

PRESCOT SC & EVERTON SA
Present
Knowsley Autumn L2 Open Meet 2014



Level 2 Licensed Meet

HELD UNDER ASA LAWS & ASA TECHNICAL RULES OF SWIMMING

At

Knowsley Leisure & Culture Park
Huyton L36 6EG.

The complex has ample free parking and 314 spectator seats

Saturday 18th & Sunday 19th October 2014
License Number: 2NW

Promoted by Simon Deeley

Closing date for Entries is Monday 29th September 2014

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Saturday 18th and Sunday 19th October 2014

LICENCE No. 2NW

Session 1	Saturday 18/10/14	8.00am.	9.00am.
Session 2	Saturday 18/10/14	TBA	TBA
Session 3	Sunday 19/10/14	8.00am.	9.00am.
Session 4	Sunday 19/10/14	TBA	TBA

Session 1 Saturday 18/10/14 WARM-UP 8.00 a.m. START 09.00 a.m.	
EVENT No	EVENT
101	Girls 9 & Over 200m Free
102	Boys 9 & Over 50m Breast
103	Girls 9 & Over 50m Fly
104	Boys 10 & Over 100m Back
105	Girls 9 & Over 200m Back
106	Boys 9 & Over 200m Breast
107	Girls 10 & Over 100m Breast
108	Boys 9 & Over 400m IM

Session 3. Sunday 19/10/14 WARM-UP 8.00 a.m. START 09.00 a.m.	
EVENT No	EVENT
301	Boys 9 & Over 200m Free
302	Girls 9 & Over 50m Breast
303	Boys 9 & Over 50m Fly
304	Girls 10 & Over 100m Back
305	Boys 9 & Over 200m Back
306	Girls 9 & Over 200m Breast
307	Boys 10 & Over 100m Breast
308	Girls 9 & Over 400m IM

Session 2. Saturday 18/10/14 WARM-UP TBA START TBA	
EVENT No	EVENT
201	Girls 9 & Over 400m Free.
202	Boys 9 & Over 50m Free
203	Girls 9 & Over 50m Back
204	Boys 9 & Over 200m Fly
205	Girls 10 & Over 100m Fly
206	Boys 10 & Over 100m Free
207	Girls 9 & Over 200m IM

Session 4. Sunday 19/10/14 WARM-UP TBA START TBA	
EVENT No	EVENT
401	Boys 9 & Over 400m Free
402	Girls 9 & Over 50m Free
403	Boys 9 & Over 50m Back
404	Girls 9 & Over 200m Fly
405	Boys 10 & Over 100m Fly
406	Girls 10 & Over 100m Free
407	Boys 9 & Over 200m IM

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Gala Conditions

1. The meet is to be held at Knowsley Leisure & Culture Park, Longview Drive, Huyton, L36 6EG, on Saturday 18th & Sunday 19th October 2014. Closing date for entries is Monday 29th September 2014.
2. Age on the day will be as of midnight 19th October 2014
3. Entry fees - each event £5.00 for electronic entries £5.50 for paper entries. Electronic entries can be made using the Sports Systems meet file which can be obtained by e-mailing external_events@prescotswimmingclub.org or downloading from the Prescott SC website.
4. Coaches' passes are available at £10.00 each. It is mandatory that all coaches comply with the relevant ASA Child Safeguarding procedures and have an up to date CRB certificate/DBS registration.
5. Times (25m Pool Size or converted to 25m) required for all events. Competitor age is at midnight 19th October 2014. Please check the correct age group is entered relative to the swimmers date of birth.
6. As a level 2 meet there are lower time limits, swimmers must have swim faster than the times listed in the lower qualifying times in this entry pack.
7. Details on the entry forms should be as per the swimmers ASA Category 2 Membership Registration and as shown on the ASA Membership Database. Please check that your swimmers (including 9yr olds) are Category 2 registered, and their ASA ID number is correct. Entries sent without fee, with entries incorrectly made out or declaration not signed may not be accepted. **No refunds for entries incorrectly submitted.** Entries should preferably be sent electronically by an authorised club official or a single entry by post for each club.
8. Overhead starts will be used, with the exception of backstroke events. All events are heat declared.
9. Withdrawals must be made on an official withdrawal form. To help the event run smoothly withdrawals must be made no later than 40 minutes before the start of each session.
10. Competitors are responsible for presenting themselves to the marshals in good time for the event in which they are competing. It is the swimmers' responsibility to be at the start in time for the race.
11. Restriction of entries. The promoter reserves the right to restrict entries in the interest of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times in each age group shall take precedence. Events chosen for restriction will be at the discretion of the promoter. A refund will be given to competitors whose entry is denied where this condition has been exercised. Poolside entries will be taken at the discretion of the promoter.
12. Anything not covered within these meet rules to be at the discretion of the meet organiser/promoter.
13. Knowsley Leisure and Culture Park has a large main foyer with seating and café area. There are two 25m pools. The competition will be run in the eight lane 25m pool of graduated depth with spectator viewing gallery to seat 314. Anti-wave lane ropes and turn boards will be used. The 25m four lane teaching pool of variable depth will be used as a warm-up/swim down facility only. Each Club will be responsible for providing a Coach to supervise their own Club swimmers while in the warm up/swim down pool. Spectator entry for whole day £8:00 (£4:50 per Session)
14. 1st, 2nd and 3rd place medals will be awarded in the following age groups;
9, 10, 11, 12, 13, 14, 15 & Over
An award will be presented for top Girl/Boy and top visiting Team with the most gala points.
Points will be awarded as follows
1st = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1pt
In the event of a tie positions will be determined by the most 1st, 2nd positions etc.
Swimmers are to collect their awards as the competition proceeds.

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Individual Entry Form

CLUB: _____ **ASA Number :** _____

First Name: _____ Surname: _____

Male/Female (Delete as appropriate) M / F

Telephone Number _____ E-mail _____

Date of Birth. _____ Age at 19/10/14: _____

(Times must be converted to 25m pool length)

	MALE Times		FEMALE Times
200m IM		200m IM	
400m IM		400m IM	
50m Freestyle		50m Freestyle	
100m Freestyle (10&O)		100m Freestyle (10&O)	
200m Freestyle		200m Freestyle	
400m Freestyle		400m Freestyle	
50m Backstroke		50m Backstroke	
100m Backstroke (10&O)		100m Backstroke (10&O)	
200m Backstroke		200m Backstroke	
50m Breast		50m Breast	
100m Breast (10&O)		100m Breast (10&O)	
200m Breast		200m Breast	
50m Fly		50m Fly	
100m Fly(10&O)		100m Fly (10&O)	
200m Fly		200m Fly	

Entries: _____
(£5.00 Electronic, £5.50 Paper)

Fee Enclosed: £ _____ **Closing Date: 29th September 2014.**

Knowsley L2 Open Gala 2014

Once completed please return to your Gala Secretary and posted to;

S Deeley,
Prescot SC
54 Holt Lane,
Rainhill
L35 8NB

Telephone 07971 434979

e-mail: external_events@prescotswimmingclub.org

Cheques should be made payable to "Prescot SC"

Entries will be accepted from individuals who should provide a contact telephone number and e-mail address.

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Coaches Pass Order Form

CLUB _____

COMPETITION SECRETARY _____

ADDRESS _____

_____ POST CODE _____

TELEPHONE NUMBER _____

E-MAIL ADDRESS _____

**NUMBER OF COACHES PASSES REQUIRED @ £10.00
(RATIO 2:20 WITH MALE & FEMALE NEEDED
FOR MIXED TEAMS)**

FEE ENCLOSED **£** _____

**I CERTIFY THAT THE COACHES WHO ARE ATTENDING ON THE POOLSIDE
FOR OUR CLUB HAVE AN UP TO DATE CRB/DBS CERTIFICATE.**

Signed _____ **Position** _____

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Gala Summary Sheet

Swimming Club	
Club Contact Name	
Position in Club	
Home Address	
Post Code	
Telephone Number	
Mobile No	
Email Address	

Electronic Entries

@ £5.00 per Event = £

Paper Entries

@ £5.50 per Event = £

Team Staff & Chaperone Passes

@ £10.00 per Pass = £

Total = £

KNOWSLEY AUTUMN L2 OPEN MEET

18th & 19th October 2014

All times submitted must be **25m short course**
 Converting if necessary using ASA Equivalent Performance Tables

Licence No 2NW

BOYS <u>CONSIDERATION TIMES</u> (Equal to or faster than)								GIRLS <u>CONSIDERATION TIMES</u> (Equal to or faster than)						
9	10	11	12	13	14	15/O		9	10	11	12	13	14	15/O
42.10	39.30	37.20	35.10	33.10	31.3	29.9	50 FREE	42.60	39.90	37.70	35.70	34.30	33.30	32.5
	1:26.60	1:20.60	1:15.70	1:11.10	1:07.30	1:04.60	100 FREE		1:27.60	1:21.30	1:16.60	1:13.50	1:11.30	1:09.90
3:22.80	3:06.00	2:54.80	2:44.70	2:35.00	2:26.60	2:20.80	200 FREE	3:24.50	3:06.80	2:55.40	2:44.90	2:38.00	2:33.50	2:30.20
7:20.60	6:31.80	6:06.00	5:46.00	5:26.80	5:10.40	4:57.50	400 FREE	7:25.40	6:35.70	6:04.90	5:43.70	5:29.80	5:20.80	5:13.80
48.60	45.10	42.50	40.30	37.60	35.80	33.90	50BACK	48.90	45.30	42.70	40.50	38.70	37.50	36.80
	1:36.5	1:30.50	1:25.20	1:19.70	1:15.00	1:11.50	100 BACK		1:38.50	1:31.00	1:25.30	1:21.40	1:19.00	1:17.10
3:43.80	3:26.70	3:13.30	3:02.60	2:51.10	2:41.40	2:34.30	200 BACK	3:46.20	3:28.70	3:12.50	3:01.70	2:54.30	2:49.20	2:44.80
55.10	51.30	48.00	45.10	41.90	39.60	37.70	50 BRST	55.90	51.70	48.30	45.40	43.20	41.80	40.80
	1:51.40	1:43.40	1:36.90	1:30.10	1:25.10	1:21.00	100 BRST		1:52.5	1:43.50	1:37.30	1:32.30	1:28.70	1:27.10
4:17.80	3:59.00	3:42.40	3:29.20	3:15:30	3:03.90	2:55.80	200 BRST	4:20.00	3:59.50	3:42.10	3:28.80	3:18.20	3:11.50	3:07.90
47.90	43.90	41.30	39.10	37.30	36.10	35.20	50 FLY	47.40	43.80	41.00	38.80	36.40	34.30	35.20
	1:36.40	1:30.40	1:24.60	1:19.10	1:14.40	1:10.70	100 FLY		1:39.3	1:30.90	1:24.90	1:21.20	1:18.30	1:16.90
4:08.30	3:37.30	3:18.20	3:06.60	2:54.70	2:44.70	2:35.50	200 FLY	4:11.00	3:40.00	3:20.20	3:06.40	2:57.30	2:51.00	2:46.90
3:49.70	3:32.20	3:17.60	3:06.80	2:55.80	2:45.30	2:38.20	200 IM	3:51.60	3:32.70	3:17.90	3:06.30	2:58.80	2:53.10	2:49.50
8:15.60	7:35.60	6:59.70	6:34.30	6:12.00	5:50.30	5:34.60	400 IM	8:12.30	7:35.30	6:57.30	6:32.00	6:14.40	6:03.10	5:55.80