



LEICESTER SHARKS COMPETITIVE SWIMMING CLUB

www.leicestersharks.co.uk

Regional Qualifier 2018

Level 3 Open Meet under ASA Laws and Technical rules
Licenced by the ASA for entry into County and Regional Championships under number:

3EM180532

7th and 8th April 2018

Pingles Leisure Centre, Nuneaton

50m, 100, and 200m All Strokes
400m Free & 400 IM

Age Groups 9/10yrs, 11/12yrs, 13/14yrs, 15yrs & Over
Medals for Top 3 in each event and age group (All heat Declared Winner)

Eight-lane 25m pool with anti-turbulence lane ropes and electronic timing
Ample spectator seating and café

Promoter

Alison Wilcock

Leicester Sharks CSC

c/o 20 Laburnum Avenue
Lutterworth Leicester LE17 4TZ
swimmeets@leicestersharks.co.uk



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Meet Conditions

1. The competition will be held under ASA Laws and ASA Technical Rules of Swimming.
2. A swimmer taking part shall be
 - a) Eligible according to ASA Law
 - b) All swimmers must be Category 2 members of the ASA on the Competition Entry closing date.
 - c) The minimum age for this competition is 9 years.
3. Heats will be seeded and spearheaded according to submitted entry times which will be converted to 25m pool times if necessary.
4. Upper and lower limit Qualifying Times apply for this competition. (See times below). The promoter reserves the right to accept or reject entries on the basis of Qualifying Times. In order for the event to run smoothly entries may be restricted, any entry not accepted due to a restriction on numbers being imposed by the promoter will have their entry fee refunded in full.
5. 400 IM** event for both Male and Female will be capped at three heats maximum (24 competitors in total).
6. Acceptance of entries and eligibility of awards is subject to the rules of the competition and at the discretion of Leicester Sharks Competitive Swimming Club.
7. Disability entries are welcome. No qualifying times apply as entry times will be taken from rankings. Please choose events carefully and we will endeavour to ensure these are accepted given the time constraints of the event. Please contact the promoter for any further information and advice.
8. Age on day – 08/04/2018 (midnight)
9. Awards will be given to the fastest three swimmers in each age group category. Separate awards will be made to disability swimmers.
10. There is limited space available on poolside for swimmers and so swimmers will be stewarded in the crèche (call room) before races. Swimmers must wear appropriate footwear/top.
11. Competitors are requested to use the lockers provided in the changing rooms for all large bags and to only bring small bags poolside. Large bags will be asked to be removed, and air vents to be kept clear.
12. Coaches and Team Managers are to ensure all swimmers behave appropriately whilst poolside. It is the member's clubs responsibility to make sure each swimmer has reached the standard of the ASA competitive start award. It is the responsibility of the Team Managers and Coaches to ensure that their competitors report to the stewards in time for the start of their race.
13. To ensure a safe environment for all our swimmers, including those with nut allergies, we require the Open Meet to be a nut-free event, both poolside and also spectating areas.
14. Swimmers will not be allowed on the balcony with bare feet and if dripping wet. Please encourage swimmers to remain on poolside during sessions so that designated team managers know where they are.
15. The electronic scoreboard shows provisional results only. The final positions and times will be shown on the results sheet which will be made available during the open meet and online using the sportssystem link.
16. Anti-wave ropes will be used in an eight-lane, 25m pool.
17. ARES Electronic timing will be used with Sport Sys Meet management software.



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18. Electronic entries only - £6.00 per event via the Sport Sys Entry Manager file. Electronic entry files are to be emailed to swimmeets@leicestersharks.co.uk, the entry file and full details of how to enter electronically are provided on the club website, www.leicestersharks.co.uk. In the event of the meet being oversubscribed entries will be prioritised based on file submission date received. The organiser reserves the right to restrict entries to ensure there is sufficient time between each session and that the Licensed Meet time restrictions are adhered to.
19. Entry fees to be paid directly to our bank account:
HSBC Sort Code 40-12-35; Account number **41431765** Reference **(your club name or surname) LSRQ 2018**.
20. The accepted entries list and rejection list, if applicable, will be published after the closing date or when the meet is deemed to be full. Any errors must be notified by the date given on publication of the accepted entries list, no amendments will be made after this date. Refunds will not be given once the accepted list is published. Any times achieved after the closing date will not be accepted. Withdrawals may be made prior to the competition by emailing swimmeets@leicestersharks.co.uk
21. Withdrawals on the day of competition, will be made to the recording desk at the front of viewing area before the start of the warm up or during the first 15 minutes of the relevant session.
22. Withdrawals, in advance or on the day once submitted are final and no re-entries will be accepted. You will also be ineligible to turn up on the day to swim.
23. Any swimmer who does not report for an event they have entered without informing the promoter or withdrawals desk prior to warm up will be excluded from swimming in any other event that day.
24. **POOLSIDE PASSES** - £25 for the weekend inclusive of food, or £ 15.00 per day Inc. programme and start sheets (must be purchased in advance).
25. **OFFICIALS** – We request that clubs provide a minimum of 2 licenced officials per 10 swimmers. We are only able to provide poolside experience for trainee officials if we have sufficient officials to run the meet in accordance with the licensing conditions. Please email swimmeets@leicestersharks.co.uk with the names of your officials and their qualification and your trainee requirements for consideration.
26. **TEAM MANAGERS** – With reference to the most recent guidance from the NSPCC/CPSU safe sports events and in conjunction with Wave power issued by the ASA, we require the following compliance. The adult to swimmer ratio should be a minimum of 1:10 with two adults being the minimum for each team. This can include coaches but clubs must ensure that swimmers are not left unsupervised. It is the responsibility of Team Managers to ensure swimmers report for their races in good time and report any injury or incident to the pool staff and Promoter.
27. Neither the organisers, promoter nor the pool management will be able to accept responsibility for loss or damage to personal property.
28. Anything not covered by the above will be acted upon at the discretion of the Promoter, errors and omissions excepted.

Closing date

Sunday 11th March 2018 (midnight), or when meet full (first come, first served)



Programme of Events

Saturday 7th April 2018

Session 1 – Warm up 13.00pm	
1	Male 400 IM **
2	Female 200 Breast
3	Male 200 Breast
4	Female 100 Back
5	Male 100 Fly
6	Female 100 Free
7	Male 50 Back
8	Female 50 Fly

Session 2-Warm up TBC	
9	Male 200 IM
10	Female 200 IM
11	Male 400 Free
12	Female 100 Breast
13	Male 200 Fly
14	Female 50 Free
15	Male 50 Free

Sunday 8th April 2018

Session 3– Warm up 8.00am	
16	Female 400 IM **
17	Male 200 Free
18	Female 200 Free
19	Male 100 Back
20	Female 100 Fly
21	Male 100 Breast
22	Female 50 Back
23	Male 50 Fly

Session 4– Warm up TBC	
24	Female 200 Back
25	Male 200 Back
26	Female 400 Free
27	Male 100 Free
28	Female 200 Fly
29	Male 50 Breast
30	Female 50 Breast

**400 IM event for both Male and Female will be capped at three heats maximum (24 competitors in total)

Full Programme and timings will be confirmed once all entries accepted



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Qualification Times

Male Lower Times

Event	9/10yrs	11/12yrs	13/14yrs	15yrs +
50m Freestyle	56.5	43.9	35.5	29.7
100m Freestyle	1.51.0	1.35.3	1.16.2	1.05.3
200m Freestyle	4.34.5	3.27.9	2.46.7	2.24.0
400m Freestyle	9.51.5	7.15.5	5.50.7	5.05.6
50m Breaststroke	1.13.3	56.5	44.8	37.3
100m Breaststroke	2.27.2	2.01.7	1.36.5	1.21.2
200m Breaststroke	5.46.5	4.23.4	3.29.3	2.56.1
50m Butterfly	1.03.6	48.3	39.0	32
100m Butterfly	2.09.5	1.46.8	1.24.8	1.10.5
200m Butterfly	5.28.4	3.54.6	3.07.5	2.36.8
50m Backstroke	1.05.1	50.1	40.4	33.1
100m Backstroke	2.09.2	1.46.7	1.25.5	1.11.3
200m Backstroke	5.02.1	3.49.6	3.03.8	2.36.1
200m Ind. Medley	5.10.9	3.54.6	3.08.8	2.40.7
400m Ind. Medley		6.50.2	6.27.0	5.56.4

Male Upper Times

9/10yrs	11/12yrs	13/14yrs	15yrs +
30.3	26.2	25.9	25
1.05.03	55.9	54.8	54.1
2.14.1	2.02.1	2.01.1	1.57.4
4.52.2	4.17.0	4.15.2	4.07.8
38.2	33.1	32.8	31.6
1.20.9	1.11.3	1.10.3	1.07.8
3.01.6	2.34.7	2.32.7	2.27.1
32.5	28.7	28	27.3
1.13.1	1.01.7	1.01.0	59.3
2.41.0	2.17.7	2.15.2	2.10.1
33.2	30	29.8	28.6
1.10.8	1.03.1	1.01.1	59.9
2.31.0	2.13.8	2.12.1	2.09.1
2.34.1	2.16.7	2.15.8	2.12.2
	4.50.3	4.45.1	4.39.10

Female Lower Times

Event	9/10yrs	11/12yrs	13/14yrs	15yrs +
50m Freestyle	53.2	41.5	35.9	32.9
100m Freestyle	1.49.4	1.29.6	1.17.1	1.11.8
200m Freestyle	4.15.6	3.13.5	2.45.8	2.36.4
400m Freestyle	9.15.2	6.42.8	5.45.7	5.28.0
50m Breaststroke	1.09.1	53	45.3	41.1
100m Breaststroke	2.20.3	1.53.9	1.36.7	1.29.0
200m Breaststroke	5.21.7	4.03.8	3.27.3	3.10.8
50m Butterfly	59.6	45.5	39.1	35.4
100m Butterfly	2.08.8	1.39.8	1.25.1	1.17.7
200m Butterfly	5.10.0	3.40.3	3.06.4	2.50.7
50m Backstroke	1.01.1	47	40.6	37
100m Backstroke	2.02.9	1.40.2	1.25.4	1.19.2
200m Backstroke	4.42.2	3.32.2	3.03.2	2.49.8
200m Ind. Medley	4.49.0	3.37.7	3.07.4	2.55.1
400m Ind. Medley		6.42.2	6.30.9	6.16.0

Female Upper Times

9/10yrs	11/12yrs	13/14yrs	15yrs +
31.6	27.8	27.5	27.1
1.09.5	1.00.2	59.1	58
2.21.0	2.07.0	2.06.8	2.05.4
5.02.00	4.25.4	4.23.2	4.21.4
40.2	34.9	34.5	34
1.24.1	1.14.2	1.13.0	1.12.9
3.01.2	2.39.8	2.35.4	2.37.3
34	30.3	29	29.6
1.15.8	1.05.6	1.04.9	1.04.1
2.46.0	2.23.1	2.21.2	2.19.8
35.1	31.4	31	30.9
1.12.6	1.05.9	1.05.1	1.04.6
2.36.1	2.21.1	2.19.2	2.17.9
2.38.4	2.23.8	2.22.2	2.21.5
	4.59.9	4.57.8	4.55.8



Electronic Entry Form Submission

Please remember to include a copy of the entry sheet summary from Sportsystems

PLEASE COMPLETE IN BLOCK CAPITALS

Swimming Club	
Contact Name	
Address	
Telephone (Day)	
Telephone (Eve)	
Mobile	
Email	

No of boy swimmers		Total no of boy events	
No of girl swimmers		Total no of girl events	
Total no of swimmers		Total no of events	

Payment Details

Total Number of Events	Cost per Event	Total
	£6.00	
Poolside Pass	One day pass @ £15.00	
	Weekend Pass @ £25	
	Amount Due	£

Bank Transfer to HSBC, Sort code 401235, Account 41431765

Do not forget to enclose a print out of your entries which can be done via the entry manager software

I declare that all above details are correct and that the submitted swimmers are eligible to compete in accordance with ASA Law, and that I accept the meet rules and conditions

Team Manager _____

Signature _____

Return to: Leicester Sharks Competitive Swimming Club c/o 20 Laburnum Avenue, Lutterworth, Leicester LE17 4TZ

Entries close 11th March 2018



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Officials/Helpers

We need many officials and helpers to run a successful open meet. The more we have the easier it is for everyone.

If you are willing to officiate or help at our open meet, could you please fill in the form below and return it with your club entries or send to swimmeets@leicestersharks.co.uk. all help is very much appreciated.

We request 2 licenced officials per 10 swimmers

Club

Name	ASA No	Qualification	Sat 7 th April		Sun 8 th April	
			Session 1	Session 2	Session 3	Session 4

Please send to swimmeets@leicestersharks.co.uk. Thankyou!