2019 guidelines.
21. All events to be swum in "spearheaded" seeded heats (slowest heat first), regardless of age, from submitted times, with declared age group winners. **Swimmers WILL be required to sign in for the 200, Butterfly, 400m, 800m & 1500m events.**
22. All events will be HDW (except 100m events).
23. 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.
24. **Medals & Trophies:** medals will be awarded to swimmers placing 1st, 2nd & 3rd 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.
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.



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25. 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.
26. 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.
27. RELAY EVENTS
- Entries are limited to maximum 2 Male Relay Teams and 2 Female Relay Teams per Club.
 - Male and Female 4 x 50metre Freestyle events.
 - All swimmers must be eligible as individual events and have taken part in at least one individual event.
 - Closing date for entries to be as for the City of Plymouth Swim Meet Competition.**
 - Names of the relay swimmers MUST be submitted to the promoter by the end of the session 5.***
28. COACHES/TEAM MANAGER PASSES
- Entry on to pool deck will not be permitted without a valid Coaches/team manager Pass. All Team Managers and Coaches must ensure they display their pass at all times during the competition.
- Coaches/team manager passes will be £10 each & must be purchased in advance at the closing date of entries
 - A Coaches/team manager pass is valid for all sessions.
29. SPECTATORS
- 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.
30. OFFICIAL DECISIONS
- The Referees decision on all swimming matters is final.

PROGRAMME OF EVENTS:

Saturday 5th October



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Session 1			Event	Boys/Girls	Age Groups	
Warm Up	12.30	101	400m Freestyle	Mixed	10 & over	HDW
Start	13.00	102	100m Butterfly	Girls	10 & over	HDW
		103	100m Backstroke	Boys	10 & over	HDW
Warm up order	Boys 1 st , girls 2 nd	104	50m Backstroke	Girls	9 & over	HDW
		105	50m Breaststroke	Boys	9 & over	HDW
		106				
		107	100m Butterfly – Championship Final	Girls		
		108	100m Backstroke – Championship Final	Boys		

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

Warm up	TBC	201	400m IM	Mixed	11 & over	HDW
Start	Tbc	202	100m IM	Boys	9 & over	HDW
		203	100m IM	Girls	9 & over	HDW
Warm up order	Girls 1 st , boys 2 nd	204	200m Backstroke	Boys	9 & over	HDW
		205	200m Freestyle	Girls	9 & over	HDW
		206	100m Individual Medley – Championship Final	Boys		
		207	100m Individual Medley – Championship Final	Girls		

Sunday 6th October

Session 3			Event	Boys/Girls	Age Groups	
Warm Up	11.30	301	200m Breaststroke	Girls	9 & over	HDW
Start	12.00	302	100m Breaststroke	Boys	10 & over	HDW
		303	100m Backstroke	Girls	10 & over	HDW
Warm up order	Girls 1 st , boys 2 nd	304	50m Backstroke	Boys	9 & over	HDW
		305	50m Breaststroke	Girls	9 & over	HDW
		306	200m Freestyle	Boys	9 & over	HDW
		307	100m Breaststroke – Championship Final	Boys		
		308	100m Backstroke – Championship Final	girls		

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

Warm up	TBC	401	100m Butterfly	Boys	10 & over	HDW
Start	Tbc	402	100m Breaststroke	Girls	10 & over	HDW



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		403	50m Butterfly	Boys	9 & over	HDW
warm up order	girls 1 st , boys 2 nd	404	50m Butterfly	Girls	9 & over	HDW
		405	200m Breaststroke	Boys	9 & over	HDW
		406	100m Breaststroke – Championship Final	Girls		
		407	100m Butterfly – Championship Final	Boys		
		408	800m Freestyle	Mixed	11 & over	HDW

Sunday 13th October

Session 5			Event	Boys/Girls	Age Groups	
Warm Up	11.30	501	200m IM	Boys	10 & over	HDW
Start	12.00	502	200m IM	Girls	10 & over	HDW
		503	100m Freestyle	Boys	9 & over	HDW
Warm up order	Boys 1 st , girls 2 nd	504	100m Freestyle	Girls	9 & over	HDW
		505	200m Butterfly	Mixed	10 & over	HDW
		506	100m Freestyle – Championship Final	Boys		
		507	100m Freestyle – Championship Final	Girls		

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

Warm up	TBC	601	200m Freestyle Relay - Junior	Girls	13 & under	HDW
Start	Tbc	602	200m Freestyle Relay - Junior	Boys	13 & under	HDW
		603	200m Freestyle Relay - Senior	Girls	14 & over	HDW
warm up order	Boys 1 st , Girls 2 nd	604	200m Freestyle Relay - Senior	Boys	14 & over	HDW
		605	200m Backstroke	Girls	9 & over	HDW
			RELAY PRESENTATIONS			
		606	50m Freestyle	Boys	9 & over	HDW
		607	50m Freestyle	Girls	9 & over	HDW
		608	1500m Freestyle	Mixed	11 & over	HDW

WARM UP

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

Cut Off Times

MALE



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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



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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

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

Club					
Surname		First Name		Initial	



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Date of Birth		Age as at 13 th October 2019		M/F	
Address & Postcode					
Telephone Number & e-mail					
ASA Membership Ref. Number					
Disability Swimmer (Tick)		S Class:			

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	
Payment by:	BACS	CHEQUE	CASH
Amount Due			£

Officials Nomination Form

Full Name:



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Name of Club:

Qualification:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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

All completed forms to be returned to Mel Jaynes
officials@plymouthswimming.co.uk

**COACHES POOLSIDE PASS
APPLICATION FORM**



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CLUB.....

Name	ASA Number	DBS Number

Please note: Poolside passes will only be issued to person registered with the ASA and have a current DBS. Passes must be applied for & paid for in advance, include the fee of £10 per pass with your swimmers entries.

Please collect passes on the day from the control room.



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ENTRY FEES SUMMARY SHEET

Cheques should be made payable to 'City of Plymouth ASA'.

The preferred method of payment for entries is by BACS & the treasurer notified when payment has been made.

Account Details: City of Plymouth ASA

Account Number: 05006724

Sort Code: 56 00 63

The Hytek file for this meet will be available on the City of Plymouth website.

Club	
Contact Name	
Address	
Telephone (Day)	
Telephone (Eve)	
Mobile	
E-Mail	

Total No. of Individual Entries		@	£4.00 each Entry	=	
Relay Entries – Boys teams		@	£10.00 for up to 2 teams	=	
Relay Entries – Girls teams		@	£10.00 for up to 2 teams	=	
Poolside Pass		@	£10.00 Per Pass	=	
Closing Date: Friday 13th September 2018		Total BACS/Cheque payment			

Please email the completed entry fees summary sheet, Hy-tek files, Hy-tek entry reports and coach application form to: Rachel Hutchinson at events@plymouthswimming.co.uk

I certify that all the above details are correct and that I will abide by the meet conditions.
Signed on behalf of all swimmers :

(Team Manager)

Date