

# **CRAWLEY SWIMMING CLUB**

## **Spring Open Meet Long Course**

(Lic no.1SE8063)

**Sat 19<sup>th</sup> & Sun 20<sup>th</sup>  
April 2008**

Full Programme  
50,100, 200 all strokes  
400, 800,1500 free  
200 im,400 im

## **Crawley Swimming Club**

Affiliated to ASA South East Region

at

**K2 Crawley**  
**Pease Pottage Hill,**  
**Crawley, W. Sussex RH11 9BQ.**  
(Under A.S.A. Laws and Technical Rules)

Conditions of entry

1. The competition will be swum under A.S.A. Laws and Technical rules and licensed by the ASA for entry into National Competitions.
2. Age groups are: 11/u, 12/13, 14/15, and 16+ years and open for 800m and 1500m events. The 50m swims are also Open events with awards for top 3 only. Ages on 20<sup>th</sup> April 2007.[last day of the meet]
3. All events will be run on a heat declared winner (HDW) basis. The last heat in each event will be spearheaded. **25m entry times should be submitted.**
4. All entries are subject to meeting the qualifying times. Entries may be restricted in order to keep the session times within appropriate time scales – slowest times within each age group will be rejected.
5. No Time Trials will be held. Any empty lanes may be filled by Crawley swimmers.
6. Entries will be confirmed by email. All swimmers will need to sign in for events prior to each session warm up. No cards will be issued.
7. Awards will be given in the above age groups placed 1<sup>st</sup> to 3<sup>rd</sup> without disqualification for 100,200,400 events. 50m 800 & 1500 swims will be Open events. These awards can be collected from the awards table upstairs.
8. Entry fee is £5 for 50m, 100m and 200m events and £6 for 400m, 800m and 1500m events. Entries will be via email on the Hy-tek software only available from the Crawley website. Entries must be sent by club with a single club cheque, not individual entries. Coach passes are £15 which will entitle the holder to admission to all sessions, a programme and poolside refreshments (NOT LUNCH). Passes must be displayed at all times.
9. All meet participants and spectators must observe all safety precautions in operation at K2 Crawley Leisure Centre and follow the instructions of pool staff.
10. Swimmers must not go up to the balcony without first drying off and putting on footwear and clothing before leaving the poolside.
11. Competitors are advised not to leave their belongings unattended and to ensure that all valuables are placed in a locked locker (a returnable £1 coin). Neither Crawley Swimming club nor K2 Crawley Leisure Centre can accept responsibility for any property that may be lost or stolen.
12. Video recording /Photography / Mobile phones. In accordance with the recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance. It is requested that all mobile phones are switched off or to silent during the competition and that there is no flash photography at the start of each event.
13. Data protection with the submission of entries. Consent is deemed to have been given, as required of the data protection act, to the holding and distribution as necessary, of personal information on computer, to run the meet.
14. The promoters reserve the right to alter the schedule if circumstances demand and if necessary restrict entries. **Closing date for entries is 2<sup>ND</sup> April 2008.**
15. Please submit a summary sheet and a single cheque covering all the entry fees and coach passes made payable to Crawley Swimming Club. (C.S.C)
16. Cheques should be sent to:-

Mrs. W. Stanton  
15 Trundle Mead  
Horsham  
West Sussex  
RH12 2LY

crawleysc@btinternet.com

website for latest news [www.crawleysc.uk.com](http://www.crawleysc.uk.com)

# CRAWLEY SWIMMING CLUB

## Spring Long Course Open Meet

### Programme

Saturday 19th April 2008

#### Session 1

Event 1	Boys	400 IM
Event 2	Girls	400 Freestyle

#### Session 2

Event 3	Boys	50 Back
Event 4	Girls	50 Breast
Event 5	Boys	200 Butterfly
Event 6	Girls	100 Breaststroke
Event 7	Boys	100 Backstroke
Event 8	Girls	200 IM
Event 9	Boys	200 Freestyle

#### Session 3

Event 10	Boys	50 Fly
Event 11	Girls	50 Freestyle
Event 12	Boys	100 Freestyle
Event 13	Girls	100 Butterfly
Event 14	Boys	200 Backstroke
Event 15	Girls	200 Breaststroke

#### Session 4

Event 16	Mixed	1500 Freestyle
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Sunday 20th April 2008

#### Session 5

Event 17	Girls	400 IM
Event 18	Boys	400 Freestyle

#### Session 6

Event 19	Girls	50 Back
Event 20	Boys	50 Breast
Event 21	Girls	200 Butterfly
Event 22	Boys	100 Breaststroke
Event 23	Girls	100 Backstroke
Event 24	Boys	200 IM
Event 25	Girls	200 Freestyle

#### Session 7

Event 26	Girls	50 Fly
Event 27	Boys	50 Freestyle
Event 28	Girls	100 Freestyle
Event 29	Boys	100 Butterfly
Event 30	Girls	200 Backstroke
Event 31	Boys	200 Breaststroke

#### Session 8

Event 32	Mixed	800 Freestyle
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*Crawley Swimming Club Spring Open Meet*  
*Long Course level 1 licensed meet.*  
*Qualifying times*

**Boys**

		50	100	50	100	50	100	50	100	200	200	200	200	200	400	400
		Free	Free	Back	Back	Breast	Breast	Fly	Fly	Free	Back	Breast	Fly	IM	Free	IM
Age 11/u	lower		1.12.00		1.24.00		1.34.00		1.24.00	2.36.70	3.00.00	3.25.00	3.05.00	3.00.00	5.27.90	6.15.00
Age 12/13	lower	29.50	1.08.00	33.50	1.21.00	37.00	1.31.80	32.50	1.19.00	2.30.00	2.53.70	3.18.80	2.58.80	2.50.00	5.07.50	5.55.00
Age 14/15	lower	29.50	1.03.70	33.50	1.11.00	37.00	1.20.00	32.50	1.10.40	2.18.30	2.33.10	2.53.90	2.35.90	2.36.40	4.43.00	5.32.10
Age 16+	lower	29.50	1.01.60	33.50	1.08.30	37.00	1.17.30	32.50	1.07.5	2.14.00	2.27.20	2.47.50	2.28.70	2.28.60	4.38.90	5.19.80

ALL TIMES ARE SHORT COURSE

Open	800 Free	10.00.00	All Ages
Open	1500 Free	19.30.00	All ages

Fastest swimmers will be accepted

**Girls**

		50	100	50	100	50	100	50	100	200	200	200	200	200	400	400
		Free	Free	Back	Back	Breast	Breast	Fly	Fly	Free	Back	Breast	Fly	IM	Free	IM
Age 11/u	lower		1.16.70		1.26.40		1.38.10		1.26.10	2.42.60	3.02.30	3.29.90	3.10.70	3.06.40	5.35.20	6.20.70
Age 12/13	lower	30.00	1.12.00	35.50	1.20.40	39.50	1.31.50	34.50	1.20.30	2.33.70	2.51.80	3.16.20	2.56.60	2.55.40	5.13.10	5.59.40
Age 14/15	lower	30.00	1.07.60	35.50	1.15.10	39.50	1.25.00	34.50	1.15.20	2.25.70	2.40.30	3.01.10	2.45.10	2.44.00	4.58.70	5.45.30
Age 16+	lower	30.00	1.06.30	35.50	1.13.50	39.50	1.23.00	34.50	1.13.20	2.22.50	2.36.40	2.58.60	2.39.70	2.41.30	4.53.20	5.38.60

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