



city of **m**anchester aquatics swim team

THE MANCHESTER OPEN MEET 2013

This competition is promoted by The City of Manchester Aquatics Swim Team (COMAST), and will be held under Amateur Swimming Association (ASA) laws, and FINA Technical Rules of Racing. The event is Licensed Level 1 Meet (1NW3080) by the ASA for entry into National, District, and County Championships.

Date: Saturday 11th May 2013 – Sunday 12th May 2013

Venue: Manchester Aquatics Centre
2 Booth Street
Manchester
M13 9SS

Facility: 50 meter, 8 Lane, constant 2 meter water depth deck level pool with anti wave lane ropes, continuous 25m, 6 lane warm up/swim down facilities*. Omega electronic timing with electronic display, Hytek meet software.

- Swim down facilities only available until 16:30 on Sunday afternoon

Events: 50m, 100m, 200m, 400m Freestyle;
50m, 100m, and 200m Butterfly, Backstroke, and Breaststroke;
200m and 400m IM.

Heats will be run with all age groups seeded together, slowest to fastest on submitted entry times. All events **are heat declared** in age group categories.

Session Times:	Session 1 – Saturday 11 th May 2013	08:00 warm up – 09:00 start
	Session 2 – Saturday 11 th May 2013	TBC
	Session 3 – Sunday 12 th May 2013	08:00 warm up – 09:00 start
	Session 4 – Sunday 12 th May 2013	TBC

Consideration Times: Entry times for this meet are as stated in the National Licensing Guidelines. Swimmers must have achieved these times in order to qualify for entry. The promoter reserves the right to restrict the number of entries in order to meet the restrictions in pool time.



Age Groups: Individual event age groups;

Boys: 10/11, 12, 13, 14, 15/16, and 17 years and over

Girls: 10/11, 12, 13, 14, 15/16, and 17 years and over

Age on the day will be as of midnight on 12th May 2013

Awards: The first, second, and third placed swimmers in each individual age group event shall be awarded gold, silver, and bronze medals respectively.

Entries: All entries must show clearly the swimmers full date of birth, ASA registration number, and club name.

COMAST reserves the right to restrict entries in the interests 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 COMAST. Refunds for entries not accepted will be available for collection at the start of the meet.

Submitted entry times shall be used for seeding and rejection purposes as required. All submitted times must be Long Course times or converted Short Course times. Once an entry has been submitted improved times will not be accepted.

As soon as possible after the closing date for the competition each club will be sent by email details of their entries stored by the meet management software. These should be used to cross check the accuracy of those entries and to allow any necessary corrections to be made. The final gala programme will be produced as a result of any corrections that are received.

This is a cardless meet – No cards will be issued

Closing Date: The closing date for entries is **Friday 12th April 2013.**

The Hytek Entry File can be downloaded from www.cityofmanchesteraquatics.co.uk.

The entry file, together with entry fees, one combined cheque per club please, and club summary entry form should be sent to:

Beverly Brown
COMAST Meet Secretary
1 Southway
Droylsden
Manchester
M43 6EH

Email: comastopenmeet@gmail.com

Entry Fee: £6.00 per event



Poolside Pass: Each coach/team manager requiring access to poolside must be in possession of a pass issued by COMAST. It is mandatory that all coaches/team managers comply with the relevant ASA Child Protection Procedures and have an up to date CRB certificate.

Passes will be issued in the name of the club and are transferable between club personnel. Clubs must purchase sufficient poolside passes so that all of their team staff members are in possession of a pass when they are on poolside.

It would be most helpful if the names of those individuals who will use the passes could be given, although it is accepted that this may not be completely achievable.

Coaches/Team managers pass (to include poolside access and programme) is **£15.00 for the weekend.**

Withdrawals: Coaches/Team Managers or swimmers **MUST** notify the recorders of any swimmers withdrawing from an event before the warm-up for the session in which the event is due to be swum.

Photography: In accordance with ASA Child Protection Policy any person wishing to engage in the use of video, zoom, or close range photography must register at the entrance desk. You will be issued with a tag for your photographic equipment and this must remain attached within the building.

Results: Live results will be posted at www.cityofmanchesteraquatics.co.uk

Other: Competitors are responsible for presenting themselves to the Stewards one event prior to the race in which they are competing. **It is the swimmers responsibility to be at the start in time for the race.**

Entries will be audited against the rankings published by the ASA and any club may be challenged to demonstrate the authenticity of the information provided.

All persons are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

You are strongly advised not to leave clothes or property around, and to use the lockers in the changing area. The Promoters or Pool management will not be held responsible for any loss or damage caused.

Both competitors and members of the general public share the changing facilities.

The Promoters or Pool Management reserve the right to refuse admission to any competitor or spectator.

A swim shop will be in operation throughout the gala.

**Please do not park in front of the entrance to Manchester Aquatics Centre.
Clamping/Fine payable**



THE MANCHESTER OPEN MEET 2013 – PROGRAMME OF EVENTS

SESSION ONE		
SATURDAY 11TH MAY 2013 – WARM UP 08:00 START 09:00		
101	Boys	400m Individual Medley
102	Girls	200m Individual Medley
103	Boys	50m Butterfly
104	Girls	50m Freestyle
105	Boys	100m Breaststroke
106	Girls	100m Butterfly
107	Boys	200m Backstroke
108	Girls	200m Breaststroke
SESSION TWO		
SATURDAY 11TH MAY 2013 – WARM UP TBC		
201	Girls	400m Freestyle
202	Boys	200m Freestyle
203	Girls	50m Backstroke
204	Boys	50m Breaststroke
205	Girls	100m Freestyle
206	Boys	100m Backstroke
207	Girls	200m Butterfly
SESSION THREE		
SUNDAY 12TH MAY 2013 – WARM UP 08:00 START 09:00		
301	Girls	400m Individual Medley
302	Boys	200m Individual Medley
303	Girls	50m Butterfly
304	Boys	50m Freestyle
305	Girls	100m Breaststroke
306	Boys	100m Butterfly
307	Girls	200m Backstroke
308	Boys	200m Breaststroke
SESSION FOUR		
SUNDAY 12TH MAY 2013 – WARM TBC		
401	Boys	400m Freestyle
402	Girls	200m Freestyle
403	Boys	50m Backstroke
404	Girls	50m Breaststroke
405	Boys	100m Freestyle
406	Girls	100m Backstroke
407	Boys	200m Butterfly



THE MANCHESTER OPEN MEET 2013

CONSIDERATION TIMES – LONG COURSE POOL

	10/11	12	13	14	15/16	17+
BOYS						
50m Freestyle	37.0	34.9	33.0	31.3	29.7	28.4
100m Freestyle	1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:01.5
200m Freestyle	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:13.7
400m Freestyle	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:44.6
50m Breaststroke	48.2	44.6	41.8	39.7	37.8	35.8
100m Breaststroke	1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:17.0
200m Breaststroke	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:47.0
50m Butterfly	40.8	38.1	35.9	34.0	32.2	30.6
100m Butterfly	1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:06.5
200m Butterfly	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:27.6
50m Backstroke	43.2	40.5	38.2	36.1	34.5	32.7
100m Backstroke	1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:09.3
200m Backstroke	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:28.6
200m Individual Medley	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:31.0
400m Individual Medley	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:22.6
	10/11	12	13	14	15/16	17+
GIRLS						
50m Freestyle	37.3	35.4	34.0	32.9	32.2	31.8
100m Freestyle	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.1
200m Freestyle	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:25.8
400m Freestyle	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:06.3
50m Breaststroke	47.8	45.0	43.1	41.5	40.6	39.8
100m Breaststroke	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:25.2
200m Breaststroke	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:04.0
50m Butterfly	40.7	38.6	36.7	35.7	34.8	34.2
100m Butterfly	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.0
200m Butterfly	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:41.3
50m Backstroke	43.1	40.9	39.4	38.0	37.0	36.3
100m Backstroke	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:16.3
200m Backstroke	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:42.8
200m Individual Medley	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:45.5
400m Individual Medley	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:48.7



INDIVIDUAL ENTRY FORM

Name			
Club			
ASA No.		Gender	
DOB		Age at date	
Address		Tel No.	
		Email	

Event	Entry Time (50m)	Date and Meet Time achieved
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
50m Backstroke		
100m Backstroke		
200m Backstroke		
200m Ind. Medley		
400m Ind. Medley		

Total number of entries..... @ £6.00 per event. TOTAL.....

I certify that the above details are correct, I will abide by the promoter's conditions and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association.

Swimmer's Signature (or parent/guardians if under 18 years of age)

Date: / / .

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SUMMARY FORM

THE MANCHESTER OPEN MEET 2013

CLUB			
Contact Name		Tel No.	
Address		Email	

No. of Girls entries		@ £6.00 per event =	£
No of Boys entries		@ £6.00 per event =	£
No of Coaches passes		@ £15.00 each =	£
TOTAL (Cheques made payable to The City of Manchester Aquatics Swim Team)			
			£

All forms should be sent with full payment FAO Beverly Brown, 1 Southway, Droylsden, Manchester, M43 6EH