



Meet Manager Neil White, Promoter Neil White



City of Liverpool SC



Present the Long Course Open



Splash "N" Dash

50m sprints

In partnership with Liverpool City Council

Sunday 14th February 2016

@Liverpool Aquatics Centre

Licenced at Level 3 No: 3NW160223



The City of Liverpool



City of Liverpool

prints 2015



The City of Liverpool

SPLASH “N” DASH 50m Sprints

Programme, Rules & Entry Form

All Ages, All 50 Metre Races, All Strokes. 14yrs and over skins event.

1. Affiliated to the ASA North West Region and held under ASA Laws & FINA Technical Rules of Swimming.
2. Entry into this gala is at the discretion of the gala secretary.
3. Late entries may be accepted.
4. **All Swimmers aged 14 and over are encouraged to enter the Skins Event and the fastest eight 200IM male and female entry times will qualify to compete on the day.**
5. Closing Date is 25th January 2016.
6. Competition will be held at Liverpool Aquatics Centre

Please return all your entry forms and fees to:

Neil White, 7 Mossgate Grove, Liverpool L14 0JT

Mobile 07944101483

Email: Colscgalasecretary@gmail.com





Order of Events


Session 1

Warm up			
Date	15/02/14	Start	
<u>Event No</u>	<u>Sex</u>	<u>Age Group</u>	<u>Event</u>
101	Boys	14yr &Ov	50m Back
102	Girls	14yr &Ov	50m Back
103	Boys	12/13yrs	50m Free
104	Girls	12/13yrs	50m Free
105	Boys	9/11yrs	50m Fly
106	Girls	9/11yrs	50m Fly
107	Boys	14yr &Ov	50m Br/s
108	Girls	14yr &Ov	50m Br/s
109	Boys	12/13yrs	50m Back
110	Girls	12/13yrs	50m Back
111	Boys	9/11yrs	50m Free
112	Girls	9/11yrs	50m Free
		113*	Boys 14yr &Ov

Session 2

Warm up TBC			
Date	15/02/14	Start	
<u>Event No</u>	<u>Sex</u>	<u>Age group</u>	<u>Event</u>
201	Boys	12/13yrs	50m Br/s
202	Girls	12/13yrs	50m Br/s
203	Boys	14yr &Ov	50m Fly
204	Girls	14yr &Ov	50m Fly
205	Boys	9/11yrs	50m Back
206	Girls	9/11yrs	50m Back
207	Boys	12/13yrs	50m Fly
208	Girls	12/13yrs	50m Fly
209	Boys	14yr &Ov	50m Free
210	Girls	14yr &Ov	50m Free
211	Boys	9/11yrs	50m Br/s
212	Girls	9/11yrs	50m Br/s

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114*	Girls	14yr & Ov	 Skins
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Please note that due to time constraints on the gala and to ensure the smooth running of the event, we are unable to make official presentations using the presentation podium. Swimmers will be able to pick up their medals from a table placed at the finish end of the pool, on the window side.

Aims and Purpose Of The Competition.

- 1, To bring all swimmers in the Merseyside area together to compete in a friendly enjoyable environment.
- 2, To give swimmers the opportunity to gain personal best times.
- 3, All events will be inclusive there will not be separate events for swimmers with disabilities.
- 4, Individual clubs may use their swimmers times for team selection for their team competitions.
- 5, This event is licensed at level 3 all times achieved will be entered onto the ASA Rankings system, which means swimmers will be able to use the times for Open, County and Regional Meets.

Competition Rules.

- 1, The Sprint Championships will be held under ASA Law & Fina Technical Rules of Swimming. All swimmers must be Category 2, namely a "Competitive Swimmer", eligible to enter open meets and championships
- 2, Competition age will be age on day.
- 3, All events are 50m: Butterfly / Backstroke / Breaststroke / Freestyle and Skins
- 4, Swimmers should be encouraged to enter all events.
5. All events are heat declared winners
- 6, Entry Times should be 50m times or converted 25m times. Please use the ASA conversion table to do this. Any swimmer who does not have a time may use a training time which has been confirmed by the

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clubs coach. If no time is entered or NST is entered then the swimmer will be placed in one of the slowest heats.

7, Entry fee is £5 per event, £5 for the skins.

8, Competition Age Groups, 9yr,10yr,11yr,12yr,13yr,14yr,15yr and over.

9, Please return all paper entry forms and fees to, Neil White, 7 Mossgate Grove, Liverpool, L14 0JT

Mobile 07944101483 Email colscgalasecretary@gmail.com

10, Cheques should be made payable to "City of Liverpool Swimming Club." Please do not send cash.

11, Closing date for entries is 25th January 2016

12, Accepted entries will be posted on the Colsc website www.colsc.weebly.com

13, Meet conditions, any points not covered in these conditions are at the discretion of the City of Liverpool SC Meet Manager and event team.

14 Spectators Entry Fee - Adults £6 for the day Concessions £4. Under 5's free.

Spectators please note, If you choose to bring cooler boxes they must be of a size that will fit under your seat. Stairways and passageways must not be blocked.

15, Before the day of the gala: if you are unable to attend the gala for any reason or if you wish to withdraw from an individual event or the whole gala, please call or text the telephone withdrawal number 07944101483 or complete a withdrawal form and send it to Neil White or via email

colscgalasecretary@gmail.com If on the day of the gala you wish to withdraw please complete the attached withdrawal form and hand it to the competition control room which is at the end of the spectators gallery.

Competition Awards.

50m Event Awards

A medal will be awarded to the first three swimmers in each age group in each 50m event for both male and female.

50m Fly, 9yr 10yr 11yr 12yr 13yr 14yr 15yr and over.

50m Bk/s 9yr 10yr 11yr 12yr 13yr 14yr 15yr and over.

50m Br/s 9yr 10yr 11yr 12yr 13yr 14yr 15yr and over.

50m Fr/s 9yr 10yr 11yr 12yr 13yr 14yr 15yr and over.

Skins Event Award.

Cash prizes to the top three males and females 1st= £25. 2nd =£15. 3rd =£10.

Skins Event

1. The opportunity to compete in the skins event will be offered to 8 male and 8 female swimmers aged 14 years and over, who have entered the fastest 200m I.M. time.
2. If less than 8 swimmers accept in either category wish to compete, we will invite swimmers 9th, 10th, 11th etc. into the event.
3. The skins competition is based on an individual medley, with all four strokes 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 as demonstrated below:
5. At the end of each race, the swimmer who finishes last or is disqualified will be eliminated from the competition.
6. Cash prizes will be awarded to the male and female swimmers finishing 1st, 2nd and 3rd.

<u>Male</u>			<u>Female</u>			
<u>Race Number</u>	<u>No Of Swimmers</u>	<u>Race start Time (Minutes)</u>		<u>Race Number</u>	<u>No Of Swimmers</u>	<u>Race Start Time (Minutes)</u>
1	8	0		1	8	1.5
2	7	3		2	7	4.5
3	6	6		3	6	7.5
4	5	9		4	5	10.5
5	4	12		5	4	13.5
6	3	15		6	3	16.5
7	2	18		7	2	19.5

Rules for Skins Events

- 1, The SKINS race distance will be 50m
2. Both the male and female events will begin with up to 8 male and 8 female swimmers
3. Male and female heats will be run alternately with 3 minutes between each gender's races.
- 4, The chairmen will select the stroke for each race through a random process such as drawing slips from a hat. Each time, the slip will be returned to the hat prior to the next race selection.
5. Each start will be made according to ASA starting procedure. The starter will give the command 'Take your Marks' and will then attempt to give the starting signal on either the 1.5 minute time slot of the 3.0 minute time slot for each 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 race instead of the slowest swimmer in that particular race.
7. If a swimmer "False Starts" and enters the water the remaining swimmers will be stood down and the 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 instead of the slowest swimmer in that race.
8. If a swimmer is disqualified for a stroke infringement then the will be eliminated and not the slowest swimmer in that

race. Strokes will be in accordance with FINA laws and Technical Rules.

9. The referee will determine the slowest swimmer, who is to be eliminated in each round using either Automatic Officiating Equipment (AOE) or placing judges and will inform the slowest or disqualified swimmer of this following every race. To determine this, if AOE is used, the referee will determine whether it operated correctly. If the placing judges determine the slowest swimmer, they will make the referee aware of their decision. The referee will then inform 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, where two swimmers will be eliminated

10. The races proceed according to these rules with the races in each event being 3 minutes apart, until there is an overall male and female winner.

11. Swimmers will remain in their original assigned lanes throughout the event other than during the final, where the two middle lanes will be used.

12. At the end of each race, the Referee will enter on the swimmer's timecard the place attained in the event (i.e. 6th, 3rd, 5th etc).

13. In all matters pertaining to the Skins event not covered by these rules the Referee's decision is final in conjunction with the event team.

Splash N Dash 50m Sprints Entry Form

Name of Swimmer															
Age Group As at 15 th February 2016															
Date of Birth															
ASA Registration Number															
Swimmer With Disabilities Classification, Place a tick in the appropriate box / boxes		1	2	3	4	5	6	7	8	9	10	11	12	13	14
	S														
	SB														
	SM														
Swimming Club															
Address	<hr/> <hr/>														
Telephone Number/ Mobile															
Email Address															
Male	£5 Per Event							Female							
Entry Times								Entry Times							

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	50 Butterfly	
	50 Backstroke	
	50 Breaststroke	
	50 Freestyle	
	200 IM (14yrs an Over)	

Please Return This Entry form To:-

Meet Entries Secretary: Neil White
Address: 7 Mossgate Grove, Liverpool, L14 0JT
Mobile Number: 07944101483
Email: colscgalasecretary@gmail.com

City of Liverpool SC 2015 Splash "N" Dash. Application for Team Staff / Team Managers / Coaches' / Chaperone's / Helper's / Personal Care Attendants Pass.

Please note: This letter / application form must be completed and returned along with your club's entries, without this, no team staff / coaches' passes will be given out to your club.

Swimming Club	
Club Secretary, please print your name	
I / We would like to purchase a total of	 Team Staff Passes as listed below at a price of £10.00 per pass
I have enclosed a	I enclosed a Cheque to the value of £_____ to cover this payment, made payable to "City of Liverpool SC"

I have listed all the swimming clubs staff below:

Coaches	1.	2.	3.
	4.	5.	6.

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Team Managers	1.	2.	3.
	4.	5.	6.
Chaperones	1.	2.	3.
	4.	5.	6.
Helper's	1.	2.	3.
	4.	5.	6.
Personal Care Attendants	1.	2.	3.
	4.	5.	6.

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

Signed _____ Secretary

Splash "N" Dash

EVENT WITHDRAWAL FORM

Swimmers, Parents, Coaches and Clubs, to ensure we run a smooth event, we require you to let us know if any of your swimmers wish the withdraw from an event or the whole competition in plenty of time so we can delete them off the computer system and stop races taking place with empty lanes.

Any competitor wishing to withdraw from an event or the whole competition must inform a gala official via either:

- i. Completing the form below and passing it to Neil White, Meet Entries Secretary at least a week in advance of the swim taking place
- ii. Passing the form in on the day of the competition, no later than the start of the warm up period
- iii. Texting, stating the swimmers name and the event you want them to withdraw from on 07944101483
- iv. Text or Leave a message on answer machine on 07944101483
- v. Emailing any day or time but no later than Friday evening at 8.00pm
- vi. On the day of the competition, text on 07944101483

Swimming First Name:	
Swimmers Last Name:	
Swimmers Age Group:	
Disability Classification:	

Event No:	Competitor No:	Race Distance:	Stroke:
		50m	
		50m	
		50m	
		50m	
		Skins Competition	

Name(Print)		Signed	
Date		Time of Delivery	
Received By		Time Received	

PARENT / GUARDIAN REFUSAL OF CONSENT FORM FOR PHOTOGRAPHY

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The City of Liverpool SC have appointed an official photographer(s) from LD Photo who will be taking and selling action shots / photographs of swimmers whilst they take part in the 2015 Splash "N" Dash, at the Liverpool Aquatics Centre on Saturday 14th February.

Swimmers Name	
Swimmers Surname	
Date of Birth	
Swim Club	
A.S.A. Reg.No.	

Events / Races – Please complete the table below

Event / Race	Event Number	Distance	Stroke	Date	Session Number
Race 1					
Race 2					
Race 3					
Race 4					
Race 5					
Race 6					
Race 7					
Race 8					

I, the parent / guardian of the named swimmer above refuse permission for the officially appointed photographer to take and/or publish any images of my child at the 2015 City of Liverpool Splash n Dash Meet during the races stated above (Race 1 to 8), at presentations or afterwards on any publications / websites etc...

Parents Signature	
Print Name	
Date	

City of Liverpool SC

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2015 Open Splash "N" Dash 50m Sprints

Appeal For Officials.

Dear Club's, Coaches and Parents.

To organise an open meet of any level takes a lot of help co-operation and organisation and one of the key areas all clubs need support in is guaranteeing we have enough ASA listed officials.

We would be extremely grateful if any parents or club members who are a qualified ASA official and on the current North West list, who will be attending the meet with their children and who may be willing to volunteer and assist our team of officials, would you please complete the form below and return it to the City Of Liverpool Officials Secretary or simply Email with your contact details.

In return for this help you will be entitled to free drinks and refreshments during the gala.

Many thanks for your assistance.

Yours Sincerely

.colscgalasecretary@gmail.com

Email.

Officials Contact Details			
Name of Official	Email Address	Mobile Number	ASA Qualification

Upper qualifying Times.

Entry times cannot be faster than these times shown below.

Boys

	9	10	11	12	13	14	15&0
Fly	32.7	31.6	30.5	29.4	28.3	27.2	26.1
Back	35.7	34.2	33.5	31.4	30.3	28.2	27.1
Breast	42.7	40.6	38.5	36.4	35.3	33.2	31.0
Free	33.1	30.0	28.9	27.0	25.9	24.6	23.3

Girls

	9	10	11	12	13	14	15&0
Fly	36.1	35.0	33.9	32.8	31.7	30.6	29.5
Back	36.7	35.6	34.5	33.4	32.3	31.2	30.1
Breast	43.2	41.7	39.5	37.4	35.6	33.6	32.0
Free	35.7	33.6	31.7	30.3	29.2	28.1	27.0

