

City of Liverpool Swimming Club



Affiliated to A.S.A. Swim North West

Present their

2013 “Level 1” Long Course Winter Open Distance Meet

To be held at the Liverpool Aquatics Centre, 50m Pool

Held Under A.S.A. Law & FINA Technical Rules of Swimming
Licensed Meet by the A.S.A. for entry into County, District and National Competitions

Friday 18th, Saturday 19th &
Sunday 20th January 2013
(1NW3052)

New Rules and Regulations for 2013 Including Disability Entry Times

Entry Form & Information Pack

Event sponsored & supported by

Liverpool City Council



Website

www.colsc.co.uk

SRS Leisure



Website

www.srsleisure.com/

DE Photo



Website

<http://www.dephoto.biz/>

Meet Manager & Promoter - Bryan Langley.
CITY OF LIVERPOOL S.C. WINTER OPEN DISTANCE MEET

ASA LICENSED LEVEL 1

Meet Information

Meet Manager & Promoter

Bryan Langley:
Electronic entry files must be sent to Bryan on the following email address
Only: COLSC_Events@hotmail.com

When you send in your electronic entry file, please also submit paper copies of the entries as well.

All paper entry forms and cheques must be sent direct to Bryan at the following address Only:

Address 53 Wicks Lane, Formby, Merseyside, L37 2YD
Mobile: 07873 – 812 – 390

Competition Venue Liverpool Aquatics Centre, Wavertree Sports Park, Wellington Road, Liverpool, L15 4LE

Tel 0151 – 233 – 8850

Competition Pool 50m & 8 Lane, Deck-level, Fast Pool, Daktronics electronic Timing System

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

Facilities Cafeteria, SRS Swim shop, DE Event Photo's, spectator balcony for 350 people, One entry fee per day, Large free car park and additional overspill spaces available onsite with excellent lighting & CCTV

Sessions & Timings:	Friday 18th January 2013	Saturday 19th January 2013	Sunday 20th January 2013
Session	1	2	4
Warm up	5.30 p.m.	8.00 am	8.00 am
Start	6.15 p.m.	To be confirmed	To be confirmed
Session		3	5
Warm up		To be confirmed	To be confirmed
Start		To be confirmed	To be confirmed

Licensed Gala This event is licensed for swimmers wishing to enter the District & County Championships but any swimmer whom attains an A.S.A. National Age Group, Youth or Senior Championship qualifying time will be allowed to enter the National Championship with this time.

ASA Membership To compete in this competition all swimmers must be registered with the ASA as a category "2" swimmer

Age Groups 9 - 10yrs / 11yrs-12yrs / 13yrs-14yrs / 15 & Over.

Age on Day Ages as at 20nd January 2013

Events All events will be run on a "Heat Declared Winner" basis

Starts To maintain the smooth running of the meet, we will be running over the top starts, where possible, we would ask all swimmers to keep a hold of the lane rope at the end of the pool and to stay by the wall for the start of the next race.

Accepted Entries Entries will be seeded on time on a fastest to slowest basis and accepted on a maximum number per single age group i.e. 9yrs – 10yrs – 11yrs – 12yrs NOT 9 to 12yrs were possible.

For the 800m & 1,500m Fr/s events 10 year old competitors will be accepted providing they are 11 years old by the last day of the 2013 ASA National Age Group Championships.

For the 400m Fr/s and 400m IM, 9 year olds will be accepted providing they have achieved the 10 year old qualifying time, irrespective of their birth date.

Eligibility for All competitors must have an authorised British Swimming or IPC Swimming classification, which is held on the British Swimming or IPC Swimming classification

**Swimmers
with
Disabilities**

database at the time of entry.

All competitors must hold a current Functional Ability Card (FAC) at the time of entry.

A FAC application form can be obtained by completing and returning the FAC Application Form, available on the British Swimming website www.britishswimming.org

All competitors must be registered as members of a swimming club affiliated to the Amateur Swimming Association (ASA) Scottish ASA (SASA) or Welsh ASA (WASA) at the time of entry.

All classes of swimmers will swim together in inclusive events and not separate events.

Competitors must be of the right age group as of 20th January 2012.

Functional Ability Cards (FAC's) must be submitted to the Recording Desk / Referee prior to the start of the session with the athletes' first event. No further submission is required following this. Failure to do so will result in the swimmer being unable to race.

The competition shall take place under the relevant IPC Swimming, Swimming Rules.

Accreditation

All coaches and personal care attendants must have accreditation. Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as all the coaches and they must apply for this accreditation at the same time as sending in swimmers entry form.

A swimmer in any of the classes as specified above may have both a coach and a personal care attendant present. The accreditation will be at a charge of £15. The second accreditation will be free of charge. All applications for both coaches and carers must be made on the official form supplied. All coaches, chaperones and personal care attendants must conform with the ASA Child Protection Procedures and hold a current CRB and be a member of the swimming club.

Entry Times

Please read the entry times carefully and make sure your entry time is faster than the lower limits. Anything slower than the limits will not be accepted.

Spare Lanes

The City of Liverpool Swimming Club, reserve the right to fill up / enter their own club members into any empty lanes, spare spaces that are available throughout the competition.

Meet Records

New long course records established in 2009

Prizes

Prizes will be awarded as listed below.

1. Individual medals for the first three swimmers in each individual event. 9,10,11,12,13,14, &15 an over.
2. Prizes will be awarded to the Top Three swimmers in each age group 9-10,11-12,13-14,& 15 years and over). These awards will be determined by FINA points based on 3 categories, Best medley, freestyle distance and form strokes.
3. The Top Club will receive a Trophy to be held for twelve months and a cash prize of £50.00.

Points

Top Club Prize - Points awarded to swimmers placed in the top 8 of all individual events

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Place	8	7	6	5	4	3	2	1
Points								

Presentations

Individual event awards will be presented during each session.

Top Age Group Swimmers / Top Club presentation will be made as soon as possible or at the end of session 5 on Sunday 20th January 2013.

Electronic Entry Fees	200m & 400m Events - £6.00 per event 800m & 1,500m Events – £9.00 per event
Individual Entries	<p>All entries must be submitted electronically via the Sports Systems Meet File which can be downloaded from the City of Liverpool SC Website or can be obtained by emailing, colsc_events@hotmail.com</p> <p>Upon submitting your electronic entry file to the meet entries secretary, Bryan Langley, please also send in a paper copy of each individual entry.</p> <p>If any individual can't submit their entries electronically, then you can use the paper entry form but there will be an increase in the entry fee to cope with the additional administration, the: 200m & 400m Events will cost - £6.00 each 800m & 1,500m events will cost - £9.00 each</p> <p>Please send all entries and fees to Bryan Langley at the email and address above.</p> <p>Late entries and poolside entries <u>will not be accepted</u>. Entries will be limited to a maximum number of heats to ensure that the meet/all session's stay within the ASA License Guidelines.</p>
800m & 1,500m Fr/s	There will be a limited entry to these events to ensure that the programme finishes at a reasonable time on the Friday, to allow everyone time to get a good night's sleep and return refreshed for the next day's competition.
Closing Date	The Closing Date for Prescott Club entries is Monday 19th November 2012
Entry Form	<p>If you are filling in the entry form on behalf of a number of swimmers or a swimming club, please enter a different swimmer's name and times in each column with up to 4 swimmers per page, do not only enter one swimmer per page / entry form.</p> <p>Swimmers with disabilities have a separate entry form.</p>
Entry Conditions	Any points not covered within these conditions will be at the discretion of the City of Liverpool SC Meet Management Team, Meet Secretary & Promoter. The Meet Secretary / Promoter have the right to amend the programme / warm up / start times depending upon the number of entries received.
Withdrawal's from Events	<p>There will be a phone, text and email withdrawal system in place, prior to and during the event. Please phone or text: 07851 – 830312. The phone can be used to withdraw from any event in any of the sessions over the weekend.</p> <p>Coaches, team managers and or parents may withdraw a swimmer from an event on the day of competition as long as it's before the start of the warm-up of each session by completing the relevant withdrawal form, copy enclosed.</p> <p>There is no need for swimmers to sign in or register upon arriving at the pool for any event we will take it that you are swimming unless we receive a phone call, text, email or withdrawal form.</p> <p>Heat start lists will be produced for coaches and team managers on the poolside before the start of each session.</p>
Coach's Pass	<p>Coaches' Pass: £20.00 per pass for the whole weekend A coaches' pass will entitle you to free entrance, programmes and heat start sheets. We will also have a coaches room available all weekend where any registered coach will be able to retire, relax and have a quite drink of tea, coffee, or juice plus a snack including biscuits etc....</p> <p>The coaches room will be situated down along the corridor, opposite the sports hall!</p>

Please make your cheques payable to the

For all forthcoming events, information packs & entry forms

A.S.A. Officials Level J1 & J2

No Public Photographic Policy

Official Event Photographer

Spectators Door Entry Fees & Programmes

City of Liverpool Swimming Club

Information and entry forms for all future events will be published on the City of Liverpool Swimming Club Website
Website Address: www.colsc.co.uk

Results will be available on the City of Liverpool SC website www.colsc.co.uk.

To organise a licensed meet especially a Level 1 Meet takes a lot of help, co-operation and organisation. We would be extremely grateful if your club have any parents or club members who are qualified A.S.A. Licensed Officials or Timekeepers, level J1 or J2 who will be attending the meet with their children or the team and who may be willing to volunteer and join our team of officials for the weekend. In return for this help, the officials will be entitled to free drinks during the gala and a free meal / snacks during the breaks.

If so, please complete the attached form or contact Lynn Stuttard, City of Liverpool SC Officials Secretary via email mumdrattuts@msn.com.

In accordance with Liverpool City Council and City of Liverpool SC policy, this event will be run under a no photographic policy from anywhere inside the Liverpool Aquatic Centre, this includes all forms of photographic equipment from still, video, mobile phone, computer and any other formats. We have arranged once again that DE Photographs will be in attendance to take action shots of the swimmers during the weekend and they will have a stand to sell the photographs to families situated in the foyer area of the pool. If anyone doesn't wish their photograph to be taken, please complete the refusal of consent form and return it to the meet manager along with your entries or report it to the announcer in the competition control box.

Adult Spectators - £10.00 for a day pass including programme. £5.00 per session. £4 refunded if you leave before the next session starts. **Concession Price (which includes 4-15yrs and OAP's. 3 and under free)** - £6.00 for a day pass or £3.00 per session, £2 refunded if you leave before the next session starts. Friday night is as per half day.

Raffle tickets will be on sale during the competition

A coloured self adhesive wristband will be issued to all spectators as they pay their spectator fees upon entering the balcony. Every spectator will be required to pay a full day's fee at the start of session 2 on the Saturday morning and session 4 on the Sunday morning, if any spectator then leaves the balcony to go home before the start of session 3 or 5, they will be given a refund for 1 session as you pass your wrist band back!

WARNING TO ALL COACHES AND SWIMMERS

- DURING THE WARM-UP SESSIONS FOR EACH SESSION AND IN THE WARM UP POOL THROUGHOUT THE WEEKEND RESPONSIBILITY FOR THE SAFETY OF THE SWIMMERS RESTS WITH THE COACHES AND OR TEAM MANAGERS OF EACH INDIVIDUAL CLUB.
- PLEASE NOTE THE 20M WARM UP POOL WILL BE AVAILABLE THROUGHOUT THE WHOLE WEEKEND AND DURING THE WARM UP PERIODS FOR SWIMMERS.
- SWIMMERS ARE NOT ALLOWED TO DIVE IN, IN THE WARM UP POOL OR DURING THE WARM-UP PERIOD IN THE COMPETITION POOL UNLESS DIRECTED BY A GALA OFFICIAL OR THE TEAM COACH IN SPACIFIC LANES WHICH WILL BE MADE AVAILABLE BY THE GALA OFFICIALS.
- Swimmers must not climb over the touchpad's during warm up or at the end of an event. COLSC will not be liable for any injury to a swimmer if they hurt/injure themselves if they leave the pool in this manner.

The City of Liverpool Swimming Club would like to thank all the Clubs, Officials, Swimmers, Parents and the Pool Staff for all their help and assistance in the staging and running of the Winter Open Distance Meet, we hope it'll be a great success for everyone.

Programme of Events

Event. No	Sex	Age Group	Event
Friday 18th January 2013 – Session 1			
Mixed Warm Up 5.30 p.m. – Start 6.10 p.m.			
101	Girls	11yrs old and over	800m Fr/s
102	Boys	11yrs old and over	1,500m Fr/s
Please Note: 10 yrs old may be accepted into the 800m & 1,500m Fr/s events provided they Have reached their 11 th birthday on or before the last day of the ASA National Age Group Championships and you have achieved the 11 yrs old City of Liverpool SC Winter Meet qualifying time.			
Saturday 19th January 2013 – Session 2			
Warm Up 8.00 am & Start - TBC			
201	Girls	13 & Over	200m Br/s
202	Boys	9 to 12	400m IM (See Note 1)
203	Girls	9 to 12	200m Fly
204	Boys	13 & Over	200m Bk/s
205	Girls	13 & Over	400m Fr/s
206	Boys	9 to 12	200m Bk/s
207	Girls	9 to 12	400m Fr/s (See Note 1)
Saturday 19th January 2013 – Session 3			
Warm Up & Start – TBC			
301	Boys	13 & Over	400m IM
302	Girls	13 & Over	200m Fly
303	Boys	9 to 12	200m IM
304	Girls	9 to 12	200m Br/s
305	Boys	13 & Over	200m Fr/s
306	Girls	13 & Over	200m IM
307	Boys	9 to 12	200m Fr/s
Sunday 20th January 2013 – Session 4			
Warm Up & Start - TBC			
401	Boys	13 & Over	200m Br/s
402	Girls	9 to 12	400m IM (See Note 1)
403	Boys	9 to 12	200m Fly
404	Girls	13 & Over	200m Bk/s
405	Boys	13 & Over	400m Fr/s
406	Girls	9 to 12	200m Bk/s
407	Boys	9 to 12	400m Fr/s (See Note 1)
Sunday 20th January 2013 – Session 5			
Warm Up 8.00 am & Start – TBC			
501	Girls	13 & Over	400m IM
502	Boys	13 & Over	200m Fly
503	Girls	9 to 12	200m IM
504	Boys	9 to 12	200m Br/s
505	Girls	13 & Over	200m Fr/s
506	Boys	13 & Over	200m IM
507	Girls	9 to 12	200m Fr/s

Please Note 1. 9 Year olds entering 400m IM and 400m Fr/s events are subject to the 10 year old Qualification times. This is to prevent overrun of the gala programme.

Please Note 2. The Meet Co-ordinator / Promoter / City of Liverpool SC Gala Management Team Have the right to amend the programme / warm up times / start times depending Upon the number of entries received.

Please Note: Session Length

To ensure we stay within all ASA Rules and Guidelines, if required we may insert a small break into a session to allow the officials to take a comfort break, any amendments of this kind will be published within the final gala conditions.

**Minimum Qualifying Standards for Level 1 Meet for Long Course (50m) Pool
BOYS**

EVEN T	9	10	11	12	13	14	15	16	17	OPEN
200m Fr/s	3:23.4	3:03.6	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7	2:13.7
400m Fr/s	6:26.4 (10 yr QT)	6:26.4	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:49.1	4:44.6	4:43.4
1500m Fr/s		24:44.7 (11 yr QT)	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0	18:43.3
200m Br/s	4:20.5	3:57.2	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:51.6	2:47.0	2:43.9
200m Fly	4:03.7	3:32.3	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4	2:27.6	2:24.7
200m Bk/s	3:46.7	3:25.8	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:31.4	2:28.6	2:26.7
200m IM	3:52.0	3:29.6	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0	2:29.2
400m IM	7:26.3 (10 yr QT)	7:26.3	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:27.6	5:22.6	5:17.2

**Minimum Qualifying Standards for Level 1 Meet for Long Course (50m) Pool
GIRLS**

EVEN T	9	10	11	12	13	14	15	16	17	OPEN
200m Fr/s	3:29.1	3:04.4	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8	2:25.8
400m Fr/s	6:27.4 (10 yr QT)	6:27.4	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:09.2	5:06.3	5:06.3
800m Fr/s		12:19.6 (11 yr QT)	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1	10:28.3
200m Br/s	4:27.3	3:55.5	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:05.8	3:04.0	2:59.8
200m Fly	3:56.6	3:34.6	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:43.3	2:41.3	2:38.3
200m Bk/s	3:52.7	3:26.3	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:43.9	2:42.8	2:39.9
200m IM	3:55.2	3:29.6	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5	2:43.7
400m IM	7:26.2 (10 yr QT)	7:26.2	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:50.8	5:48.7	5:43.9

PLEASE ENTER LONG COURSE (50m Pool) TIMES.

**CITY OF LIVERPOOL S.C. LEVEL 1 WINTER OPEN DISTANCE MEET 2013 ENTRY
FORM (BOYS ENTRY FORM ONLY)**

Name of Swim Club

Club Contact Email Address

Closing Date For Entries
Monday 19th November 2012

Swimmer	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4
First Name(s) (Compulsory)				
Surname (Compulsory)				
Date of Birth (Compulsory)	/ /	/ /	/ /	/ /
ASA Reg. No (Compulsory)				
Age – 22/01/12 (Compulsory)				
Tel.No / Mobile				
Email Address				
200m Fr/s				
200m Bk/s				
200m Br/s				
200m Fly				
400m Fr/s				
200m IM				
400m IM				
Total Paper Entries @ £6.00 each	£	£	£	£

Boys 1,500m Fr/s				
Total Paper Entries @ £9.00 each	£	£	£	£

Total Individual Fees	£	£	£	£
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**CITY OF LIVERPOOL S.C. LEVEL 1 WINTER OPEN DISTANCE MEET 2013 ENTRY
FORM (GIRLS ENTRY FORM ONLY)**

Name of Swim Club

Club Contact Email Address

Closing Date For Entries
Monday 19th November 2012

Swimmer	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4
First Name(s) (Compulsory)				
Surname (Compulsory)				
Date of Birth (Compulsory)	/ /	/ /	/ /	/ /
ASA Reg. No (Compulsory)				
Age – 20/01/13 (Compulsory)				
Tel.No / Mobile				
Email Address				
200m Fr/s				
200m Bk/s				
200m Br/s				
200m Fly				
400m Fr/s				
200m IM				
400m IM				
Total Paper Entries @ £6.00 each	£	£	£	£

Girls 800m Fr/s				
Total Paper Entries @ £9.00 each	£	£	£	£

Total Individual Fees	£	£	£	£
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City of Liverpool SC 2013 Winter Open Distance Meet

HEAT / EVENT / GALA 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 to withdraw from an event or the whole gala in plenty of time so we can delete them off the computer system and to stop races taking place with empty lanes.

Any competitor wishing to withdraw from an event or the gala must inform a gala official via one of the options below:

1. Complete the form below and send / post it to Bryan Langley Winter Open Distance Meet Entries Secretary in advance of the gala and guaranteed to arrive before the 15th January.
2. Complete the form below and pass it into the Competition Control Room based at the start end of the pool on the balcony, to Bryan Langley / Colin Grayson, Winter Open Distance Meet Entries Secretary on the day of the gala, before the session warm up starts.
3. Text, stating the swimmers name, club and the event you want them to withdraw from on 07873 – 812 – 390
4. Leave an answer machine message stating name, club and event you want to withdraw them from on 07873 – 812 – 390
5. Email before the first day of the gala (18th January 2013) COLSC_Events@hotmail.com.

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

Session No:	Event No:	Competitor No:	Race Distance:	Stroke:

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

CITY OF LIVERPOOL S.C. URGENT APPEAL

Appeal for A.S.A. Licensed Officials (J1 & J2 Level)

Dear Club's, Coaches' & Parents,

To organise a licensed meet especially a Level 1 Meet takes a lot of help, co-operation and organisation. We would be extremely grateful if your club have any parents or club members who are qualified A.S.A. Licensed Officials or Timekeepers, level 1 or 2 who will be attending the meet with their children or the team and who may be willing to volunteer and join our team of officials. In return for this help, the officials will be entitled to free drinks during the gala and a free meal / snacks during the breaks.

If so, please complete the following form and return it with your entries to Lynn Stuttard, City of Liverpool SC Officials Secretary or email it to mumdrattuts@msn.com.

Many thanks for your assistance.

Yours sincerely

Lyn Stuttard

Name of ASA Official	Home Address	Home Telephone Number	Home Email	A.S.A. Qualification Level (J1 / J2)

PARENT / GUARDIAN REFUSAL OF CONSENT FORM FOR PHOTOGRAPHY

The City of Liverpool SC have appointed an official photographer(s) from DE Photo who will be taking and selling action shots / photographs of swimmers whilst they take part in the 2013 City of Liverpool SC Winter Open Distance Meet at the Liverpool Aquatics Centre over the weekend of Friday 18th, Saturday 19th and Sunday 20th January.

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

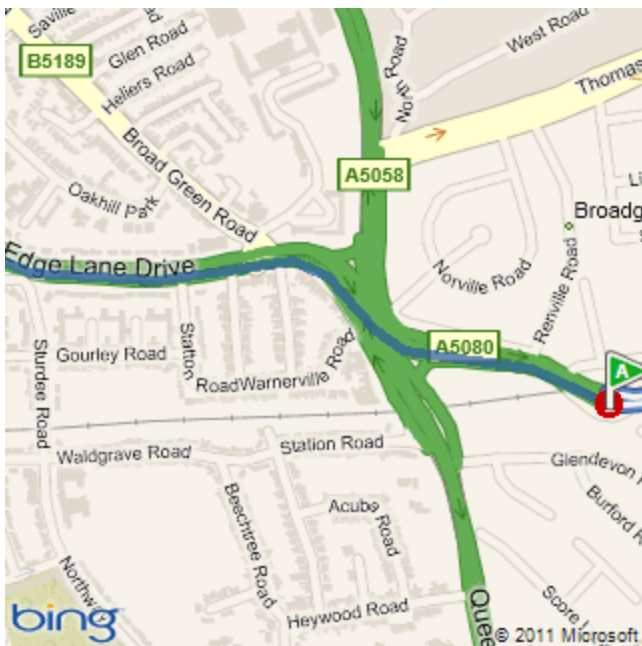
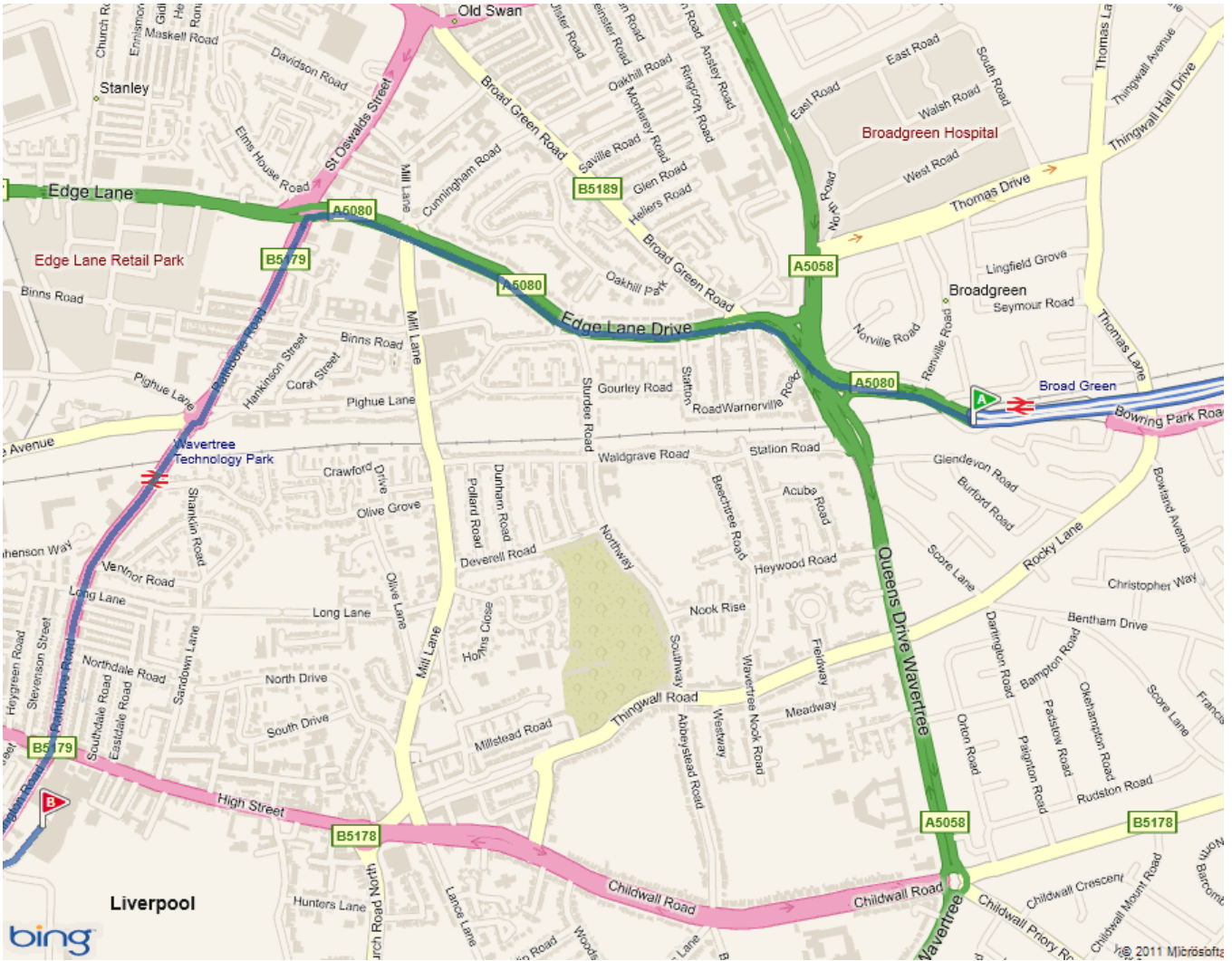
Events / Races – Please complete the table below







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 2013 City of Liverpool SC Winter Open Distance Meet during the races stated above (Race 1 to 8), at presentations or afterwards on any publications / websites etc.....

Parents Signature	
Print Name	
Date	

For directions to the pool from the end of the M62 Motorway, Rocket Junction



1.  A Near ramp & M62 & Bowring Park Road, Broadgreen L14
(A–B Distance: 2.0 miles) (Time: 7 minutes)
2. Depart A5080 / Bowring Park Road toward Queens Drive Wavertree 0.9 miles
3.  Bear left onto B5179 / Rathbone Road 0.3 miles
4.  At roundabout, take 1st exit 0.7 miles
5.  Turn left onto road 95 ft
6.  Keep left onto road 482 ft
7.  B Arrive at L15 4LE, Liverpool,
The last intersection is B5179 / Wellington Road

Liverpool Aquatics Centre

