



**Bedfordshire Amateur Swimming**  
**Association**  
**(Affiliated to the ASA East Region)**  
**The Bedfordshire County**  
**Development Meet – 25 September 2010**  
**(Under ASA Laws & ASA Technical Rules)**

The 2010 Bedfordshire County Development Meet is designed to offer competitive opportunity for swimmers who are seeking qualification for the 2011 County Championships. To that end the schedule consists mainly of events which are less frequently available at local open meets.

The single session comprising the 2010 Development Meet will be held at The Saxon Pool & Leisure Centre, Saxon Drive, Biggleswade, SG18 8SU (eight lane 25m pool). All events will be deck seeded on entry time and **Over the Top Starts** will be used except in Backstroke events.

**ELIGIBILITY**

Entries will only be considered where achievement of times within the range of the Qualifying times and Upper Limit Times are attained in the six months prior to the start of the competition. This condition will also apply to those athletes in possession of an ASA Certificate of Swimming Disability or a Functional Ability Card for whom entry times lying between the slowest QT and Fastest ULT times are required.

Swimmers may enter any number of events but competitors who wish to enter more than 2 events are asked to identify their 3<sup>rd</sup> and subsequent choice events, as if the Meet is over subscribed, then 3<sup>rd</sup> (and subsequent) choice events may be rejected. In the event of over-subscription, entries will be rejected on the following grounds (and in this order) :

- Swimmers who submit a time outside the qualifying envelope for the meet
- Swimmers who swam the event in one age group at the 2010 County Championships and are still seeking their qualifying time for the next age group for the 2011 Championships
- Third, or subsequent, choice events for those who wish to enter more than two events.
- Slowest first from all age groups.

Full refunds will be given for rejected entries.

Athletes must be at least **9 years old**, as at 21<sup>st</sup> **March 2011**, registered as a Category Two member of the ASA and a member of a Bedfordshire affiliated Club. The Bedfordshire ASA Executive has decided that those swimmers who are 8 years of age on the day of swim will be permitted to swim on a Time Trial basis provided they will be 9 years of age by the 21<sup>st</sup> March 2011 (ie born between 26/09/01 and 21/03/02).

**DATES & TIMES**

The Development Meet will be held on Saturday 25<sup>th</sup> September 2010. Warm up is planned for 6.20pm with the competition to start at 7pm.

**WARM UP PROCEDURE**

A controlled warm up system will be operated. There are no swim-down facilities. More details will be available in the programme and will be displayed on the Bedfordshire County ASA web site at [www.bedscountyasa.com](http://www.bedscountyasa.com).

**SECONDARY ENTRY**

There is **NO** secondary entry (card posting) in this competition, however, all events will be deck seeded. Notice of withdrawal, shall be reported to the Recorders, located on the pool deck, at least **30 minutes** before the **start of the session**. Withdrawals after the 30 minute deadline may only be made on medical grounds and must be notified by the club coach to the Recorders. Failure to comply with these conditions shall result in a fine of £5 payable by the athlete or by their Club in case of default.

**SAFETY**

Competitors and coaches should note that when diving into shallow water all competitors must have reached the standard of the ASA Competitive Start Award. All athletes must be under the supervision of the Club Coach or a designated Club official at all times during the warm up, competition and in the vicinity of the pool.

**AWARDS**

There will be no medals or trophies at this meet which is designed to enable athletes to achieve qualifying times for the 2011 County Championships.

**ENTRIES**

The official or photocopies of the official entry form must be used for all entries and when completed should be returned with the relevant fee via your club. Entries close at midnight on 30<sup>th</sup> June 2010. Clubs may bring entries to the July meeting of the Executive.

**FEES**

- Individual Events £2-50 per event
- Spectator entry including programme £2-50

**Closing date for all entries is Midnight on 30 June 2010**



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**Individual Entry Form**

(Using the Correct Form will Ensure you Enter the Correct Events)

Please use BLOCK LETTERS and make sure that the form is complete and correct, otherwise your entry will not be accepted

|                         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| ASA REGISTRATION NUMBER |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

FAMILY NAME ..... GIVEN NAME ..... DATE OF BIRTH **DD / MM / YYYY**  
 (As it appears on your ASA ID Card)

MALE / FEMALE (please circle)

CLUB .... **Flitwick Dolphins S.C.** ..... AGE AT **21/03/11** .....

HOME ADDRESS .....

POSTCODE ..... HOME TELEPHONE No .....

Convert submitted times, where necessary, to 25 metres by use of the ASA Equivalent Performance Tables. Second decimal places should be disregarded before conversion and the conversion made to one decimal place.

| Event No: |    | Event            | Entry Time<br>mm:ss.hh | Mark 3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> choices |
|-----------|----|------------------|------------------------|--|
| G         | B  |                  |                        |  |
| 9         | 10 | 200m Freestyle   |                        |  |
| 7         | 8  | 200m Backstroke  |                        |  |
| 3         | 4  | 200m Breastsroke |                        |  |
| 5         | 6  | 200m Butterfly   |                        |  |
| 1         | 2  | 200m IM          |                        |  |

Closing date for all entries is Midnight on June 30<sup>th</sup> 2010

Total number of events entered =  × £2.50 = £  Make Cheques payable to: **Flitwick Dolphins S.C.**

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by the Association for this competition.

Signature of Competitor .....

Date .....

Club Official's Signature .....

Date .....

**FDSC Closing Date: Wednesday 16 June 2010**



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**SCHEDULE OF EVENTS**

Event 1/2 G/B all ages 200m Individual Medley

Event 3/4 G/B all ages 200m Breaststroke

Event 5/6 G/B all ages 200m Butterfly

Event 7/8 G/B all ages 200m Backstroke

Event 9/10 G/B all ages 200m Freestyle

If there are sufficient entries the events will be swum as separate gender events; but if the interests of efficient use of the water time demand some events will be swum as mixed gender events. This will be advised at the time of entry confirmation.

All entries should be submitted to Pat Dowsett, 9 King Street, Potton, SG19 2QT no later than 30 June 2010 or may be brought to the meeting of the Bedfordshire ASA County Executive on 1 July 2010.



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| Upper Limit Times      |        |        |        |        |        |        |        |             |           |        |        |        |        |        |        |
|------------------------|--------|--------|--------|--------|--------|--------|--------|-------------|-----------|--------|--------|--------|--------|--------|--------|
| Boys                   |        |        |        |        |        |        |        | 2011 CQT    | Girls     |        |        |        |        |        |        |
| 9                      | 10     | 11     | 12     | 13     | 14     | 15/16  | 17+    |             | 9         | 10     | 11     | 12     | 13     | 14/15  | 16/O   |
| 3:30.6                 | 3:13.9 | 3:01.8 | 2:50.9 | 2:40.4 | 2:31.0 | 2:24.4 | 2:16.8 | 200m Free   | 3:32.5    | 3:14.5 | 3:01.7 | 2:50.6 | 2:42.9 | 2:37.7 | 2:31.6 |
| 3:52.3                 | 3:35.4 | 3:20.6 | 3:09.2 | 2:56.9 | 2:46.2 | 2:38.2 | 2:30.2 |             | 200m Back | 3:54.8 | 3:37.2 | 3:19.6 | 3:07.9 | 2:59.7 | 2:53.8 |
| 4:27.4                 | 4:08.7 | 3:50.8 | 3:36.8 | 3:22.0 | 3:09.3 | 3:00.2 | 2:50.0 | 200m Breast | 4:29.5    | 4:09.1 | 3:49.9 | 3:35.8 | 3:24.2 | 3:16.7 | 3:10.2 |
| 4:16.3                 | 3:45.8 | 3:25.8 | 3:13.5 | 3:00.6 | 2:49.5 | 2:39.5 | 2:30.2 | 200m Fly    | 4:19.6    | 3:48.2 | 3:27.3 | 3:12.6 | 3:02.8 | 2:55.6 | 2:48.8 |
| 3:58.1                 | 3:41.2 | 3:25.4 | 3:13.4 | 3:01.8 | 2:50.2 | 2:42.2 | 2:33.8 | 200m IM     | 4:00.5    | 3:41.2 | 3:25.2 | 3:12.7 | 3:04.3 | 2:58.0 | 2:51.3 |
| Lower Qualifying Times |        |        |        |        |        |        |        |             |           |        |        |        |        |        |        |
| Boys                   |        |        |        |        |        |        |        | B Grade     | Girls     |        |        |        |        |        |        |
| 9                      | 10     | 11     | 12     | 13     | 14     | 15/16  | 17+    |             | 9         | 10     | 11     | 12     | 13     | 14/15  | 16/O   |
| 4:00.0                 | 3:40.3 | 3:25.4 | 3:09.8 | 2:56.7 | 2:45.2 | 2:36.5 | 2:26.0 | 200m Free   | 4:00.2    | 3:37.1 | 3:20.8 | 3:07.0 | 2:56.6 | 2:49.8 | 2:42.0 |
| 4:26.3                 | 4:06.3 | 3:49.6 | 3:32.7 | 3:16.9 | 3:03.9 | 2:53.4 | 2:42.0 | 200m Back   | 4:26.9    | 4:02.0 | 3:43.4 | 3:27.5 | 3:16.6 | 3:09.1 | 2:59.7 |
| 5:06.1                 | 4:42.6 | 4:21.1 | 4:00.8 | 3:42.3 | 3:26.6 | 3:14.7 | 3:02.1 | 200m Breast | 5:05.8    | 4:35.8 | 4:12.9 | 3:55.2 | 3:40.8 | 3:31.5 | 3:23.7 |
| 4:43.8                 | 4:11.9 | 3:49.5 | 3:31.6 | 3:16.1 | 3:02.2 | 2:51.4 | 2:40.9 | 200m Fly    | 4:30.7    | 4:10.2 | 3:44.6 | 3:28.3 | 3:15.7 | 3:07.1 | 2:59.2 |
| 4:32.9                 | 4:10.5 | 3:52.4 | 3:35.2 | 3:19.9 | 3:06.6 | 2:56.2 | 2:44.8 | 200m IM     | 4:30.5    | 4:06.4 | 3:47.4 | 3:30.8 | 3:19.8 | 3:12.2 | 3:03.1 |