

CRAWLEY SWIMMING CLUB

OPPORTUNITY MEET 2010

Sunday 3rd October

Session 1

Warm Up 9.00am

Start 09.45

Event 1	Girls	11 & Over 100 Back
Event 2	Boys	11 & Over 100 Back
Event 3	Girls	9 & Over 200 Free
Event 4	Boys	9 & Over 200 Free
Event 5	Girls	11 & Over 100 Breast
Event 6	Boys	11 & Over 100 Breast

Session 2

Warm Up T.B.C

T.B.C

Event 7	Girls	9 & Over 200 Back
Event 8	Boys	9 & Over 200 Back
Event 9	Girls	11 & Over 100 Free
Event 10	Boys	11 & Over 100 Free
Event 11	Girls	9 & Over 200 Fly
Event 12	Boys	9 & Over 200 Fly

Session 3

Warm Up T.B.C

T.B.C

Event 13	Girls	9 & Over 200 Breast
Event 14	Boys	9 & Over 200 Breast
Event 15	Girls	11 & Over 100 Fly
Event 16	Boys	11 & Over 100 Fly
Event 17	Girls	9 & Over 200 IM
Event 18	Boys	9 & Over 200 IM

Warm up & start times to be confirmed

Qualifying Times							
BOYS - Short Course Times							
EVENT/Age	9	10	11	12	13	14	15+
100m Free			1.31	1.25	1.19	1.14	1.10
Not faster than			1.08	1.03	1.00	58.00	56.00
200m Free	3.54	3.35	3.19	3.06	2.53	2.41	2.33
Not faster than	2.51	2.35	2.27	2.18	2.11	2.06	2.03
100m Breast			1.57	1.49	1.40	1.33	1.28
Not faster than			1.27	1.22	1.16	1.13	1.11
200 Breast	4.56	4.35	4.13	3.56	3.38	3.22	3.10
Not faster than	3.39	3.22	3.08	2.57	2.46	2.39	2.34
100 Fly			1.42	1.35	1.28	1.21	1.16
Not faster than			1.17	1.11	1.07	1.04	1.02
200 Fly	4.42	4.09	3.45	3.30	3.15	3.01	2.48
Not faster than	3.33	3.04	2.48	2.38	2.29	2.22	2.16
100 Back			1.42	1.36	1.28	1.22	1.17
Not faster than			1.16	1.12	1.08	1.05	1.02
200 Back	4.17	3.58	3.40	3.26	3.11	2.57	2.47
Not faster than	3.10	2.54	2.43	2.34	2.26	2.19	2.15
200 Medley	4.24	4.04	3.45	3.31	3.16	3.02	2.51
Not faster than	3.14	2.59	2.47	2.37	2.29	2.22	2.18
GIRLS - Short Course Times							
EVENT/Age	9	10	11	12	13	14	15+
100m Free			1.31	1.25	1.21	1.17	1.15
Not faster than			1.08	1.05	1.03	1.02	1.01
200m Free	3.52	3.34	3.18	3.04	2.54	2.47	2.43
Not faster than	2.53	2.36	2.27	2.20	2.15	2.13	2.11
100m Breast			1.56	1.48	1.41	1.36	1.34
Not faster than			1.27	1.23	1.19	1.17	1.16
200 Breast	4.54	4.32	4.09	3.52	3.38	3.28	3.23
Not faster than	3.42	3.22	3.08	2.58	2.51	2.46	2.45
100 Fly			1.42	1.34	1.29	1.25	1.23
Not faster than			1.17	1.12	1.10	1.08	1.07
200 Fly	4.41	4.09	3.45	3.27	3.15	3.06	3.01
Not faster than	3.37	3.07	2.50	2.39	2.33	2.29	2.26
100 Back			1.42	1.35	1.29	1.26	1.23
Not faster than			1.17	1.12	1.10	1.08	1.07
200 Back	4.16	3.58	3.37	3.23	3.12	3.04	2.58
Not faster than	3.12	2.56	2.42	2.34	2.30	2.27	2.24
200m Individual Medley	4.23	4.03	3.43	3.28	3.17	3.08	3.04
Not faster than	3.16	2.58	2.47	2.38	2.33	2.30	2.28

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 single years with the following events. 100m swims 11 & over , 200m swims for ages 9 & over. **Ages as at 03rd October 2010 (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 being within the qualifying times.
5. Swimmers times must fall within the lower & higher time bracket for the individual age.
6. Entries to be accepted on a '**First come first served**' basis.
7. **No Time Trials will be held.** Any empty lanes may be filled by Crawley swimmers.
8. Awards will be given in single age groups to (9 – 15+) placed 1st to 3rd without disqualification. These awards can be collected from the awards table poolside.
9. Entry fee is £5 for all events. Entries will be via email on the Hy-tek software available from the Crawley website. Entries not via Hytek will incur a £5 admin fee. Entries must be sent by club with a single club cheque, Coach passes are £10 which will entitle the holder to admission to all sessions, a program and poolside refreshments (not food). Passes must be displayed at all times.
10. All meet participants and spectators must observe all safety precautions in operation at K2 Crawley Leisure Centre and follow the instructions of pool staff.
11. Swimmers must not go up to the balcony without first drying off and putting on footwear and clothing before leaving the poolside.
12. 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.
13. 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.
14. 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.
15. The promoters reserve the right to close the meet when the scheduled events are fully filled.
16. Closing date for last entries is **10th Sept 2009**. Or when meet is full.
17. Please send Payments with Summary to **Wendy Stanton, 15 Trundle Mead, Horsham, Sussex. RH12 2LY. Please do not send recorded delivery.**