

**MERSEYSIDE & DISTRICT
JUNIOR SWIMMING LEAGUE**

INDIVIDUAL CHAMPIONSHIPS 2013.

Level 3 Licensed Meet

HELD UNDER ASA LAWS & ASA TECHNICAL RULES OF SWIMMING

At

**Knowsley Leisure & Culture Park
Huyton L36 6EG.**

**Saturday 6th July 2013
License Number: 3NW3450**

Promoted by Simon Deeley

Closing date for Entries is 3rd June 2013

Gala Conditions

1. The meet is to be held at Knowsley Leisure & Culture Park, Longview Drive, Huyton, L36 6EG, on Saturday 6th July 2013. Closing date for entries is 3rd June 2013.
2. Age on the day will be as of midnight 30th June 2013
3. Entry fees - each event £4 for electronic entries £4.50 for paper entries. Electronic entry file can be obtained by e-mailing simon@electrovision.co.uk.
4. Coaches requiring access to the poolside must be a member of a club competing in the championships. 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 30th June 2013. Please check the correct age group is entered relative to the swimmers date of birth.
6. As a level 3 meet there are upper time limits, swimmers must have not swim faster than the times listed in the upper qualifying times in this entry pack.
7. Eligibility for entry. The competitions shall be open to eligible swimmers who have swum in one or more M&D league galas during the season 1st July 2012 to 30th June 2013. Competitors can only represent the same Club as they competed for in the M&D league galas.
8. 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.
9. Overhead starts will be used, with the exception of backstroke events. All events are heat declared.
10. Withdrawals must be made on an official withdrawal form. To help the event run smoothly withdrawals must be made no later than 30 minutes before the start of each session.
11. 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.
12. 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 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.
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 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.
14. Medals will be awarded in the following age groups;
11/Under,
12/13 Yrs,
14/15 Yrs
16 & Over.

Session 1 Warm-up: 08.30 Start: 09.15**Session 2 Warm-up: TBC**

Boys	Event 101	9/ov	200m	Ind. Medley	Girls	Event 201	9/ov	200m	Ind. Medley
Girls	Event 102	9/ov	100m	Ind. Medley	Boys	Event 202	9/ov	100m	Ind. Medley
Boys	Event 103	9/ov	50m	Butterfly	Girls	Event 203	9/ov	50m	Butterfly
Girls	Event 104	9/ov	50m	Freestyle	Boys	Event 204	9/ov	50m	Freestyle
Boys	Event 105	9/ov	100m	Breaststroke	Girls	Event 205	9/ov	100m	Breaststroke
Girls	Event 106	9/ov	100m	Backstroke	Boys	Event 206	9/ov	100m	Backstroke
Boys	Event 107	9/ov	50m	Backstroke	Girls	Event 207	9/ov	50m	Backstroke
Girls	Event 108	9/ov	50m	Breaststroke	Boys	Event 208	9/ov	50m	Breaststroke
Boys	Event 109	9/ov	100m	Freestyle	Girls	Event 209	9/ov	100m	Freestyle
Girls	Event 110	9/ov	100m	Butterfly	Boys	Event 210	9/ov	100m	Butterfly

.....PLEASE COMPLETE - TEAR OFF - RETURN WITH FEE

CLUB: _____ **ASA Number :** _____

First Name: _____ Surname: _____

Male/Female (Delete as appropriate) M / F

Telephone Number _____ E-mail _____

Date of Birth. _____ Age at 30/06/13: _____
(Times must be converted to 25m pool length)

	MALE Times		FEMALE Times
200m Individual Medley		200m Individual Medley	
50m Freestyle		50m Freestyle	
50m Backstroke		50m Backstroke	
50m Breaststroke		50m Breaststroke	
50m Butterfly		50m Butterfly	
100m Freestyle		100m Freestyle	
100m Backstroke		100m Backstroke	
100m Breaststroke		100m Breaststroke	
100m Butterfly		100m Butterfly	
100m Individual Medley		100m Individual Medley	

Entries: _____ Fee Enclosed: £ _____ **Closing Date: 3rdth June 2013.**
(£4.00 Electronic, £4.50 Paper)

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

S Deeley,
Merseyside & District Swimming League
54 Holt Lane,
Rainhill
L35 8NB

Telephone 07971 434979

e-mail simon@electrovision.co.uk

Cheques should be made payable to %Merseyside & District JSL+

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

Merseyside & District Individual Championships

Affiliated North West Region Amateur Swimming Association - Licensed Level 3 Open Meet License No. 3NW3450

Upper Qualifying Times

BOYS LEVEL 3 UPPER QUALIFYING TIMES 2013						Short Course - 25m			GIRLS LEVEL 3 UPPER QUALIFYING TIMES 2013					
9	10	11	12	13	14/ov	QT	EVENTS	QT	9	10	11	12	13	14/ov
34.00	32.00	30.00	28.00	27.00	25.00	Upr	50m Free	Upr	35.00	32.00	31.00	30.00	28.00	28.00
1:09.00	1:09.00	1:04.00	1:01.00	58.00	56.00	Upr	100m Free	Upr	1:12.00	1:12.00	1:05.00	1:03.00	1:01.00	1:00.00
40.00	37.00	35.00	34.00	32.00	29.00	Upr	50m Back	Upr	40.00	37.00	35.00	34.00	33.60	32.00
1:15.00	1:15.00	1:10.00	1:09.00	1:05.00	1:03.00	Upr	100m Back	Upr	1:16.00	1:16.00	1:12.00	1:10.00	1:09.00	1:06.00
46.00	42.00	40.00	38.00	36.00	31.00	Upr	50m Breast	Upr	45.00	42.00	39.00	38.00	37.00	34.00
1:29.00	1:29.00	1:21.00	1:19.00	1:14.00	1:11.00	Upr	100m Breast	Upr	1:29.00	1:29.00	1:22.00	1:20.00	1:17.00	1:16.00
39.00	36.00	34.00	33.00	31.00	28.00	Upr	50m Fly	Upr	40.00	36.00	34.00	33.00	32.00	30.00
1:13.00	1:13.00	1:10.00	1:09.00	1:04.00	1:02.00	Upr	100m Fly	Upr	1:15.00	1:15.00	1:12.00	1:10.00	1:08.00	1:06.00
1:23.00	1:19.00	1:10.00	1:08.00	1:03.00	1:01.00	Upr	100m I.M.	Upr	1:26.00	1:19.00	1:13.00	1:09.00	1:07.00	1:05.00
3:10.00	2:54.00	2:34.00	2:30.00	2:22.00	2:18.00	Upr	200m I.M.	Upr	3:12.00	2:54.00	2:37.00	2:32.00	2:28.00	2:26.00

Swimmers **must not** have swum faster than the upper qualifying times prior to this event