



Plymouth Leander Swimming

PL

www.plymouthleander.co.uk

The Plymouth Non-National Qualifiers Short Course Open 2011 (Level 3 Licence No. 3SW1299)

Central Park, Plymouth: Saturday 16th – Sunday 17th July 2011

Under ASA Laws & Technical Rules

- Venue** : Central Park, Plymouth, Devon
- Pool** :
- : 6 Lane Short Course Racing Pool
 - : Constantly Available Swim-Down Pool
 - : Electronic Timing & 6-Lane Display
 - : Free Parking
 - : **This is a Level 3 Licensed Meet for Entry into County and Regional Competitions & Championships**
- Age Groups** : **9, 10, 11/12, 13/14, 15 /Over**
- : Age Group Finals in 100m Events & 200IM
 - : Ages as at 17th July 2011
- Awards** :
- : Medals to Podium Finishes
 - : Top Male Athlete & Top Female Athlete Awards
 - : Top 9/10 Male Athlete & Top 9/10 Female Athlete Awards
 - : Top Visiting Club Award
- Events** :
- : 50m, 100m & 200m All Strokes
 - : 400m Freestyle, 200m IM
- Fees** :
- : Race Entry Fee £6.00 per Event (£6.50 for non electronic)
 - : £2 per day for adult spectators, Free Parking
 - : Programmes for the weekend £5.00 on Saturday £3.00 on Sunday
- Entries To** : Bernadette Glasson
23 Tavistock Road
Crownhill
Plymouth
Devon PL5 3DG
- Enquiries can be e-mailed to pl_meet@hotmail.co.uk
or Call 0044 7709 286850
- Closing** : 12.00 Midnight on 3rd June 2011

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Meet Conditions

1. The event will be held at Plymouth Central Park Pool on 16th and 17th July 2011.
2. The event will be held under ASA laws and ASA technical rules. It will be held under the one start rule.
3. Entries may only be accepted from competitors registered as members of the ASA, SASA or WASA or competitors from one of the countries affiliated to FINA
4. Competitors' ages shall be as at **17th July 2011**.
5. A competitor may enter all events in his/her age group plus the Open events
6. All entries must be converted to a 25 metre pool.
7. Qualifying times have been set at 25% (level 3) of 2009 Short Course National Qualification times using the Sportsystems QT programme, except for 50m events which are Open. Once published the times will not be amended unless the error renders the event null and void.
8. If events are under-subscribed acceptance of additional entries will be at the Promoters discretion and on a first come basis, offered after the competition's closing date for entry. Entry times must not be faster than NQT nor more than 1% lower than the Meet's published QT's.
9. If the number of entries within the qualifying times is high the promoters reserve the right to limit entries to enable the gala to meet licensing requirements. Initially 400 Metre events will be limited to 5 heats. Any further deletions required will ensure an equal balance of swimmers across the age groups and events based on entry time.
10. A system of 'Deck Entry' will operate at the meet to offer swimmers an opportunity to compete if lane space becomes available on the day. Sign up for deck entries will be available at the coaches' table, on a first come basis. Payment of the £6.50 entry fee **MUST** be paid at time of sign up – this will be refunded if space does not become available. Deck entries will close for each event at the starting signal for the first heat of that event.
11. **Non National Qualifiers definition** – A swimmer may compete in any event in which they do not hold a National Age Group, National Youth, National Long Course or British Short Course qualifying time, providing that they are under the meet cut-off times, and faster than the qualifying times. It is felt that it is unlikely that swimmers competing in forthcoming national competition will want to enter this meet during their preparation period. If, however, a swimmer only has one or two specialist times then we do not wish to exclude them from our meet providing their times for the events which they wish to enter are within those set for the meet.
12. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a slower or faster time in order to gain entry to this meet. Falsely entered times will be rejected without a refund.
13. **International, Scotland, Northern Ireland and Channel Island Competitors** – In the case of events with limited entries priority will be given to swimmers entering the meet from these teams. However, these entrants must still be within the stated qualifying times.
14. No refunds for entries will be given after the entries have been processed except when a swimmer has been selected to swim for a higher swimming body on the same day or for Nationals. Refunds will also be given for medical reasons on production of a Doctor's note.



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15. **Swimmers will sign in for each event they intend to swim before warm-up of each session.** Sign up sheets will be posted half an hour before the warm up is scheduled, and will be removed when warm up commences. Swimmers not signing in for an event will be scratched from that event.
16. Competitors must report to the stewards in the learner pool 2 events prior to their own where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event, and their lane space offered to a reserve swimmer.
17. We request that swimmers withdrawing from finals should do so as soon as possible to enable the notification of reserve finalists who are required to swim.
18. Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded. 100M events and the 200M IM have finals. All other events are HDW (Heat Declared Winner).
19. The top three in each age group will receive a medal (the top 6 in 9 and 10 year old age group will also receive awards). In the open 50m events– top 3 swimmers only will receive a medal. A competitor who has been disqualified will not receive an award.
20. An Award will be made to the Top 9/10 Boy, Top 9/10 Girl, Top Boy, Top Girl and Top Visiting Club. 50m Events will not be awarded points as they are open events.
21. The promoters reserve the right to refuse admission to any competitor or spectator.
22. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Items have gone missing in the past so please look after your belongings.
23. Plymouth Leander Swimming Association uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.
24. The promoters reserve the right to make alterations to the above conditions if necessary. All participants will be informed of any such changes
25. Closing date for entries midnight on 3rd June 2011.
26. Team entries of more than 10 swimmers must be made electronically. Individual entries must be on the official entry form. Entries sent without fee and/or entries not on the official entry forms or not sent electronically will be rejected without consideration (unless agreed beforehand).
27. Charges as follows
 - Entry Fees £6.00 per event for HyTek electronic entries, £6.50 per event for paper or emailed entries
 - Coaches Passes £18.00 per weekend or £10.00 for One day*
 - There will be a £2 per day per adult spectator fee for this meet.
 - Programmes for the weekend £5.00 on Saturday £3.00 on Sunday

***Coaches Passes will not be sold on the day – no pass, no admission to poolside**





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28. All persons wishing to use photographic equipment including mobile phones with photographic capacity must register at the entrance desk.
29. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and report any issues immediately to a member of the pool staff or to the Open Meet Promoter.

WARNING TO ALL COACHES, TEAM MANAGERS & SWIMMERS

ANY SWIMMER UNABLE TO EXECUTE A SAFE DIVE FROM THE BLOCKS INTO SHALLOW WATER ARE REMINDED THAT THEY MAY START FROM THE SIDE OF THE POOL OR IN THE WATER

We hope you have an enjoyable meet, look out for our evaluation questionnaire and let us know how we can improve the meet in the future

Age Groups & Events

Male and Female 9#, 10#, 11/12, 13/14, 15 /Over

#9 & 10 year olds are not permitted to enter 100m events

All events for 9 & 10 year olds HDW except 200 IM where there will be a final.

50M Events are open to all ages, HDW with top 3 overall receiving medals (no age group medals)

There will be no BAGCAT or Stroke Category Awards

Awards will be made to top three in each age group (top 6 for 9 & 10 yrs) for age group events, and to the top three competitors in the 50m open events.

Qualification times set using Sportsystems QT programme at 25% National (Level 3)

Cut-off times set using ASA Sportsystems QT programme at 100% National

To ensure all swimmers are entered against the same criteria once published these times will stand regardless of any errors or omissions, unless the error or omissions renders the event non-compatible to the programme, or unless NQT's are altered significantly from 2009 times.



Performance Programme





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Saturday 16 th July Session 1 Warm Up 8.00am – Start 9.00am			Saturday 16 th July Session 2 Warm Up 12.30pm* – Start 1.30pm*			Saturday 16 th July Session 3 Warm Up 4.30pm* – Start 5.30pm*		
No	M/F	Event	No	M/F	Event	No	M/F	Event
1	M	50M Breast (HDW)	7	M	50M Back (HDW)	13	M	100M Back
2	F	100M Fly	8	F	50M Back (HDW)	14	F	100M Free
3	M	200M IM	9	M	100M Fly	15	M	200M Fly (HDW)
4	F	50M Breast (HDW)	10	F	100M Breast	16	F	200M Fly (HDW)
5	M	200M Free(HDW)	11	M	200M Breast(HDW)			
6	F	200M Back (HDW)	12	F	400M Free(HDW)			
Final	M	9 Yrs 200M IM	Final	M	11/12 Yrs 100M Fly	Final	M	11/12 Yrs 100M Back
Final	M	10 Yrs 200M IM	Final	M	13/14 Yrs 100M Fly	Final	M	13/14 Yrs 100M Back
Final	M	11/12 Yrs 200M IM	Final	M	15 /Over 100M Fly	Final	M	15 /Over 100M Back
Final	M	13/14 Yrs 200M IM						
Final	M	15 /Over 200M IM						
Final	F	11/12 Yrs 100M Fly	Final	F	11/12 Yrs 100M Breast	Final	F	11/12 Yrs 100M Free
Final	F	13/14 Yrs 100M Fly	Final	F	13/14 Yrs 100M Breast	Final	F	13/14 Yrs 100M Free
Final	F	15 /Over 100M Fly	Final	F	15 /Over 100M Breast	Final	F	15 /Over 100M Free

*Sessions 2,3 & 5 start times may change depending on entries. Information will be posted with accepted entries

Sunday 17 th July Session 4 Warm Up 8.00am – Start 9.00am			Sunday 17 th July Session 5 Warm Up 12.30pm* – Start 1.30pm*		
No	M/F	Event	No	M/F	Event
17	M	400M Free (HDW)	22	F	50M Free (HDW)
18	F	200M IM	23	M	50M Free (HDW)
19	M	200M Back (HDW)	24	F	100M Back
20	F	50M Fly (HDW)	25	M	100M Free
21	M	100M Breast	26	F	200M Breast(HDW)
			27	M	50M Fly (HDW)
			28	F	200M Free(HDW)
Final	F	9 Yrs 200M IM	Final	M	11/12 Yrs 100M Free
Final	F	10 Yrs 200M IM	Final	M	13/14 Yrs 100M Free
Final	F	11/12 Yrs 200M IM	Final	M	15 /Over 100M Free
Final	F	13/14 Yrs 200M IM			
Final	F	15/Over 200M IM			
Final	M	11/12 Yrs 100M Breast	Final	F	11/12 Yrs 100M Back
Final	M	13/14 Yrs 100M Breast	Final	F	13/14 Yrs 100M Back
Final	M	15 /Over 100M Breast	Final	F	15 /Over 100M Back

*Sessions 2,3 & 5 start times may change depending on entries. Information will be posted with accepted entries



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Qualification and Cut-Off times- Girls

EVENT	Licensed Level 3		Qualifying Times Short Course Pool						Based on 25% of the National Level	
	9	10	11	12	13	14	15	16	17	OPEN
50m Free										41.4
100m Free			01:22.7	01:17.9	01:14.6	01:12.3	01:10.8	01:09.5	01:09.2	01:07.9
200m Free	03:28.3	03:10.4	02:58.4	02:47.8	02:40.3	02:35.6	02:32.2	02:29.8	02:28.2	02:27.8
400m Free	07:34.0	06:43.4	06:11.4	05:49.5	05:34.8	05:25.2	05:17.9	05:14.0	05:10.8	05:10.8
50m Breast										53.0
100m Breast			01:45.3	01:38.9	01:33.7	01:29.9	01:28.2	01:27.2	01:25.9	01:24.1
200m Breast	04:24.6	04:04.1	03:45.7	03:32.1	03:21.1	03:14.0	03:10.2	03:07.9	03:06.3	03:00.8
50m Butterfly										45.0
100m Butterfly			01:32.4	01:26.3	01:22.4	01:19.2	01:17.8	01:16.7	01:15.8	01:13.1
200m Butterfly	04:15.2	03:43.6	03:23.4	03:09.4	03:00.0	02:53.3	02:49.0	02:46.8	02:44.7	02:40.8
50m Back										47.0
100m Back			01:32.5	01:26.8	01:22.7	01:20.1	01:18.1	01:17.0	01:16.5	01:14.5
200m Back	03:50.3	03:32.8	03:15.9	03:04.8	02:56.8	02:51.4	02:47.0	02:44.3	02:42.5	02:40.2
200m IM	03:55.7	03:36.7	03:21.3	03:09.4	03:01.5	02:55.4	02:51.7	02:49.3	02:47.6	02:46.1

Any swimmers who have times below or the same as the times below will not be allowed to compete in that event:

EVENT	Licensed Level 3		CUT-OFF Times Short Course Pool						Based on 25% of the National Level		
	9	10	11	12	13	14	15	16	17	OPEN	
50m Free										26.8	
100m Free			01:07.2	01:03.7	01:02.0	01:00.9	01:00.2	01:00.2	01:00.2	01:00.2	58.3
200m Free	02:49.7	02:33.1	02:24.5	02:16.9	02:12.9	02:10.9	02:09.0	02:08.0	02:08.0	02:06.9	
400m Free	06:12.5	05:24.9	05:00.1	04:44.6	04:37.2	04:33.1	04:29.3	04:28.3	04:28.3	04:26.8	
50m Breast										34.2	
100m Breast			01:25.9	01:21.3	01:18.1	01:16.8	01:16.1	01:16.4	01:16.4	01:12.2	
200m Breast	03:37.5	03:18.3	03:04.04	02:54.3	02:47.5	02:43.7	02:43.1	02:43.1	02:43.1	02:36.2	
50m Butterfly										29.4	
100m Butterfly			01:15.7	01:11.0	01:08.8	01:07.0	01:07.13	01:07.05	01:07.05	01:02.8	
200m Butterfly	03:33.1	03:03.1	02:46.5	02:35.8	02:30.2	02:26.4	02:25.15	02:25.1	02:25.1	02:18.1	
50m Back										30.1	
100m Back			01:15.4	01:11.2	01:08.8	01:07.6	01:07.0	01:07.0	01:07.0	01:04.0	
200m Back	03:08.4	02:52.2	02:39.1	02:31.3	02:27.3	02:24.6	02:22.0	02:22.8	02:22.8	02:18.5	
200m IM	03:12.5	02:54.8	02:43.2	02:34.7	02:30.7	02:27.7	02:26.2	02:26.5	02:26.5	02:22.6	





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Qualification and Cut-Off times- Boys

BOYS	Licensed Level 3		Qualifying Times Short Course Pool				Based on 25% of the National Level			
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Free										39.0
100m Free			01:22.1	01:17.0	01:12.3	01:08.3	01:05.5	01:03.3	01:02.1	01:00.9
200m Free	03:26.8	03:09.7	02:58.1	02:47.7	02:37.6	02:28.8	02:22.5	02:17.9	02:15.3	02:14.4
400m Free	07:28.9	06:39.9	06:13.0	05:52.1	05:32.1	05:15.0	05:01.3	04:52.1	04:45.7	04:45.7
50m Breast										49.7
100m Breast			01:45.3	01:38.6	01:31.5	01:26.3	01:22.0	01:19.3	01:17.5	01:15.8
200m Breast	04:23.1	04:03.6	03:46.4	03:32.9	03:18.5	03:06.5	02:58.0	02:52.7	02:48.2	02:44.1
50m Butterfly										43.2
100m Butterfly			01:32.2	01:26.1	01:20.3	01:15.4	01:11.6	01:09.5	01:07.7	01:05.8
200m Butterfly	04:12.6	03:41.3	03:21.9	03:10.0	02:57.5	02:46.9	02:37.4	02:33.3	02:28.5	02:26.1
50m Back										44.5
100m Back			01:32.0	01:26.6	01:20.9	01:16.1	01:12.4	01:10.1	01:08.4	01:06.2
200m Back	03:48.1	03:30.8	03:17.0	03:05.8	02:53.9	02:43.7	02:36.1	02:31.5	02:28.6	02:24.5
200m IM	03:54.0	03:36.3	03:21.5	03:09.9	02:58.6	02:47.6	02:40.2	02:35.5	02:32.2	02:29.3

Any swimmers who have times below or the same as the times below will not be allowed to compete in that event:

BOYS	Licensed Level 3		CUT-OFF Times Short Course Pool				Based on 25% of the National Level			
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Free										24.0
100m Free			01:06.6	01:02.5	59.2	57	55.6	54.4	54.1	52.8
200m Free	02:47.9	02:32.3	02:24.0	02:15.6	02:08.7	02:03.8	02:00.8	01:58.3	01:57.4	01:56.5
400m Free	06:06.0	05:20.5	05:00.4	04:44.0	04:30.9	04:21.9	04:15.2	04:10.5	04:07.6	04:07.6
50m Breast										30.2
100m Breast			01:26.0	01:20.5	01:15.3	01:12.2	01:10.2	01:09.2	01:08.1	01:05.7
200m Breast	03:35.4	03:18.1	03:04.07	02:53.6	02:43.2	02:36.1	02:31.5	02:29.44	02:29.35	02:22.2
50m Butterfly										25.9
100m Butterfly			01:15.4	01:10.4	01:06.2	01:03.2	01:01.10	01:00.0	59.5	57.1
200m Butterfly	03:30.1	03:00.8	02:44.7	02:35.1	02:26.3	02:19.9	02:14.8	02:12.8	02:12.1	02:06.6
50m Back										27.7
100m Back			01:15.3	01:10.9	01:06.7	01:03.8	01:01.7	01:01.0	01:00.8	58.1
200m Back	03:06.5	02:50.8	02:40.1	02:31.2	02:22.9	02:16.9	02:12.8	02:11.7	02:11.15	02:05.2
200m IM	03:10.8	02:54.9	02:43.4	02:34.2	02:26.6	02:19.9	02:16.1	02:13.7	02:12.2	02:09.4





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ENTRY FORM APPLICATION

COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL

Swimming Club							
Surname		First Name		Middle Initial			
Preferred Name (for Programme)							
Date of Birth		Age as at 17 th July 2011		M/F			
Address and postcode							
Telephone Number / Mobile Number (Parent*)							
e-Mail Address for communication (Parent*)							
ASA Membership Ref. Number							

*Contact details required for communication purposes

EVENT	Female <i>Please circle</i>	Male <i>Please circle</i>	ENTRY TIME
50M Free	22	23	
100M Freestyle	14	25	
200M Freestyle	28	5	
400M Freestyle	12	17	
50M Butterfly	20	27	
100M Butterfly	2	9	
200M Butterfly	16	15	
50M Breast	4	1	
100M Breaststroke	10	21	
200M Breaststroke	26	11	
50M Backstroke	8	7	
100M Backstroke	24	13	
200M Backstroke	6	19	
200M IM	18	3	

Individual Payment Details (see summary sheet for Grouped payment and Coaches Pass details)

Total No of Entries	Description	Cost per event	Total
	Individual Entries	£6.00 HyTek entries £6.50 non electronic	
		Amount Due £	

Cheques payable to PLSA. Entries Close June 3rd 2011.

Please **DO NOT** use recorded delivery or special delivery as there may not be anyone available to accept delivery. If you are concerned about your entry reaching the destination on time please e-mail pl_meet@hotmail.co.uk or call the contact and obtain a certificate of posting.

I DECLARE THAT THE ABOVE DETAILS ARE CORRECT AND THAT I AM ELIGIBLE TO COMPETE IN ACCORDANCE WITH ASA LAW, AND THAT I ACCEPT THE MEET RULES AND CONDITIONS

Signature of competitor

Signature of Parent if under 18





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TEAM ENTRY SUMMARY SHEET

Cheques should be made payable to PLSA. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek file for this meet will be available on www.plymouthleander.co.uk. We are using Meet Manager 3.0.

PLEASE NOTE coaches passes cannot be purchased on the day of meet, you must buy them in advance.

Club	
Contact Name	
Address	
Telephone (Day)	
Telephone (Eve)	
Mobile	
E-Mail	

Total No. of Entries		@	£6.00 each HyTek entries £6.50 each non electronic	=	
2 Day Coaches Pass		@	£18.00 each	=	
1 Day Coaches Pass Saturday / Sunday *		@	£10.00 each	=	
*delete as appropriate					
Closing date 3 rd June 2011			Total Cheque Enclosed		

Return to: Bernadette Glasson, 23 Tavistock Road, Crownhill, Plymouth, DEVON, PL5 3DG

Enquiries can be emailed to pl_meet@hotmail.co.uk or call 07709 286850.

Electronic entries can be on CD or emailed but please also submit printout with this form.

I certify that all the above details are correct and that I will abide by the meet conditions. Signed on behalf of all swimmers :

(Team Manager) Date

Please do not use recorded delivery or special delivery. If you are concerned about your entry reaching the destination on time please e-mail or call the contact and obtain a certificate of posting.

