



City of Liverpool Swimming Club



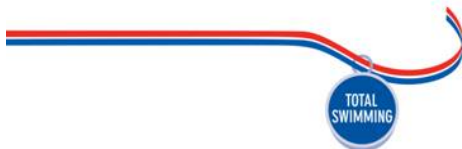
In association with Liverpool City Council Swimming Development Section, Total Swimming & SRS Leisure
Affiliated to the A.S.A. Swim North West and held under FINA Law & Technical Rules of Swimming

Present the 2010

LICENSED LEVEL 3 (3NW0015)

Long Course Summer Sprint Open Meet "Non National Qualifier"

at
Liverpool Aquatics Centre



Total Swimming
www.totalswimming.co.uk



Liverpool City Council
Swimming Development Section



SRS Leisure
www.srsleisure.co.uk

Saturday 26th &
Sunday 27th June
2010



Information Pack

Meet Directors and Promoters: Mrs. Lynn Stuttard and Mr. Mark Charnock

Meet Information

Venue Liverpool Aquatics Centre, Wavertree Sports Park, Wellington Road, Liverpool, L15 4LE
Reception Tel. 0151 – 233 – 8850

Competition Pool 50m, 8 Lane, Deck-level, Fast Pool, Full Daktronics Electronic Timing System

Warm up Pool 20m, 4 Lane, Deck-level

Facilities Swim shop provided by SRS Leisure. Excellent spectator facilities.
Large car park with excellent lighting and CCTV

Sessions & Timings	Saturday 26 th June 2010		Sunday 27 th June 2010	
Session	1	2	3	4
Warm up	09.00	TBC	09.00	TBC
Start	09.45	TBC	09.45	TBC

Licensed Gala	This event is designed specifically for Non – National qualifiers of all age groups. If you have qualified for the National Championships in any stroke or distance, you are ineligible to compete in this gala. Licensed by the A.S.A. for a Level 3 competition.
Age Groups	9 – 10 – 11 yrs as single age groups / 12 - 13yrs / 14 & Over
Age on Day	Age as at 27 th June 2010
Events	50m & 100m all strokes plus 200m IM. All events will be run on a " Heat Declared Winner " basis
Entries	Entries will be seeded on a fastest to slowest basis. A maximum number of swimmers per event will be accepted to ensure that the gala runs in accordance with A.S.A. Regulations. Entries will be accepted at the discretion of the Promoter(s).
Entry Times	ENTRY TIMES ARE LONG COURSE 50 METRES. Please read the Qualifying Time Limits carefully. You can not enter a time faster than the qualifying time stated.
Meet Records	Long course meet established in 2008.
Spectator Costs	£7.00 per day (adults) / or £3.50 per session (adults) £4.00 per day (OAP's) / £2.00 per session (OAP's) £1.50 per session (children) £2.00 per programme Raffle tickets also on the door. Coloured self adhesive Wristbands will be issued on entry, full day fee is required upon morning entry with partial spectator fee refunded on departure for spectators attending morning only, when wristband will be returned at front desk and removed.
Event Prizes	Awards will be made to the first three swimmers in each individual event and age group.
Top Club Award	To be determined
Presentations	Individual event awards will be presented during each session. Individual event awards will be presented in the following age groups 9; 10; 11; 12 to 13 girls; 12 to 14 boys; 14 & over girls; 15 and over boys Presentations will be made as soon as possible once an individual age group has finished their last event on Sunday 27 th June.

<u>Awards</u>	<p><u>FINA Points, British GB Points, BAG Points and BAGCAT's</u></p> <p>As of January 1, 2010, the ASA has dropped their GB Point System and has replaced it with <u>FINA Points</u>.</p> <p>BAGCATS scoring has been retained, but the point calculations are computed using FINA Points and the Age Factors are no longer used to adjust each age group's points.</p> <p>Top Club award based upon accumulation of FINA points.</p>
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Long Course Metres

Age 9 Boys and Girls do NOT receive BAGCAT Points at Licensed Long Course Meets.

To allow us to recognise and reward the 9 year old swimmers, swimmers will be awarded FINA Points for their swims and an award will be given to the top 3 Boy and top 3 Girl swimmers based on an accumulation of FINA Points from ALL their swims.

BAGCAT Awards will be given to the remaining qualifying age groups according to the criteria below.

Age 10 to 11 Boys and Girls

Best 50 sprint from back, breast or fly
 100 free
 Best 100 sprint from back, breast or fly
 200 IM

Age 12 to 13 Girls

Best 50 sprint from back, breast or fly
 100 free
 Best 100 sprint from back, breast or fly
 200 IM

Age 12 to 14 Boys

Best 50 sprint from back, breast or fly
 100 free
 Best 100 sprint from back, breast or fly
 200 IM

Presentations will be made to the Top 3 swimmers in each age group to the value of £15.00, £10.00 and £5.00

FINA Awards will be based on points accumulated from ALL swims for 9 Year Olds

<p><u>Entries</u></p>	<p>Entries should be made electronically using the "Hy-Tek Entry Files" to be found at www.colsc.net</p> <p>These entries can be made on a Club OR an individual basis. Cheque payment only (payable to City of Liverpool SC) together with paper copies of entries should be posted to:</p> <p>Mrs. Lesley Lloyd, 13 Sefton Road, Wallasey, Wirral CH45 5BS</p> <p>Electronic entries to be sent to: Mrs. Lesley Lloyd at email address: colsc@hotmail.co.uk</p> <p><i>Your valid e-mail address is particularly useful should any queries arise.</i></p> <p>Paper entries / fees from Clubs or individuals will also, for this Gala, be accepted by post BUT are subject to a 10% administration fee to be added to the each swim entry.</p> <p><u>Postal entries sent with incorrect fees and/or postage will NOT be collected or processed.</u></p> <p><u>Entries left/sent other than to the above address will NOT be collected or processed.</u></p> <p>Late entries and poolside entries will not be accepted. If necessary entries will be limited to a maximum number of heats. Please do not send cash through the post.</p>
<p><u>Closing Date</u></p>	<p>The Closing Date for entries is Midnight Monday 7th June 2010</p>
<p><u>Entry Fees</u></p>	<p>electronic entry: £5.00 per event; paper copy only entry £5.50 per event</p>
<p>***** <u>Withdrawals</u> *****</p>	<p>If you intend to withdraw from an event(s) you must phone or text 07851 830312 prior to the start of the relevant warm-up (this number only available from 08.00 am Thursday, 24th June 2010)</p> <p>Alternatively, you can complete a "Heat Withdrawal Form" and hand it in at Timing Control prior to the start of the relevant warm up.</p> <p>If you do <u>NOT</u> withdraw using the prescribed method, any swims you have for the remainder of the meet may be cancelled at the discretion of the promoter(s).</p> <p>A list of confirmed swims will be posted on the COLSC Website at: www.colsc.net</p>
<p><u>Clothes Lockers</u></p>	<p>THE POOL HAS A LARGE NUMBER OF CLOTHES LOCKERS IN THE CHANGING AREA THAT COMPETITORS CAN USE. TO ACCESS THE LOCKER YOU WILL NEED A 20P COIN AND THIS IS NONE RETURNABLE. ALSO THE MANAGEMENT HAVE REQUESTED THAT NOBODY LEAVES CLOTHES OR EQUIPMENT IN THE LOCKERS OVER NIGHT.</p>
<p><u>Hotel Accommodation</u></p>	<p>You can find hotel information on the City of Liverpool SC website www.colsc.net Or by visiting the Merseyside Tourist Information at www.visitliverpool.com</p>
<p><u>Directions to Liverpool Aquatics Centre</u></p>	<p>Come off at the end of M62 continue straight through lights (city centre route) At the second set of lights turn left, Signposted for Wavertree Athletics Centre Carry on approximately two miles to a set of traffic lights at Picton Road Go straight across through to Wellington Road Turn left 400 yards before bridge into Wavertree Sports Park Complex.</p> <p>Also maps and directions will be available via the City of Liverpool SC website and Liverpool City Council website under the sports centres section.</p> <p>IF LOST? CONTACT LAC RECEPTION ON 0151 - 233 - 8850</p>
<p><u>Photographic Policy</u></p>	<p>Liverpool City Council has adopted a strict no photography policy from all balconies, spectator areas and pool halls.</p>

SKINS EVENT

1. An invitation to swim in the skins competition will be initially offered to the swimmers finishing 1st to 8th in the Boys & Girls 200m IM event, 12/13yrs & 14yrs and over age group.
2. If less than 8 swimmers accept the initial invitation, then we will invite swimmers placed 9th, 10th, 11th etc. into the event.
3. We are basing the skins competition on an individual medley, with all four strokes being available to swim in each round. A random draw will take place before each round to decide the stroke to be swum.
4. Races will take place 3 minutes apart.

Boys				Girls			
Race No	Race starts at. Time stated in minutes	Round	No of Swimmers	Race No	Race starts at. Time stated in Minutes	Round	No of Swimmers
1	0.0	1	8	2	1.5	1	8
3	3.0	2	7	4	4.5	2	7
5	6.0	3	6	6	7.5	3	6
7	9.0	4	5	8	10.5	4	5
9	12.0	5	4	10	13.5	5	4
11	15.0	6	3	12	16.5	6	3
13	18.0	7	2	14	19.5	7	2

5. We will start the skins event with a maximum of 16 competitors, 8 boys and 8 girls.
6. At the end of each race, the swimmer who finishes last will be eliminated from the competition.
7. Prize Money – A cash prize of £20.00 for 1st place, £10.00 for 2nd place and £5.00 for 3rd place.

Rules for Skins Events

1. The race distance will be 50m.
2. Up to 8 swimmers will contest the first heat of each event.
3. Boys and girls heats will be run alternately with the time between each gender's heats being 3 minutes.
4. Choice of stroke will be made by drawing slips from a hat. The Promoter will select from the hat the first stroke to be swum in the boys' and the girls' heat. This will be announced to the swimmers prior to each heat.
5. Each start will be made according to ASA starting procedure e.g. The referee will blow a series of short whistle blasts followed by long whistle blast, (followed by a further long whistle blast if a backstroke race.) The Starter will then give the command "Take your marks" and will attempt to give the starting signal on the 1,5 minutes or 3,0 minutes in time slot for each heat race.
6. If a swimmer "is moving at the start" the heat will continue and the swimmer "moving at the start" will be eliminated at the end of the heat race instead of the slowest swimmer in that heat.
7. If a swimmer "False Starts" and enters the water the remaining swimmers will be stood down and the heat race re-started when it is safe to do so. Health and Safety of all the swimmers is very important and the race cannot be re-started until safe to do so. The swimmer who "false started" will be eliminated.
8. The Placing Judges will identify the swimmer who is last in the heat and inform the Referee. The Referee informs the eliminated swimmer. If the Placing Judges disagree on the swimmer to be eliminated the Referee will make the decision. If no clear decision can be reached (e.g. a dead Heat) all swimmers will swim in the next heat and 2 swimmers will be eliminated from the subsequent round.
9. If a swimmer is disqualified for a stroke infringement then there will be no elimination of the slowest swimmer in that swim. Strokes will be in accordance with FINA Laws and Technical Rules.
10. The heats proceed according to these rules with the heats in each event being 3 minutes apart until there is an overall winner.
11. Swimmers will remain in their original assigned lanes throughout the event. However the final heat will take place in the two central lanes.
12. At the end of each heat the Referee will enter on the swimmer's timecard the place attained in the event (i.e. 8th, 7th, 6th etc.). At the end of the final heat the Referee will enter the place attained and the time achieved by the winning swimmer.
13. In all matters pertaining to the Skins event not covered by these rules the Referee's decision is final.

**PROGRAMME OF EVENTS SATURDAY
AM**

Saturday 28 th June		Session 1 Warm up 09.00 Start 09.45	
Event No.	Sex	Age Group	Event
101	Boys	14yr & Ov	200m IM
102	Girls	14yr & Ov	200m IM
103	Boys	12/13yr	100m Bk/s
104	Girls	12/13yr	100m Bk/s
105	Boys	9/11yr	50m Fly
106	Girls	9/11yr	50m Fly
107	Boys	14yr & Ov	50m Br/s
108	Girls	14yr & Ov	50m Br/s
109	Boys	12/13yr	50m Br/s
110	Girls	12/13yr	50m Br/s
111	Boys	9/11yr	100m Fr/s
112	Girls	9/11yr	100m Fr/s
113*	Boys	14yr & Ov	Invitation Medley Skins Event
114*	Girls	14yr & Ov	Invitation Medley Skins Event

**PROGRAMME OF EVENTS SATURDAY
AM**

Saturday 28 th June		Session 2 Warm up TBC Start TBC	
Event No.	Sex	Age Group	Event
201	Boys	12/13yr	200m IM
202	Girls	12/13yr	200m IM
203	Boys	14yr & Ov	50m Fly
204	Girls	14yr & Ov	50m Fly
205	Boys	9/11yr	100m Br/s
206	Girls	9/11yr	100m Br/s
207	Boys	12/13yr	50m Fly
208	Girls	12/13yr	50m Fly
209	Boys	14yr & Ov	100m Fr/s
210	Girls	14yr & Ov	100m Fr/s
211	Boys	9/11yr	50m Br/s
212	Girls	9/11yr	50m Br/s
213*	Boys	12/13yr	Invitation Medley Skins Event
214*	Girls	12/13yr	Invitation Medley Skins Event

PROGRAMME OF EVENTS SUNDAY AM

Sunday 29 th June		Session 3 Warm up 09.00 Start 09.45	
Event No.	Sex	Age Group	Event
301	Boys	12/13yr	100m Br/s
302	Girls	12/13yr	100m Br/s
303	Boys	14yr & Ov	50m Bk/s
304	Girls	14yr & Ov	50m Bk/s
305	Boys	9/11yr	100m Fly
306	Girls	9/11yr	100m Fly
307	Boys	12/13yr	50m Fr/s
308	Girls	12/13yr	50m Fr/s
309	Boys	14yr & Ov	50m Fr/s
310	Girls	14yr & Ov	50m Fr/s
311	Boys	9/11yr	50m Bk/s
312	Girls	9/11yr	50m Bk/s
313	Boys	12/13yr	100m Fly
314	Girls	12/13yr	100m Fly
315	Boys	14yr & Ov	100m Bk/s

PROGRAMME OF EVENTS SUNDAY PM

Sunday 29 th June		Session 4 Warm up TBC Start TBC	
Event No.	Sex	Age Group	Event
401	Girls	14yr & Ov	100m Bk/s
402	Boys	9/11yr	200m IM
403	Girls	9/11yr	200m IM
404	Boys	12/13yr	50m Bk/s
405	Girls	12/13yr	50m Bk/s
406	Boys	14yr & Ov	100m Fly
407	Girls	14yr & Ov	100m Fly
408	Boys	9/11yr	100m Bk/s
409	Girls	9/11yr	100m Bk/s
410	Boys	12/13yr	100m Fr/s
411	Girls	12/13yr	100m Fr/s
412	Boys	14yr & Ov	100m Br/s
413	Girls	14yr & Ov	100m Br/s
414	Boys	9/11yr	50m Fr/s
415	Girls	9/11yr	50m Fr/s

CITY OF LIVERPOOL SWIMMING CLUB LICENSED LEVEL 3 SUMMER SPRINT MEET 2010

QUALIFICATION TIMES

The meet is a non national qualifier event. Any swimmer gaining a National Qualifying Time in any stroke for 2010 season is specifically excluded. The promoter(s) reserve the right to check entry times against British Rankings at upper qualifying level.

**Upper Qualifying Time Limits
(your entry may not be faster than these times)**

Age Group	Sex	50m Fly	50m Bk/s	50m Br/s	50m Fr/s	100m Fly	100m Bk/s	100m Br/s	100m Fr/s	200m IM
9 / 11yrs	Boys	32.0	33.0	38.0	29.0	1:17.3	1:17.0	1:27.8	1:08.1	2:46.0
	Girls	34.0	35.0	40.0	31.0	1:17.0	1:17.0	1:27.7	1:08.5	2:50.3
12 / 13yrs	Boys	31.2	32.3	35.7	28.2	1:08.8	1:08.9	1:16.7	1:00.4	2:29.5
	Girls	32.3	33.4	37.2	29.5	1:10.0	1:10.0	1:18.3	1:02.4	2:32.0
14yrs & Over	Boys	26.0	28.0	31.0	24.4	58.0	58.7	1:06.8	53.7	2:11.6
	Girls	28.0	30.0	33.0	27.2	1:04.3	1:05.6	1:13.7	59.9	2:25.0

**Lower Qualifying Time Limits
(your entry may not be slower than these times)**

Age Group	Sex	50m Fly	50m Bk/s	50m Br/s	50m Fr/s	100m Fly	100m Bk/s	100m Br/s	100m Fr/s	200m IM
9 / 11yrs	Boys	57.6	59.4	1:08.4	52.2	2:01.1	2:00.6	2:38.0	2:02.5	4:58.8
	Girls	1:01.2	1:03.0	1:12.0	55.8	2:18.6	2:18.6	2:37.8	2:03.3	5:06.5
12 / 13yrs	Boys	56.1	58.1	1:04.2	50.7	2:03.8	2:04.0	2:18.0	1:48.7	4:29.1
	Girls	58.1	60.1	1:06.9	53.1	2:06.0	2:06.0	2:20.9	1:52.4	4:33.7
14yrs & Over	Boys	46.8	50.4	55.8	43.9	1:44.4	1:45.6	2:00.2	1:36.6	3:56.8
	Girls	50.4	54.0	59.4	48.9	1:55.7	1:58.0	2:12.6	1:47.8	4:21.0

**CITY OF LIVERPOOL SWIMMING CLUB LICENSED LEVEL 3 SUMMER SPRINT MEET 2010
INDIVIDUAL ENTRY FORM**

Please complete all details requested below in full
A valid Email address is particularly useful in case of queries.

Name of Swimmer		Male		Female	
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Name of Swimming Club	
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Swimmers Address	
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Phone Number		E-Mail Address	
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Date of Birth (In numbers)	Day	Month	Year	Age Group as at 27 th June 2010	Yrs

ASA Registration No.							
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Closing Date For Entries	Midnight Monday 7th JUNE 2010
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Paper Entry Forms and Cheque Payment to be returned ONLY to:	Mrs. Lesley Lloyd, 13 Sefton Road, Wallasey, Wirral CH45 5BS
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Electronic entries to be returned to:	Mrs. Lesley Lloyd at email address: colsc@hotmail.co.uk
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Please complete the following table with your **50m long course** entry times.

Events	Times	Events	Times
50m Fly		100m Fly	
50m Bk/s		100m Bk/s	
50m Br/s		100m Br/s	
50m Fr/s		100m Fr/s	
		200m I.M.	

No. of Entries		Total sum @ £5.00 Per Event electronic entry or £5.50 Per Event paper entry	
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Swimming Club Contact & Coach Information Sheet

If you are completing paper copies of entries, please read the coaches pass application information carefully and ensure it is completed and posted with your fees. When completing the information below, please print your details clearly. Thank you.

Swimming Club	
Clubs Contacts Name	
Position in Club	
Home Address	
Post Code	
Telephone No	
Fax No	
Mobile No	
E-Mail Address	

Application for Coaches Pass

1. Each club is entitled to a ratio of 2 coaches to 20 swimmers if your team consists of both male and female competitors. If your club enters more than 20 swimmers then you are entitled to additional coaches' passes as long as your ratio stays the same. A club is not limited to a maximum number of named passes for the weekend, but will be limited to persons poolside as described above.
2. In accordance to child protection rules and guidelines, we now request each club submits the name(s) of the coaches who will be accompanying their team on the poolside at the same time as submitting their swimmers entries. Along with this, we ask your club secretary to sign the accompanying letter to declare at the point of submitting the entries all the named coaches have been CRB checked and are registered as a member of your club.

PLEASE NOTE:

ALL COACHES, TEAM MANAGERS & CHAPERONES MUST BE CRB CHECKED TO GAIN A COACHES PASS AND ACCESS ONTO THE POOLSIDE AND EVIDENCE MAY BE REQUESTED

ANY PARENT WISHING TO ACT AS A COACH MUST ALSO BE CRB CHECKED AND REGISTERED AS A MEMBER OF THE CLUB THEY ARE REPRESENTING.

PARENTS MUST ALSO ASK THE CLUB SECRETARY TO SIGN THE APPROPRIATE LETTER ON THEIR BEHALF AND SUBMIT IT ALONG WITH THE ENTRY FEES.

WITHOUT THE LETTER / APPLICATION FORM BEING SIGNED BY THE CLUB SECRETARY, NO PASSES WILL BE ISSUED.

Signed	
<p>If the address to which the coaches pass should to be sent is different from the club contact, please write the persons name and address in the box.</p>	

**City of Liverpool SC Level 3 Summer Sprint Meet 2010
Swimming Club Application for Coaches Pass**

Please note: This letter / application form must be completed and returned along with your fees, without this, no pass/passes will be given out to your club.

Swimming Club	
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Club Secretary, please print your name	
I / We would like to purchase a total of	Coaches Passes at a price of £10.00 per pass for the weekend
I have enclosed a	Cheque to the value of £_____ to cover this payment.

I have listed the swimming clubs coaches, team managers and chaperones below:

	Name	CRB Number
Coach 1		
Coach 2		
Coach 3		
Coach 4		
Team Manager 1		
Team Manager 2		
Chaperone 1		
Chaperone 2		
Chaperone 3		

As Club Secretary, I confirm that all the individuals listed above have been CRB checked and are current members

of _____ Swimming Club.

Signed _____ Secretary