

City of Milton Keynes Swimming Club

End of Season Meet Licensed Level 3 Programme 2008 (3SE8094)

Saturday 5th July 2008

Sunday 6th July 2008

Programme of Events

Saturday 5th July 2008		Event number	
Session 1	0800 warm-up	1	400m Individual Medley (Boys)
	0805 card box closed	2	400m Freestyle (Girls)
	0905 start	3	100m Breaststroke (Boys)
		4	100m Backstroke (Girls)
		5	50m Butterfly (Boys)
Session 2	12.30 warm up	6	200m Individual Medley (Girls)
	12.35 card box closed	7	200m Backstroke (Boys)
	1.35 pm start	8	100m Freestyle (Girls)
		9	100m Fly (Boys)
		10	200m Breaststroke (Girls)
Session 3	4.30 warm up	11	200m Butterfly (Boys)
	4.35 card box closed	12	200m Freestyle (Girls)
	5.35 start	13	50m Breaststroke (Boys)
		14	100m Individual Medley (Girls)
		15	50m Backstroke (Boys)
		16	50m Freestyle (Girls)
Sunday 6 th July 2008			
Session 4	0800 warm-up	17	400m Individual Medley (Girls)
	0805 card box closed	18	400m Freestyle (Boys)
	0905 start	19	100m Breaststroke (Girls)
		20	100m Backstroke (Boys)
		21	50m Butterfly (Girls)
Session 5	12.45 warm up	22	200m Individual Medley (Boys)
	12.50 card box closed	23	200m Backstroke (Girls)
	1.50 start	24	100m Freestyle (Boys)
		25	100m Butterfly (Girls)
		26	200m Breaststroke (Boys)
		Session 6	4.30 warm up
4.35 card box closed	28		200m Freestyle (Boys)
5.35 start	29		50m Breaststroke (Girls)
	30		100m Individual Medley (Boys)
	31		50m Backstroke (Girls)
	32		50m Freestyle (Boys)

All events are HDW.

AGE GROUPS 9/10 years, 11/12 years, 13/14 years, 15/16 years and 17 and over

BOYS Qualifying Times Short Course											
EVENT		9	10	11	12	13	14	15	16	17	OPEN
50m Free	Upper QT	38.30	35.30	33.40	31.30	29.50	28.20	27.30	26.70	26.50	25.40
	Lower QT	56.50	49.50	44.00	39.00	35.40	33.10	31.60	31.00	30.90	29.70
100m Free	Upper QT	1:26.9	1:17.5	1:11.9	1:07.4	1:03.3	1:00.5	58.70	57.60	57.00	55.80
	Lower QT	2:07.3	1:48.9	1:35.3	1:24.4	1:16.3	1:11.3	1:08.2	1:07.2	1:06.5	1:05.3
200m Free	Upper QT	3:07.2	2:47.9	2:36.8	2:26.6	2:17.9	2:11.3	2:07.7	2:05.5	2:04.4	2:03.1
	Lower QT	4:36.6	3:56.8	3:27.9	3:04.1	2:46.7	2:35.1	2:28.6	2:26.7	2:25.4	2:24.0
400m Free	Upper QT	6:55.5	5:51.5	5:26.7	5:06.8	4:49.8	4:37.8	4:30.2	4:24.9	4:22.1	4:21.2
	Lower QT	10:01.5	8:18.7	7:15.5	6:26.1	5:50.7	5:28.2	5:14.5	5:09.7	5:06.3	5:05.6
50m Breast	Upper QT	50.10	46.10	43.20	40.20	37.30	35.60	34.40	33.70	33.20	31.80
	Lower QT	1:13.3	1:04.0	56.50	49.90	44.80	41.70	39.80	39.20	38.60	37.30
100m Breast	Upper QT	1:53.5	1:40.4	1:32.4	1:26.0	1:20.1	1:16.4	1:13.7	1:12.2	1:11.3	1:09.4
	Lower QT	2:42.7	2:19.6	2:01.4	1:47.0	1:36.2	1:29.8	1:25.5	1:24.2	1:23.1	1:21.2
200m Breast	Upper QT	3:58.1	3:36.2	3:20.7	3:06.2	2:53.7	2:44.9	2:40.1	2:37.6	2:34.8	2:30.4
	Lower QT	5:46.5	5:01.4	4:23.4	3:51.7	3:28.8	3:14.1	3:05.7	3:03.5	3:00.4	2:56.1
50m Fly	Upper QT	43.60	39.70	37.20	35.00	32.70	31.00	29.60	29.10	28.60	27.40
	Lower QT	1:03.0	55.00	48.60	43.30	39.00	36.30	34.30	33.80	33.30	32.00
100m Fly	Upper QT	1:48.6	1:29.4	1:21.6	1:16.1	1:10.8	1:07.1	1:04.3	1:03.5	1:02.4	1:00.2
	Lower QT	2:31.6	2:03.5	1:46.5	1:34.5	1:24.8	1:18.7	1:14.5	1:13.9	1:12.6	1:10.5
200m Fly	Upper QT	3:57.0	3:21.6	3:01.5	2:47.9	2:36.9	2:28.4	2:22.3	2:19.7	2:16.8	2:14.0
	Lower QT	5:32.7	4:37.6	3:57.0	3:28.8	3:08.2	2:54.3	2:45.0	2:42.8	2:39.7	2:36.8
50m Back	Upper QT	44.60	40.80	38.40	36.00	33.80	32.30	30.90	30.30	30.00	28.30
	Lower QT	1:05.1	56.60	50.10	44.60	40.40	37.80	35.70	35.20	34.80	33.10
100m Back	Upper QT	1:38.2	1:28.4	1:21.4	1:16.0	1:11.3	1:07.5	1:05.2	1:04.1	1:03.1	1:01.0
	Lower QT	2:21.6	2:02.6	1:46.7	1:34.5	1:25.6	1:19.3	1:15.6	1:14.5	1:13.5	1:11.3
200m Back	Upper QT	3:29.3	3:09.5	2:54.3	2:42.3	2:33.1	2:25.5	2:20.4	2:18.3	2:16.5	2:13.4
	Lower QT	5:04.6	4:24.9	3:50.1	3:22.9	3:04.2	2:51.3	2:43.0	2:41.3	2:39.2	2:36.1
200m IM	Upper QT	3:32.5	3:11.2	2:57.7	2:46.3	2:36.5	2:28.7	2:23.7	2:21.3	2:19.9	2:17.3
	Lower QT	5:10.9	4:28.2	3:54.6	3:28.2	3:08.5	2:55.3	2:47.0	2:45.0	2:43.2	2:40.7
400m IM	Upper QT	7:36.1	7:01.3	6:20.9	5:51.6	5:30.4	5:15.5	5:04.9	4:59.6	4:57.0	4:51.7
	Lower QT	0.01	9:47.0	8:22.0	7:20.3	6:38.8	6:12.1	5:54.3	5:49.6	5:46.5	5:41.4
100m IM	Upper QT	1:38.3	1:30.1	1:25.0	1:19.8	1:14.6	1:10.3	1:08.0	1:06.4	1:05.9	1:03.5
	Lower QT	2:23.9	2:06.2	1:51.5	1:39.2	1:29.4	1:22.6	1:18.8	1:17.3	1:16.7	1:14.3

GIRLS Qualifying Times Short Course											
EVENT		9	10	11	12	13	14	15	16	17	OPEN
50m Free	Upper QT	38.50	35.60	33.40	31.80	30.70	30.10	29.70	29.40	29.50	28.30
	Lower QT	53.20	46.00	41.30	38.10	35.90	34.90	34.40	34.10	34.10	32.90
100m Free	Upper QT	1:27.7	1:18.4	1:11.7	1:08.1	1:05.7	1:04.4	1:03.6	1:03.3	1:03.1	1:01.8
	Lower QT	2:00.2	1:40.8	1:29.1	1:21.7	1:16.9	1:14.8	1:13.9	1:13.5	1:13.2	1:11.8
200m Free	Upper QT	3:07.4	2:46.8	2:35.3	2:27.4	2:21.0	2:18.7	2:16.8	2:15.7	2:14.8	2:14.6
	Lower QT	4:17.3	3:35.8	3:13.2	2:57.0	2:45.4	2:41.3	2:39.2	2:38.0	2:36.7	2:36.5
400m Free	Upper QT	6:56.9	5:52.5	5:24.0	5:06.2	4:54.4	4:48.9	4:45.1	4:44.3	4:42.3	4:42.3
	Lower QT	9:23.9	7:35.9	6:43.3	6:08.5	5:45.4	5:36.5	5:32.2	5:30.9	5:28.3	5:28.3
50m Breast	Upper QT	50.60	46.10	43.00	40.50	38.70	37.80	37.10	37.00	37.00	35.40
	Lower QT	1:09.1	59.00	52.90	48.30	45.10	43.70	43.10	42.90	42.80	41.20
100m Breast	Upper QT	1:53.4	1:40.2	1:31.8	1:26.5	1:22.6	1:20.2	1:19.3	1:19.0	1:18.7	1:16.6
	Lower QT	2:33.6	2:08.2	1:53.4	1:43.4	1:36.4	1:33.0	1:32.1	1:31.7	1:31.1	1:29.0
200m Breast	Upper QT	4:00.9	3:34.5	3:16.9	3:05.7	2:57.2	2:52.7	2:51.3	2:50.2	2:50.3	2:44.2
	Lower QT	5:26.6	4:34.3	4:03.2	3:41.9	3:26.8	3:20.3	3:18.8	3:17.4	3:17.1	3:10.9
50m Fly	Upper QT	43.80	39.30	36.90	35.00	33.60	32.70	32.30	32.00	31.90	30.40
	Lower QT	59.60	50.30	45.40	41.70	39.10	37.90	37.30	37.00	36.90	35.40
100m Fly	Upper QT	1:46.8	1:28.5	1:20.7	1:16.2	1:12.8	1:10.8	1:10.3	1:09.9	1:09.3	1:06.9
	Lower QT	2:21.8	1:52.8	1:39.4	1:31.0	1:24.9	1:22.1	1:21.4	1:21.0	1:20.2	1:17.8
200m Fly	Upper QT	3:56.8	3:18.6	2:59.6	2:47.7	2:39.7	2:34.7	2:32.3	2:32.6	2:31.2	2:26.9
	Lower QT	5:13.3	4:12.2	3:40.9	3:20.1	3:06.2	2:59.3	2:56.6	2:56.9	2:55.1	2:50.8
50m Back	Upper QT	44.60	40.40	38.00	36.10	34.90	34.10	33.60	33.20	33.10	31.90
	Lower QT	1:01.1	52.00	47.00	43.20	40.60	39.40	38.90	38.50	38.30	37.10
100m Back	Upper QT	1:38.8	1:28.2	1:21.1	1:15.9	1:13.1	1:11.7	1:10.4	1:10.1	1:09.5	1:08.2
	Lower QT	2:14.6	1:53.0	1:40.2	1:31.0	1:25.5	1:23.1	1:21.7	1:21.3	1:20.7	1:19.3
200m Back	Upper QT	3:28.0	3:06.2	2:52.2	2:42.4	2:36.7	2:32.9	2:30.4	2:29.2	2:28.5	2:26.1
	Lower QT	4:44.2	3:59.4	3:33.3	3:14.5	3:03.1	2:57.4	2:54.7	2:53.4	2:52.2	2:49.9
200m IM	Upper QT	3:31.3	3:09.2	2:55.4	2:46.4	2:40.2	2:36.4	2:34.4	2:33.8	2:33.2	2:30.7
	Lower QT	4:50.0	4:04.2	3:37.7	3:19.6	3:07.4	3:01.8	2:59.5	2:58.7	2:57.6	2:55.2
400m IM	Upper QT	7:29.8	6:51.7	6:14.4	5:50.5	5:35.9	5:29.2	5:23.2	5:23.0	5:20.5	5:17.5
	Lower QT	0.01	8:47.2	7:43.4	7:00.5	6:33.4	6:22.6	6:16.1	6:15.6	6:12.2	6:09.2
100m IM	Upper QT	1:38.8	1:30.0	1:23.6	1:19.5	1:16.4	1:14.8	1:13.7	1:13.0	1:12.9	1:10.4
	Lower QT	2:15.6	1:55.6	1:43.3	1:35.1	1:29.1	1:26.6	1:25.5	1:24.6	1:24.3	1:21.9

Meet Rules and Information

The competition will be held under ASA Laws and ASA Technical Rules of Swimming. This event is LICENSED at Level 3 by the ASA for entry into County and District Competitions.
The age Groups are: 9/10, 11/12, 13/14, 15/16, 17 and over. Age as 6 th July 2008
The pool length is 25mt, six lanes and will be equipped with electronic timing with full display and anti-wave lane ropes.
Awards will be given to the top three placed swimmers in each age group in each individual event.
Heat swill be swum with all age groups combined and swimmers seeded by entry times. These entries will be accepted on a first come first served basis. Entries must within the published consideration times for each event. If a session is excessively over subscribed the promoters reserve the right to reject some of the latest entries. If this is necessary where possible the numbers accepted for each age group will be kept to the same proportions for each age group as the number of entries for each age group.
Over the top starts will be used at the promoters discretion
The entry fee is £4.50. One combined entry per club. Clubs sending more than six swimmers will need to submit entries electronically. All entries (less than 6 swimmers) must be on the official entry form, and must include the entrants ASA registration number, DOB together with all entry fees. No entries will be accepted after the closing date or during the meet unless due to promoters error or omission. Entries will not be registered unless accompanied by the correct entry fee. Cheques payable to City of Milton Keynes SC. Please provide a stamped SAE for return of entry cards.
Closing date for entries is: 21 st May 2008
Competitors times will be computer processed and result will be posted on our website following the meet.
Spectator Prices: Children Free All Day Saturday : Adults £7 OAP £4 All Day Sunday: Adults £7 OAP £4 Daily Programme £2
Competitors must report to the competitor's steward when they are called. Any competitor not reporting in time may be excluded
Coaches are to supervise swimmers during warm up. Swimmers must follow the announced and posted warm up procedures.
Coaches Passes are available to Coaches supporting competing swimmers. They include a programme. MAXIMUM of 3 per club. Coaches Pass must be ordered with entries and include food. £20 for both Saturday and Sunday including Lunch £12 for Saturday or Sunday only including lunch.
Only coaches and officials will be allowed mobile phones or cameras on poolside. Swimmers are not allowed mobile phones or cameras on poolside. If they are caught the swimmer will be omitted from the rest of the meet.
Any conditions not covered in the above will be at the discretion of the promoters City of Milton Keynes SC.
All entries and enquiries to: Andre Marshall 44 Lincroft, Cranfield Beds MK430HT Tel: 01234 750904

**City Milton Keynes
 Meet Entry Form
 Stantonbury Campus Milton Keynes
 5th July and 6th July 2008
 End of Season Meet Licensed Level 3 Programme 2008**

Club Name / Code Flitwick Dolphins / MBDT
 Name & Return Address.....

 Post Code.....

Contact Number.....
 Email.....

BOYS ENTRY FORM

	Swimmer First Name						
	Swimmer Surname						
	Date of Birth						
	ASA Reg. No.						
Event no.							
1	400 I.M.						
3	100 Breaststroke						
5	50 Butterfly						
7	200 Backstroke						
9	100 Butterfly						
11	200 Butterfly						
13	50 Breaststroke						
15	50 Backstroke						
18	400 Freestyle						
20	100 Backstroke						
22	200 I.M.						
24	100 Freestyle						
26	200 Breaststroke						
28	200 Freestyle						
30	100 I.M						
32	50 Freestyle						
	Entry Fees						
	Coaches Pass						

I certify that all of the above competitors are ASA registered members of the club and are eligible to compete as defined by ASA Law.

Signed..... Position in Club.....

FDSC Entry Deadline: Wednesday 7 May 2008

**City Milton Keynes
 Meet Entry Form
 Stantonbury Campus Milton Keynes
 5th July and 6th July 2008
 End of Season Meet Licensed Level 3 Programme 2008**

Club Name / Code Flitwick Dolphins / MBDT
 Name & Return Address.....

 Post Code.....

Contact Number.....
 Email.....

GIRLS ENTRY FORM

	Swimmer First Name						
	Swimmer Surname						
	Date of Birth						
	ASA Reg. No.						
Event no.							
2	400 Freestyle						
4	100 Backstroke						
6	200 I.M.						
8	100 Freestyle						
10	200 Breaststroke						
12	200 Freestyle						
14	100 I.M						
16	50 Freestyle						
17	400 I.M.						
19	100 Breaststroke						
21	50 Butterfly						
23	200 Backstroke						
25	100 Butterfly						
27	200 Butterfly						
29	50 Breaststroke						
31	50 Backstroke						
	Entry Fees						
	Coaches Pass						

I certify that all of the above competitors are ASA registered members of the club and are eligible to compete as defined by ASA Law.

Signed..... Position in Club.....

FDSC Entry Deadline: Wednesday 7 May 2008