

# **BIGGLESWADE SWIMMING CLUB**

(Affiliated to ASA East Region and Bedfordshire ASA)

## **11th OPEN MEET**

(Under ASA Laws and Technical Rules)

**Level 2 licence 3ER0012**

**Saturday 23<sup>rd</sup> and Sunday 24<sup>th</sup> January 2010**

at the

**SAXON POOL and LEISURE CENTRE**

Saxon Drive, Biggleswade

We are pleased to provide information about our 11th Open Meet. This Meet is aimed at swimmers who already have County Qualifying Times and wish to achieve Regional and National Qualifying Times. This meet has a Level 3 licence and therefore has both Qualifying times and Upper Limit times. These are based on Graded Tables. Swimmers with a disability are welcome to enter provided that their entry times fall within the overall qualifying times envelope. They should put their Disability classification on their entry forms and bring their FAC cards for the referee.

We hope that you will be able to take part and that the event will prove to be as successful as in previous years. We have enclosed all of the information that you should need but if further details are required please do not hesitate to get in touch.

Colorado electronic timing will be in use in the 8 lane 25m deck level pool.

We would appreciate it if your club could supply any Officials to help on both days as the conditions of the Level 3 licence demand that all officials are qualified. Please forward details with entries giving the name of the officials and their qualifications, using the form enclosed. Could all those officials who volunteer assume their services will be needed. Thank you.

In this pack are:

- Meet rules and Information
- Schedule of events
- Individual Entry form
- Club Summary Entry form
- Coach & poolside pass application form
- Officials form
- Qualifying and Upper Cut Off Times

Club who wish to enter 10 or more swimmers or events should request a data pack which will be emailed to them as soon as possible after the request is received. All clubs are asked to complete a Club Entry Summary form. Clubs are also reminded that ALL entries must meet the Qualifying Times and age criteria. The meet will be run without secondary entry cards and swimmers will be required to SIGN IN for those events they have entered and wish to swim: please ensure that we have contact details for each club to issue them.

Please note that there is limited parking available at the centre where the gym will remain open to the public during the Meet and shared use of transport might be useful.

We hope you will enjoy the meet. Good Luck!

Pat Dowsett  
Meet Organiser



## MEET RULES AND INFORMATION

- 1 The competition will be held under ASA Laws and ASA Technical Rules.
- 2 All events will be heat declared winner with the fastest 3 in each age group being awarded prizes.
- 3 The age groups for boys and girls are: 9yr - 10yr - 11yr -12yr - 13yr - 14yr -15yr & over.
- 4 Age as at 24<sup>th</sup> January 2010.
- 5 There will be a Top Visiting Team award presented at the end of the competition.
- 6 There will be a Top Boy/Girl Prize awarded. The points scoring for these awards will be:  
1st – 6 points    2nd – 5 points    3rd – 4 points    4th – 3 points    5th – 2 points    6th – 1 point  
If there is a tie for Top Team or Top Boy or Girl awards, the number of 1st, 2nd etc places may be used to determine the winner.
- 7 Valid entries will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are requested together with a single cheque. Later individual entries may not be accepted. However, the promoters reserve the right to close entries for individual events, event by event, to maintain a balanced programme.
- 8 Heats will be swum with all age groups combined and swimmers seeded by entry times.
- 9 Skins events: Entry to the Skins events will depend on the results of the 50m Freestyle events. The swimmers recording the eight fastest times in the 50m free events will be invited and expected to participate in the Skins events, two reserves will also be announced. If they do not wish to take part they must say so immediately to the announcer or card table and the reserves will be invited to participate instead. In the event of a tie for 8<sup>th</sup> place a swim off will be arranged to take place after the 50m fly event and before the skins finals.
- 10 Over the top starts may be used at the promoters' discretion.
- 11 The entry fee is £ 4.00 per event. All entries must be on the official entry form (photocopies accepted), and MUST include the entrant's ASA identification number together with all entry fees. No entries will be accepted after the closing date or during the meet unless due to promoter's error or omission. Entries will not be registered unless accompanied by the correct entry fee. Please make cheques payable to BIGGLESWADE SWIMMING CLUB; single cheques from each club are preferred with swimmers paying their own club.
- 12 Swimmers who do not send their entry on an official Biggleswade 11<sup>th</sup> Open Meet entry form will not be accepted.
- 13 Results of this Meet will be posted on BWSC web site and submitted to the ASA.
- 14 Prices:

Programme for each Day	£ 3.00
Spectator admission per day:	Adult                    £ 5.00
	Child/OAP                £ 2.00
- 15 Closing Date for entries: **Wednesday November 25<sup>th</sup> 2009.**
- 16 Coach Passes are available to *bona fide* Coaches supporting competing swimmers – maximum 4 per club depending on swimmer numbers. These include a programme. Coach Pass - including **lunch/refreshments** £15.00 each day or £30 for both days. Coach passes must be ordered with entries to assist with catering and will be issued at the door. Clubs represented by small numbers of swimmers but no *bona fide* coach should apply to the promoter with the entries for a poolside pass - £10.00 per day (no food). Both coach and poolside passes give access to poolside in accordance with ASA Child Protection Guidelines.
- 17 All swimmers should be supervised by coaches/team managers during the warm ups and whilst on poolside. Coaches and team managers are responsible for the behaviour of their swimmers at all times. All swimmers and coaches are reminded that they are responsible for the safety of all their possessions. The changing village has lockers operated for a returnable £1 fee.
- 18 Swimmers are advised that they must register for photographic use if they carry and use mobile telephones capable of capturing a photographic image.
- 19 Any conditions not covered by the above will be at the discretion of the promoter, BIGGLESWADE SWIMMING CLUB as Mrs P V Dowsett
- 20 **All entries** and enquiries to

Mrs P V Dowsett	or	visit our web site:
9 King Street		<a href="http://www.biggleswadesc.org">www.biggleswadesc.org</a>
Potton		
Sandy, Beds		e-mail:
SG19 2QT		<a href="mailto:admin@biggleswadesc.org">admin@biggleswadesc.org</a>
01767 260448		

**BIGGLESWADE SWIMMING CLUB**  
**11th OPN MEET – Licence No: 3ER0012**  
**January 23<sup>rd</sup> & 24<sup>th</sup> 2010**

Warm Up procedures

To avoid overcrowding of lanes during the continuous swim warm up, we plan to run the warm ups by age groups: younger swimmers first and older swimmers later

<b>Saturday 23<sup>rd</sup> January</b>	Pool Opens 8.15 a.m.	<b>Sunday 24<sup>th</sup> January</b>	Pool opens 8.15 a.m.
<p><b><u>Session One</u></b></p> <p>Sign in by 8.45</p> <p>Warm Up 8.30</p> <p>Start   9.30</p>	<p>Event 1 B 10 yr + 400m I.M.</p> <p>2 G 10 yr + 100m Breast</p> <p>3 B 10 yr + 100m Butterfly</p> <p>4 G All ages 200m Freestyle</p> <p>5 B All ages 200m Back</p>	<p><b><u>Session Four</u></b></p> <p>Sign in by 8.45</p> <p>Warm Up 8.30</p> <p>Start   9.30</p>	<p>Event 16 G 10 yr + 400m I.M.</p> <p>17 B 10 yr + 100m Breast</p> <p>18 G 10 yr + 100m Butterfly</p> <p>19 B All ages 200m Freestyle</p> <p>20 G All ages 200m Back</p>
<p><b><u>Session Two</u></b></p> <p>Sign in by 1.15</p> <p>Warm Up 1.00</p> <p>Start 2.00</p>	<p>Event 6 G All ages 200m I.M.</p> <p>7 B All ages 200m Breast</p> <p>8 G 10 yr + 100m Back</p> <p>9 B 10 yr+ 100m Freestyle</p> <p>10 G All ages 200m Butterfly</p>	<p><b><u>Session Five</u></b></p> <p>Sign in by 1.15</p> <p>Warm Up 1.00</p> <p>Start 2.00</p>	<p>Event 21 B All ages 200m I.M.</p> <p>22 G All ages 200m Breast</p> <p>23 B 10yr + 100m Back</p> <p>24 G 10 yr + 100m Freestyle</p> <p>25 B All ages 200m Butterfly</p>
<p><b><u>Session Three</u></b></p> <p>Sign in by 5.15</p> <p>Warm Up 5.00</p> <p>Start 6.00</p>	<p>Event 11 G All ages 400m Freestyle</p> <p>12 B All ages 50m Back</p> <p>13 G All ages 50m Back</p> <p>14 B All ages 50m Breast</p> <p>15 G All ages 50m Breast</p>	<p><b><u>Session Six</u></b></p> <p>Sign in by 5.15</p> <p>Warm Up 5.00</p> <p>Start 6.00</p>	<p>Event 26 B All ages 400m Freestyle</p> <p>27 G All ages 50m Freestyle</p> <p>28 B All ages 50m Freestyle</p> <p>29 G All ages 50m Butterfly</p> <p>30 B All ages 50m Butterfly</p> <p>31/32 G/B All ages 50m Freestyle Skins</p>

for most sessions. The final age break will depend on the entry numbers and will be advised with the confirmation of entries, but it is expected that the first warm up will be for swimmers age 11 and under the second for those aged 12 and 13, and the third for ages 14 and over.

All Sessions: Lanes 1, 3, 5, 7 clockwise and Lanes 2, 4, 6 & 8 anticlockwise. Sprint Lanes 1 & 8, possibly more, when announced.

# BIGGLESWADE SWIMMING CLUB

11th OPEN MEET – Licence No: 3ER\_\_\_\_\_

January 23<sup>rd</sup> & 24<sup>th</sup> 2010

## Boys Entry Form

Please use BLOCK LETTERS and fill in all parts of the form, including your ASA identification number, otherwise your entry will not be accepted.

ASA IDENTIFICATION NUMBER																			
---------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

NAME (incl. Forename Middle initial & Surname) .....

DoB ...../...../19..... Male / Female AGE AT 24/01/2010 .....

CLUB .....

ADDRESS .....

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

All entries should have current short course entry times. Convert submitted times, where necessary, to 25 metres by use of the ASA Equivalent Performance Tables.

EVENT		Saturday	EVENT		Sunday
B			B		
1	400m I.M.		17	100m Breast	
3	100m Fly		19	200m Free	
5	200m Back		21	200m I.M.	
7	200m Breast		23	100m Back	
9	100m Free		25	200m Fly	
12	50m Back		26	400m Free	
14	50m Breast		28	50m Free	
			30	50m Fly	

Closing date for entries: Wednesday 28<sup>th</sup> October 2009.

Total number of events entered = ..... x £4.00 = £..... Please make cheques payable to **Flitwick Dolphins Swimming Club**. (Where several swimmers enter, a single cheque from each club is preferred, with swimmers paying their own club.)

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

Signature of competitor ..... Date .....

Club Official's Signature ..... Date .....

# BIGGLESWADE SWIMMING CLUB

11th OPEN MEET – Licence No: 3ER0012

January 23<sup>rd</sup> & 24<sup>th</sup> 2009

## Girls Entry Form

Please use BLOCK LETTERS and fill in all parts of the form, including your ASA identification number, otherwise your entry will not be accepted.

ASA IDENTIFICATION NUMBER																			
---------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

NAME (incl. Forename Middle initial & Surname) .....

DoB ...../...../19..... Male / Female AGE AT 24/01/2010 .....

CLUB .....

ADDRESS .....

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

All entries should have current short course entry times. Convert submitted times, where necessary, to 25 metres by use of the ASA Equivalent Performance Tables.

EVENT			EVENT		
G			G		
2	100m Breast		16	400m I.M.	
4	200m Free		18	100m Fly	
6	200m I.M.		20	200m Back	
8	100m Back		22	200m Breast	
10	200m Fly		24	100m Free	
11	400m Free		27	50m Free	
13	50m Back		29	50m Fly	
15	50m Breast				

Closing date for entries: Wednesday 28<sup>th</sup> October 2009.

Total number of events entered = ..... x £4.00 = £..... Please make cheques payable to **Flitwick Dolphins Swimming Club**.

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

Signature of competitor ..... Date .....

Club Official's Signature ..... Date .....

**11th Biggleswade Open**

23rd - 24th January 2010

3ER0012

**Factors applied to latest National and B Grade Times for Upper and Lower Limits**

Upper = National / AAA = 100.0%

Lower = B Grade 2009 = 95.0%

**Upper Limits****National Qualifying Times / AAA (2009)****Boys**

		9	10	11	12	13	14	15
50m	Freestyle	0:34.90	0:32.40	0:30.80	0:29.10	0:27.70	0:26.60	0:25.50
100m	Freestyle		1:10.60	1:06.60	1:00.25	0:57.53	0:56.17	0:55.10
200m	Freestyle	2:47.90	2:32.30	2:18.94	2:11.04	2:05.58	2:01.87	1:59.38
400m	Freestyle	6:06.00	5:20.50	4:50.14	4:35.03	4:24.49	4:16.76	4:13.91

50m	Backstroke	0:40.60	0:37.40	0:35.50	0:33.60	0:31.60	0:30.50	0:29.40
100m	Backstroke		1:21.40	1:15.30	1:09.37	1:05.86	1:03.24	1:01.98
200m	Backstroke	3:06.50	2:50.80	2:37.19	2:28.60	2:21.27	2:16.92	2:13.86

50m	Breaststroke	0:46.00	0:42.50	0:40.00	0:37.50	0:35.10	0:33.70	0:32.60
100m	Breaststroke		1:32.80	1:26.00	1:19.33	1:14.92	1:11.40	1:09.93
200m	Breaststroke	3:35.40	3:18.10	3:00.19	2:49.39	2:42.73	2:34.03	2:30.62

50m	Butterfly	0:39.70	0:36.40	0:34.10	0:32.30	0:30.50	0:29.20	0:28.10
100m	Butterfly		1:22.60	1:15.40	1:07.40	1:03.93	1:01.46	0:59.99
200m	Butterfly	3:30.10	3:00.80	2:43.91	2:30.16	2:21.26	2:15.80	2:12.51

200m	Individual Medley	3:10.80	2:54.90	2:38.21	2:29.54	2:22.63	2:18.22	2:15.45
400m	Individual Medley		6:16.40	5:35.66	5:15.99	5:02.44	4:52.96	4:47.43

**Lower Limits****ASA B Grade (2009)****Boys**

		9	10	11	12	13	14	15
50m	Freestyle	0:46.07	0:43.04	0:40.18	0:37.71	0:35.15	0:32.68	0:30.78
100m	Freestyle		1:34.33	1:27.31	1:21.41	1:15.62	1:10.40	1:06.60
200m	Freestyle	3:42.30	3:24.63	3:09.90	2:57.56	2:45.20	2:33.52	2:25.35
400m	Freestyle	8:01.75	7:11.78	6:38.24	6:13.35	5:48.56	5:24.99	5:07.42

50m	Backstroke	0:53.01	0:49.21	0:45.79	0:43.13	0:39.81	0:37.24	0:34.86
100m	Backstroke		1:46.87	1:37.66	1:31.39	1:24.45	1:18.28	1:13.72
200m	Backstroke	4:04.63	3:46.19	3:29.38	3:16.08	3:01.83	2:48.63	2:39.12

50m	Breaststroke	0:59.95	0:55.86	0:51.77	0:48.26	0:44.46	0:41.32	0:38.85
100m	Breaststroke		2:02.07	1:51.63	1:43.93	1:35.66	1:28.82	1:23.60
200m	Breaststroke	4:41.30	4:21.63	4:00.45	3:44.58	3:27.38	3:12.09	3:01.16

50m	Butterfly	0:51.68	0:47.78	0:44.18	0:41.61	0:38.57	0:35.72	0:33.44
100m	Butterfly		1:47.73	1:37.56	1:30.72	1:23.88	1:17.62	1:12.87
200m	Butterfly	4:28.47	3:56.64	3:34.51	3:20.26	3:05.34	2:51.95	2:40.36

200m	Individual Medley	4:10.80	3:52.46	3:34.51	3:20.83	3:06.96	2:52.90	2:43.30
400m	Individual Medley		8:18.56	7:34.67	7:04.84	6:35.58	6:06.42	5:45.51

<b>11th Biggleswade Open</b>  <b>23rd - 24th January 2010</b>  <b>3ER0012</b>	<b>Factors applied to latest National and B Grade Times for Upper and Lower Limits</b>						
	<b>Upper</b>	=	<b>National / AAA</b>	=	<b>100.0%</b>		
	<b>Lower</b>	=	<b>B Grade 2009</b>	=	<b>95.0%</b>		

### Upper Limits

National Qualifying Times / AAA (2009)		Girls						
		9	10	11	12	13	14	15
50m	Freestyle	0:35.30	0:32.80	0:31.30	0:29.90	0:29.00	0:28.16	0:27.83
100m	Freestyle		1:12.10	1:04.95	1:02.36	1:01.09	1:00.21	0:59.93
200m	Freestyle	2:49.70	2:33.10	2:20.25	2:14.67	2:11.20	2:09.46	2:08.22
400m	Freestyle	6:12.50	5:24.90	4:51.08	4:40.34	4:33.79	4:30.45	4:28.82

50m	Backstroke	0:40.70	0:37.40	0:35.50	0:33.90	0:32.80	0:32.10	0:31.80
100m	Backstroke		1:21.40	1:14.28	1:10.54	1:09.22	1:08.25	1:07.42
200m	Backstroke	3:08.40	2:52.20	2:37.65	2:30.79	2:27.41	2:25.45	2:23.33

50m	Breaststroke	0:46.80	0:42.70	0:40.10	0:38.00	0:36.60	0:35.80	0:35.20
100m	Breaststroke		1:33.30	1:24.08	1:19.55	1:16.82	1:15.80	1:15.72
200m	Breaststroke	3:37.50	3:18.30	2:58.91	2:51.28	2:45.38	2:42.25	2:41.49

50m	Butterfly	0:40.20	0:36.30	0:34.50	0:32.70	0:31.70	0:31.00	0:30.40
100m	Butterfly		1:22.50	1:12.84	1:09.09	1:07.01	1:06.18	1:05.44
200m	Butterfly	3:33.10	3:03.10	2:43.54	2:32.17	2:26.92	2:23.94	2:23.49

200m	Individual Medley	3:12.50	2:54.80	2:39.37	2:32.07	2:28.75	2:26.89	2:25.39
400m	Individual Medley		6:15.50	5:33.95	5:19.24	5:11.77	5:08.69	5:05.84

### Lower Limits

ASA B Grade (2009)		Girls						
		9	10	11	12	13	14	15
50m	Freestyle	0:46.07	0:43.22	0:40.38	0:37.90	0:35.82	0:34.39	0:33.44
100m	Freestyle		1:35.10	1:27.21	1:21.41	1:17.05	1:13.91	1:12.11
200m	Freestyle	3:41.16	3:23.30	3:08.29	2:55.46	2:45.58	2:39.22	2:35.04
400m	Freestyle	8:00.32	7:10.54	6:32.26	6:05.85	5:46.09	5:32.88	5:23.86

50m	Backstroke	0:52.72	0:49.11	0:45.70	0:42.85	0:40.47	0:38.76	0:37.81
100m	Backstroke		1:46.59	1:37.38	1:30.44	1:25.21	1:21.80	1:19.42
200m	Backstroke	4:03.77	3:46.39	3:26.34	3:12.85	3:02.59	2:55.28	2:49.95

50m	Breaststroke	1:00.23	0:55.86	0:51.58	0:48.07	0:45.22	0:43.22	0:41.99
100m	Breaststroke		2:01.60	1:50.58	1:43.07	1:36.52	1:31.86	1:29.77
200m	Breaststroke	4:40.15	4:19.06	3:57.31	3:41.25	3:27.29	3:18.36	3:13.52

50m	Butterfly	0:51.58	0:47.41	0:44.18	0:41.32	0:38.95	0:37.33	0:36.19
100m	Butterfly		1:46.97	1:37.00	1:29.87	1:24.83	1:20.94	1:19.13
200m	Butterfly	4:27.43	3:56.83	3:33.75	3:17.41	3:05.34	2:57.08	2:51.95

200m	Individual Medley	4:10.32	3:50.95	3:32.51	3:17.89	3:07.24	2:59.45	2:54.80
400m	Individual Medley		8:12.77	7:27.17	6:56.29	6:32.26	6:16.67	6:06.79

**2008 Latest**

**National Qualifying Times / AAA times if not applicable**  
(smoothed = green)

50m	Freestyle
100m	Freestyle
200m	Freestyle
400m	Freestyle

50m	Backstroke
100m	Backstroke
200m	Backstroke

50m	Breaststroke
100m	Breaststroke
200m	Breaststroke

50m	Butterfly
100m	Butterfly
200m	Butterfly

200m	Individual Medley
400m	Individual Medley

**Boys**

9	10	11	12	13	14	15	16	17+
00:34.90	00:32.40	00:30.80	00:29.10	00:27.70	00:26.60	00:25.50		
01:18.90	01:10.60	01:06.60	01:00.25	00:57.53	00:56.17	00:55.10		
02:47.90	02:32.30	02:18.94	02:11.04	02:05.58	02:01.87	01:59.38		
06:06.00	05:20.50	04:50.14	04:35.03	04:24.49	04:16.76	04:13.91		

00:40.60	00:37.40	00:35.50	00:33.60	00:31.60	00:30.50	00:29.40		
01:29.60	01:21.40	01:15.30	01:09.37	01:05.86	01:03.24	01:01.98		
03:06.50	02:50.80	02:37.19	02:28.60	02:21.27	02:16.92	02:13.86		

00:46.00	00:42.50	00:40.00	00:37.50	00:35.10	00:33.70	00:32.60		
01:44.00	01:32.80	01:26.00	01:19.33	01:14.92	01:11.40	01:09.93		
03:35.40	03:18.10	03:00.19	02:49.39	02:42.73	02:34.03	02:30.62		

00:39.70	00:36.40	00:34.10	00:32.30	00:30.50	00:29.20	00:28.10		
01:36.60	01:22.60	01:15.40	01:07.40	01:03.93	01:01.46	00:59.99		
03:30.10	03:00.80	02:43.91	02:30.16	02:21.26	02:15.80	02:12.51		

03:10.80	02:54.90	02:38.21	02:29.54	02:22.63	02:18.22	02:15.45		
06:52.60	06:16.40	05:35.66	05:15.99	05:02.44	04:52.96	04:47.43		

**Girls**

9	10	11	12	13	14	15	16	17+
00:35.30	00:32.80	00:31.30	00:29.90	00:29.00	00:28.16	00:27.83		
01:20.00	01:12.10	01:04.95	01:02.36	01:01.09	01:00.21	00:59.93		
02:49.70	02:33.10	02:20.25	02:14.67	02:11.20	02:09.46	02:08.22		
06:12.50	05:24.90	04:51.08	04:40.34	04:33.79	04:30.45	04:28.82		

00:40.70	00:37.40	00:35.50	00:33.90	00:32.80	00:32.10	00:31.80		
01:31.10	01:21.40	01:14.28	01:10.54	01:09.22	01:08.25	01:07.42		
03:08.40	02:52.20	02:37.65	02:30.79	02:27.41	02:25.45	02:23.33		

00:46.80	00:42.70	00:40.10	00:38.00	00:36.60	00:35.80	00:35.20		
01:44.30	01:33.30	01:24.08	01:19.55	01:16.82	01:15.80	01:15.72		
03:37.50	03:18.30	02:58.91	02:51.28	02:45.38	02:42.25	02:41.49		

00:40.20	00:36.30	00:34.50	00:32.70	00:31.70	00:31.00	00:30.40		
01:37.60	01:22.50	01:12.84	01:09.09	01:07.01	01:06.18	01:05.44		
03:33.10	03:03.10	02:43.54	02:32.17	02:26.92	02:23.94	02:23.49		

03:12.50	02:54.80	02:39.37	02:32.07	02:28.75	02:26.89	02:25.39		
06:50.10	06:15.50	05:33.95	05:19.24	05:11.77	05:08.69	05:05.84		

**ASA 2009 New Edition**  
(smoothed = green)

50m	Freestyle
100m	Freestyle
200m	Freestyle
400m	Freestyle

50m	Backstroke
100m	Backstroke
200m	Backstroke

50m	Breaststroke
100m	Breaststroke
200m	Breaststroke

50m	Butterfly
100m	Butterfly
200m	Butterfly

200m	Individual Medley
400m	Individual Medley

**Boys**

9	10	11	12	13	14	15		
0:48.50	0:45.30	0:42.30	0:39.70	0:37.00	0:34.40	0:32.40		
1:49.00	1:39.30	1:31.90	1:25.70	1:19.60	1:14.10	1:10.10		
3:54.00	3:35.40	3:19.90	3:06.90	2:53.90	2:41.60	2:33.00		
8:27.10	7:34.50	6:59.20	6:33.00	6:06.90	5:42.10	5:23.60		

0:55.80	0:51.80	0:48.20	0:45.40	0:41.90	0:39.20	0:36.70		
2:02.20	1:52.50	1:42.80	1:36.20	1:28.90	1:22.40	1:17.60		
4:17.50	3:58.10	3:40.40	3:26.40	3:11.40	2:57.50	2:47.50		

1:03.10	0:58.80	0:54.50	0:50.80	0:46.80	0:43.50	0:40.90		
2:21.30	2:08.50	1:57.50	1:49.40	1:40.70	1:33.50	1:28.00		
4:56.10	4:35.40	4:13.10	3:56.40	3:38.30	3:22.20	3:10.70		

0:54.40	0:50.30	0:46.50	0:43.80	0:40.60	0:37.60	0:35.20		
2:08.90	1:53.40	1:42.70	1:35.50	1:28.30	1:21.70	1:16.70		
4:42.60	4:09.10	3:45.80	3:30.80	3:15.10	3:01.00	2:48.80		

4:24.00	4:04.70	3:45.80	3:31.40	3:16.80	3:02.00	2:51.90		
9:29.00	8:44.80	7:58.60	7:27.20	6:56.40	6:25.70	6:03.70		

**Girls**

9	10	11	12	13	14	15		
0:48.50	0:45.50	0:42.50	0:39.90	0:37.70	0:36.20	0:35.20		
1:49.10	1:40.10	1:31.80	1:25.70	1:21.10	1:17.80	1:15.90		
3:52.80	3:34.00	3:18.20	3:04.70	2:54.30	2:47.60	2:43.20		
8:25.60	7:33.20	6:52.90	6:25.10	6:04.30	5:50.40	5:40.90		

0:55.50	0:51.70	0:48.10	0:45.10	0:42.60	0:40.80	0:39.80		
2:02.90	1:52.20	1:42.50	1:35.20	1:29.70	1:26.10	1:23.60		
4:16.60	3:58.30	3:37.20	3:23.00	3:12.20	3:04.50	2:58.90		

1:03.40	0:58.80	0:54.30	0:50.60	0:47.60	0:45.50	0:44.20		
2:20.30	2:08.00	1:56.40	1:48.50	1:41.60	1:36.70	1:34.50		
4:54.90	4:32.70	4:09.80	3:52.90	3:38.20	3:28.80	3:23.70		

0:54.30	0:49.90	0:46.50	0:43.50	0:41.00	0:39.30	0:38.10		
2:08.80	1:52.60	1:42.10	1:34.60	1:29.30	1:25.20	1:23.30		
4:41.50	4:09.30	3:45.00	3:27.80	3:15.10	3:06.40	3:01.00		

4:23.50	4:03.10	3:43.70	3:28.30	3:17.10	3:08.90	3:04.00		
9:18.40	8:38.70	7:50.70	7:18.20	6:52.90	6:36.50	6:26.10		

BIGGLESWADE SWIMMING CLUB  
11th OPEN MEET – Licence No: 3ER0012  
January 23<sup>rd</sup> & 24<sup>th</sup> 2009

The 50m Freestyle skins finals:

The 8 fastest girls and 8 fastest boys in the 50m freestyle heats are invited and expected to compete in the Skins Finals. In the event of a tie for 8th place a swim off will take place.

This event will be started by the Girls entrants starting as a normal race (ie whistle, "Take your marks, start"); the slowest finisher will be excluded from the next heat, except where there is a disqualification.

After 1.5 minutes the boys' race will start as a normal race (ie whistle, "Take your marks, start"); the slowest finisher is excluded from the next heat.

At 3 minutes the remaining girls start their second race with a 10sec warning whistle and the starter klaxon, again the slowest finisher is excluded from the next heat.

At 4.5 minutes the boys' second race starts with the warning whistle and klaxon, and the cycle continues until there are only 2 girls and 2 boys left to contest the final race.

If a swimmer is disqualified they are automatically excluded from the next heat. In the event that 2 swimmers are disqualified in one heat both are excluded and the next heat will be swum without a further exclusion.

If there is tie for last place in a heat, both swimmers will swim in the following heat but two swimmers will be excluded.

If there is an incorrect start for either the girls or the boys event, the timed sequence of 3 minute intervals will be maintained for the next cycle; no swimmers will be excluded from the cycle with the incorrect start, but two will be eliminated from the subsequent cycle.

All swimmers must stay in their allocated lane until the final heat (2 swimmers only) when the faster qualifier will swim in lane 4 and the slower in lane 5.

The fastest finisher wins the Skins events. There will be small cash prizes for the last three competitors in the Girls and the Boys events.

The referee's decisions are final.