

City of Milton Keynes Swim Club

**8th Annual End of Season Meet. Programme June 2010.
Licensed at Level 3 (License # 3SE0060)**

Saturday 26th June 2010 / Sunday 27th June 2010

Programme of Events

Saturday 26th June 2010		Event number	
Session 1	0800 warm-up	1	400m Individual Medley (Boys)
	0810 boxes close	2	400m Freestyle (Girls)
	0905 start	3	100m Fly (Boys)
		4	100m Backstroke (Girls)
		5	50m Breaststroke (Boys)
		6	200m Individual Medley (Girls)
		7	200m Backstroke (Boys)
		8	100m Freestyle (Girls)
Session 2	TBA	9	50m Freestyle (Girls)
		10	100m Breaststroke (Boys)
		11	200m Breaststroke (Girls)
		12	200m Butterfly (Boys)
		13	200m Freestyle (Girls)
		14	50m Butterfly (Boys)
		15	100m Individual Medley (Girls)
		16	50m Backstroke (Boys)
		17	Finals 100m Free Girls 13/14 yrs
		18	Finals 100m Free Girls 15 /over
 Sunday 27th June 2010			
Session 3	0800 warm-up	19	400m Individual Medley (Girls)
	0810 boxes close	20	400m Freestyle (Boys)
	0905 start	21	100m Butterfly (Girls)
		22	100m Backstroke (Boys)
		23	50m Breaststroke (Girls)
		24	200m Individual Medley (Boys)
		25	200m Backstroke (Girls)
		26	100m Freestyle (Boys)
Session 4	TBA	27	50m Freestyle (Boys)
		28	100m Breaststroke (Girls)
		29	200m Breaststroke (Boys)
		30	200m Butterfly (Girls)
		31	200m Freestyle (Boys)
		32	50m Butterfly (Girls)
		33	100m Individual Medley (Boys)
		34	50m Backstroke (Girls)
		35	Finals 100m Free Boys 13/14 yrs
		36	Finals 100m Free Boys 15 /over

All events are HDW except for 8 & 26 with HDW for the age groups 9/10, 11/12 and finals in age groups 13/14 and 15 and over.

AGE GROUPS for events excluding 8 and 26: 9/10, 11/12 years, 13/14, 15/16 and 17 and over

BOYS Qualifying Times Short Course											
No	EVENT	QFT	9	10	11	12	13	14	15	16	17 and over
1	400m IM	Upper QT	6:56.9	6:20.2	5:50.3	5:28.7	5:13.0	4:59.4	4:50.1	4:45.3	4:42.1
		Lower QT	10:19.0	9:47.0	8:22.0	7:20.3	6:38.8	6:12.1	5:54.3	5:49.6	5:46.5
3	100m Fly	Upper QT	1:37.5	1:23.5	1:16.2	1:11.1	1:06.9	1:03.8	1:01.5	1:00.5	59.4
		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
5	50m Breast	Upper QT	46.50	43.00	40.50	37.90	35.50	34.10	32.90	32.00	31.70
		Lower QT	1:13.3	1:04.0	56.50	49.90	44.80	41.70	39.80	39.20	38.60
7	200m Back	Upper QT	3:08.4	2:52.5	2:41.9	2:32.8	2:24.5	2:18.3	2:14.0	2:11.6	2:10.4
		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
10	100m Breast	Upper QT	1:45.0	1:33.9	1:27.0	1:21.3	1:16.1	1:12.9	1:10.4	1:08.8	1:08.0
		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
12	200m Fly	Upper QT	3:32.0	3:02.7	2:46.5	2:36.7	2:27.8	2:21.3	2:15.1	2:13.2	2:10.2
		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
14	50m Fly	Upper QT	40.10	36.80	34.50	32.70	30.90	29.50	28.30	27.80	27.30
		Lower QT	1:03.0	55.00	48.60	43.30	39.00	36.30	34.30	33.80	33.30
16	50m Back	Upper QT	41.00	37.80	35.80	34.00	31.90	30.80	29.60	28.70	28.60
		Lower QT	1:05.1	56.60	50.10	44.60	40.40	37.80	35.70	35.20	34.80
20	400m Free	Upper QT	6:09.6	5:24.2	5:03.8	4:47.3	4:34.1	4:24.6	4:17.6	4:12.7	4:09.7
		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
22	100m Back	Upper QT	1:30.4	1:22.2	1:16.1	1:11.6	1:07.5	1:04.4	1:02.3	1:01.0	1:00.1
		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
24	200m IM	Upper QT	3:12.7	2:57.0	2:45.2	2:35.9	2:28.2	2:21.4	2:17.3	2:14.9	2:13.3
		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
26	100m Free	Upper QT	1:19.7	1:11.4	1:07.3	1:03.1	59.8	57.5	56.1	54.9	54.4
		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
27	50m Free	Upper QT	35.30	32.70	31.10	29.40	28.00	26.90	26.00	25.50	25.20
		Lower QT	56.50	49.50	44.00	39.00	35.40	33.10	31.60	31.00	30.90
29	200m Breast	Upper QT	3:37.4	3:20.3	3:06.7	2:55.5	2:45.1	2:37.6	2:32.8	2:30.1	2:27.6
		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
31	200m Free	Upper QT	2:49.7	2:34.0	2:25.7	2:17.1	2:10.1	2:05.1	2:01.9	1:59.4	1:58.4
		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
33	100m IM	Upper QT	1:30.5	1:23.3	1:19.1	1:14.7	1:10.5	1:07.1	1:05.1	1:03.3	1:02.5
		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

GIRLS Qualifying Times Short Course											
No	EVENT	QFT	9	10	11	12	13	14	15	16	17 and over
2	400m Free	Upper QT	6:16.3	5:28.5	5:03.7	4:47.8	4:40.2	4:35.8	4:31.9	4:30.8	4:29.3
		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
4	100m Back	Upper QT	1:32.1	1:22.3	1:16.3	1:11.9	1:09.6	1:08.3	1:07.1	1:06.7	1:06.5
		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
6	200m IM	Upper QT	3:14.5	2:56.8	2:45.1	2:36.4	2:32.3	2:29.1	2:27.2	2:26.3	2:25.4
		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
8	100m Free	Upper QT	1:20.8	1:12.9	1:08.0	1:04.4	1:02.7	1:01.5	1:00.8	1:00.1	1:00.1
		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
9	50m Free	Upper QT	35.70	33.20	31.60	30.20	29.30	28.80	28.30	28.10	28.20
		Lower QT	53.20	46.00	41.30	38.10	35.90	34.90	34.40	34.10	34.10
11	200m Breast	Upper QT	3:39.8	3:20.4	3:06.4	2:56.3	2:49.3	2:45.3	2:43.6	2:42.8	2:42.1
		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
13	200m Free	Upper QT	2:51.4	2:34.8	2:26.2	2:18.4	2:14.4	2:12.1	2:10.3	2:09.2	2:08.4
		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
15	100m IM	Upper QT	1:31.6	1:21.7	1:19.0	1:15.2	1:12.5	1:11.5	1:10.5	1:09.6	1:09.5
		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
19	400m IM	Upper QT	6:54.5	6:19.6	5:48.4	5:29.3	5:18.8	5:12.7	5:08.9	5:06.3	5:05.6
		Lower QT	10:01	8:47.2	7:43.4	7:00.5	6:33.4	6:22.6	6:16.1	6:15.6	6:12.2
21	100m Fly	Upper QT	1:38.4	1:23.3	1:16.5	1:11.8	1:09.6	1:07.7	1:07.0	1:06.5	1:06.0
		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
23	50m Breast	Upper QT	47.30	43.20	40.60	38.40	37.00	36.20	35.50	35.30	35.20
		Lower QT	1:09.1	59.00	52.90	48.30	45.10	43.70	43.10	42.90	42.80
25	200m Back	Upper QT	3:10.4	2:54.0	2:41.1	2:33.0	2:28.8	2:26.0	2:23.4	2:22.1	2:21.1
		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
28	100m Breast	Upper QT	1:45.3	1:34.3	1:26.9	1:22.2	1:18.9	1:16.5	1:15.8	1:15.5	1:14.7
		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
30	200m Fly	Upper QT	3:35.1	3:05.1	2:48.4	2:37.4	2:31.8	2:27.8	2:25.2	2:24.4	2:23.2
		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
32	50m Fly	Upper QT	40.60	36.70	34.80	33.10	32.00	31.30	30.70	30.50	30.50
		Lower QT	59.60	50.30	45.40	41.70	39.10	37.90	37.30	37.00	36.90
34	50m Back	Upper QT	41.20	37.80	35.90	34.20	33.20	32.40	32.10	31.70	31.60
		Lower QT	1:01.1	52.00	47.00	43.20	40.60	39.40	38.90	38.50	38.30

Meet Rules and Information

<p>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.</p>
<p>The age Groups for all events except 8 and 26 are: 9/10, 11/12, 13/14, 15/16, 17 and over. Age as 27th June 2010</p>
<p>The pool length is 25mt, six lanes and will be equipped with electronic timing with full display and anti-wave lane ropes.</p>
<p>Awards will be given to the top three placed swimmers in each age group. All events are HDW except for 8 & 26 with HDW for the age groups 9/10, 11/12 and finals consisting of the top six swimmers in the age groups 13/14 and 15 and over. Awards will be given to the top three placed swimmers in each of these finals.</p>
<p>Heat will 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 times for each event. If a session is excessively over subscribed the promoters reserve the right to reject some of the latest entries. Time trials may be allowed at the discretion of the promoter providing they can be arranged without disruption to the meet. Swimmers doing a Time trial will swim in an open lane in the first heat. A 13/over aged swimmer doing a Time trial in the 100m Free will not be allowed in the Finals of this event.</p>
<p>Over the top starts will be used at the promoters discretion</p>
<p>The entry fee is £4.75 per event. One combined entry per club with one cheque. Clubs sending more than six swimmers will need to submit entries electronically using team manager lite from HyTek. All entries (less than 6 swimmers) must be on the official entry form, and must include the entrants NAME, ASA registration number, DOB and submitted times together with correct 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 sufficiently stamped SAE for return of entry cards. Entries submitted outside the stated entry time will be rejected without refund..</p>
<p>Closing date for entries is: 24th May 2010</p>
<p>Competitors times will be computer processed and result published on our web site thereafter.</p>
<p>Spectator Prices: Children Free Daily Programme £1 Saturday or Sunday All day : Adults £7 OAP £4 One session only Adults £4 OAP £2</p>
<p>Competitors must report to the competitor's steward when they are called. Any competitor not reporting in time may be excluded</p>
<p>Coaches are to supervise swimmers during warm up. Swimmers must follow the announced and posted warm up procedures.</p>
<p>Coaches Passes are available to Coaches supporting competing swimmers. This includes a programme & lunch. Coach passes must be ordered with entries to assist with catering £25 for both Saturday and Sunday. £14 for a One Day pass including lunch.</p>
<p>Only coaches & officials will be allowed mobile phones/cameras on poolside. Swimmers are not allowed mobile phones/cameras poolside. If caught they may be omitted from the meet.</p>
<p>Any conditions not covered in the above will be at the discretion of the promoters City of Milton Keynes SC subject to ASA Laws and ASA Technical Rules of Swimming</p>
<p>All entries and enquiries to: Andre Marshall 44 Lincroft, Cranfield Beds MK430HT Tel: 01234 750568. email: andre.marshall@btconnect.com</p>

**City Milton Keynes
Meet Entry Form
Stantonbury Campus Milton Keynes
26th June and 27th June 2010
8th Annual End of Season Meet Licensed Level 3 Programme 2010**

Club Name / Code...Flitwick Dolphins SC / 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.	Day 1 Session 1						
1	400 I.M.						
3	100 Fly						
5	50 Breaststroke						
7	200 Backstroke						
	Day 1 Session 2						
10	100 Breaststroke						
12	200 Butterfly						
14	50 Fly						
16	50 Backstroke						
	Day 2 Session 3						
20	400 Freestyle						
22	100 Backstroke						
24	200 I.M.						
26	100 Freestyle						
	Day 2 Session 4						
27	50 Free						
29	200 Breaststroke						
31	200 Free						
33	100 IM						
	Entry Fees @ £4.75						
	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.....

Flitwick Dolphins Entry Deadline: Monday 10 May 2010

**City Milton Keynes
Meet Entry Form
Stantonbury Campus Milton Keynes
26th June and 27th June 2010
8th Annual End of Season Meet Licensed Level 3 Programme 2010**

Club Name / Code... Flitwick Dolphins SC / 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.	Day 1 Session 1						
2	400 Freestyle						
4	100 Backstroke						
6	200 I.M.						
8	100 Freestyle						
	Day 1 Session 2						
9	50 Free						
11	200 Breaststroke						
13	200 Free						
15	100 I.M						
	Day 2 Session 3						
19	400 I.M.						
21	100 Fly						
23	50 Breaststroke						
25	200 Backstroke						
	Day 2 Session 4						
28	100 Breaststroke						
30	200 Butterfly						
32	50 Fly						
34	50 Backstroke						
	Entry Fees @ £4.75						
	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.....

Flitwick Dolphins Entry Deadline: Monday 10 May 2010