

# BARNET COPTHALL SWIMMING CLUB

Affiliated to London Region A.S.A.

Barnet Copthall Leisure Centre, Champions Way, HENDON, London, NW4 1PS (Tel: 020 8457 9900)

## KATE LACK TROPHY MEET

Under A.S.A. Laws and A.S.A. Technical Rules

### SUNDAY 16th MAY 2010

February 2010

Dear Colleague,

Attached are details of, and entry forms for, our Kate Lack Trophy Meet on Sunday 16<sup>th</sup> May. We hope that your swimmers will be able to join us for this event.

The meet will consist of 50m, 100m and 200m events. We will make Top Boy and Top Girl awards to all single year age groups (i.e. 9yrs to 13yrs). The awards will be determined in a similar way to BAGCAT awards – not identically as we are not offering the full range of events. For 9 and 10 year old girls and 9, 10 and 11 yr old boys the awards will be given to the swimmers with the highest BAG point total from: best 50m plus the best of 200 fly/200 back/200 breast plus 200 free. For 11, 12 and 13 year old girls and 12 and 13 year old boys the awards will be given to the swimmers with the highest BAG point total from: best 50m plus best 100m plus best of 200 fly/200 back/200 breast plus 200 free. Younger swimmers may enter the 100m events but these will not contribute to their total points.

Points towards 'Top Club Trophy' will be awarded on the basis :1<sup>st</sup> = 3 points, 2<sup>nd</sup> = 2 points, 3<sup>rd</sup> = 1 point, DQ = no points. All age groups contribute to this points total. Although Barnet Copthall are not (obviously!) eligible to win the Top Visiting Club trophy their results are NOT ignored when calculating the points. For example, a swimmer placed 3<sup>rd</sup> in a final will always gain 1 point for their club – they will NOT be promoted to 1<sup>st</sup> place and therefore gain 3 points if the swimmers in 1<sup>st</sup> and 2<sup>nd</sup> places are Barnet Copthall swimmers.

The meet will be held over two sessions – morning and afternoon - and the approximate times are indicated on the attached sheet. It is possible that these times may need to be adjusted slightly when all entries have been received. If this is the case, clubs will be told when entry cards are issued.

The closing date for entries is 24<sup>th</sup> April 2010. However, in the past this meet has always been full well before the closing date. We recognise that most clubs would prefer to bring all their swimmers to a meet rather than just the better swimmers. For this reason, our policy has always been to accept entries on a 'first come, first served' basis rather than waiting for the closing date and taking only the fastest swimmers. So, send entries in early to be sure of places – we will put a notice on our website when the meet is full. Our e-bulletin can be updated immediately so look there for any breaking news about this meet or meets in general.

We are continuing to offer two levels of coach's passes – with and without food. The standard coach's pass remains at £6 but if your coaches would also like to have food in the break between sessions then the charge is £11. Let me know on the entry form which option your club would like to take.

We look forward to seeing your club at Barnet Copthall.

Regards

Sue & Simon Swanston

E-mail: [simon.swanston@ntlworld.com](mailto:simon.swanston@ntlworld.com)

Phone: 07940 775220

# BARNET COPTHALL SWIMMING CLUB

Affiliated to London Region A.S.A.  
Barnet Copthall Pools, Champions Way, HENDON, London, NW4 1PS (Tel: 020 8457 9900)

## KATE LACK TROPHY MEET

Under A.S.A. Laws and A.S.A. Technical Rules

### SUNDAY 16 MAY 2010

#### Session One : Start 10:30am

Warm up 09:30am Cards posted by 09:30am

Event 1	Girls	200m Butterfly
Event 2	Boys	200m Breaststroke
Event 3	Girls	200m Backstroke
Event 4	Boys	200m Freestyle
Event 5	Girls	100m Breaststroke
Event 6	Boys	100m Butterfly
Event 7	Girls	100m Freestyle
Event 8	Boys	100m Backstroke
Event 9	Girls	50m Butterfly
Event 10	Boys	50m Breaststroke
Event 11	Girls	50m Backstroke
Event 12	Boys	50m Freestyle

#### Session Two : Start 2:30pm

Warm up 1:45pm Cards posted by 1:45pm

Event 13	Boys	200m Butterfly
Event 14	Girls	200m Breaststroke
Event 15	Boys	200m Backstroke
Event 16	Girls	200m Freestyle
Event 17	Boys	100m Breaststroke
Event 18	Girls	100m Butterfly
Event 19	Boys	100m Freestyle
Event 20	Girls	100m Backstroke
Event 21	Boys	50m Butterfly
Event 22	Girls	50m Breaststroke
Event 23	Boys	50m Backstroke
Event 24	Girls	50m Freestyle

**Note that the session times etc may be amended slightly when all entries have been received. In this case clubs will be notified when cards are sent to them and the details will be printed on the reverse of the cards**

**FACILITY** Main Competition Pool – 25 metres – 8 lanes – Anti-Wave Lane Ropes.  
**Colorado Electronic Timing and Hy-Tek Meet Management.**

**EVENTS** All events will be “HEAT DECLARED WINNER”. Heats will be seeded according to submitted entry times.

**AGE GROUPS** Single year age groups from 9 years to 13 years and also a 14+ age group  
**AGES WILL BE AS AT 16 MAY 2010.**

**AWARDS** To 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed swimmers in each age group. There will be no presentations. Winners will be announced and they will be invited to collect their awards from the medal table. Results/ranking sheets will be posted on the trophy cabinet as the meet progresses.

**TOP BOY/ GIRL** Awards will be made to the Top Boy and Top Girl in all the single year age groups. The winners will be announced at the end of the meet. The calculation will be based on BAG Points in a similar way to BAGCATS. For 9 and 10 yr old girls and 9, 10 and 11 yr old boys the calculation will be the BAG points for their best 50m swim plus the best of 200m fly/200m breast/200m back plus 200m free. For 11, 12 and 13 yr old girls and 12 and 13 yr old boys the calculation will be best 50m swim plus best 100m swim plus best of 200m fly/200m breast/200m back plus 200m free. Note that 9 and 10 yr old girls and 9, 10 and 11 yr old boys may enter the 100m events but the points will not contribute to Top Girl and Top Boy calculation.

**TROPHY** The TOP CLUB Trophy is a perpetual trophy to be held by the TOP VISITING CLUB for a maximum of one year or until the meet is held again if that is sooner. Points are as follows: 1<sup>st</sup> = 3pts, 2<sup>nd</sup> = 2pts, 3<sup>rd</sup> = 1pt. Although Barnet Copthall are not eligible to win the Top Club trophy their results are NOT ignored when calculating the points. For example, a swimmer placed 3<sup>rd</sup> will always gain 1 point for their club – they will NOT be promoted to 1<sup>st</sup> place and therefore gain 3 points if the swimmers in 1<sup>st</sup> and 2<sup>nd</sup> places are Barnet Copthall swimmers.

**ENTRIES** All entries MUST be made on our official entry forms giving full details of competitors and entry times in the appropriate columns. Clubs with Hy-Tek software may send their entries by e-mail - contact Sue & Simon Swanston for details. “No time” entries will be rejected. **We reserve the right to restrict the number of entries to control the duration of the meet; entries will be accepted on a ‘first come, first served’ basis.**

**ENTRY FEE** £4.50 per event. Single cheque please, made payable to “**BARNET COPTHALL S.C.**”  
**COACH’S** £6.00 – Includes admission, meet programme and results sheets  
**PASS** or £11.00 – as above plus food between sessions

**CLOSING DATE** **LATEST : 24 APRIL 2010 (NOTE HOWEVER THAT IN THE PAST THIS MEET HAS BEEN FULL WELL BEFORE THE CLOSING DATE)**

INQUIRIES & ENTRIES TO:- Sue & Simon Swanston Tel. 07940 775220 or e-mail: simon.swanston@ntlworld.com. Entries must be accompanied by a single cheque made payable to Barnet Copthall SC for entry fees/ coach’s pass and a stamped addressed envelope for the cards.

GIRLS

**BARNET COPTHALL SWIMMING CLUB**

GIRLS

(Affiliated to London Region ASA)

**KATE LACK TROPHY MEET                      SUNDAY 16 MAY 2010**

(under ASA Law and ASA Technical Rules)

**ENTRY FORM**

CLUB OFFICIAL: NAME.....

CLUB NAME.....

FULL ADDRESS .....

POST CODE.....

TEL. No.....

ASA Reg No	Forename & Surname	Date of Birth	Age at 16 May	Ev.1 200 Fly	Ev.3 200 Back	Ev.5 100 Brst	Ev.7 100 Free	Ev.9 50 Fly	Ev.11 50 Back	Ev.14 200 Brst	Ev.16 200 Free	Ev.18 100 Fly	Ev.20 100 Back	Ev.22 50 Brst	Ev.24 50 Free
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I confirm that all of the above swimmers are bona-fide members of our Swimming Club

.....TOTAL No. ENTRIES @ £4.50 PER ENTRY = £.....

PLUS.....COACH PASS(ES) @ £6.00 / £11.00 = £.....

SIGNED..... POSITION IN CLUB.....

Completed forms with a single cheque payable to "Barnet Copthall SC" for the entry fees and an S.A.E should be sent to  
Sue & Simon Swanston, 43 Church Drive, North Harrow, Middx, HA2 7NR.

BOYS

**BARNET COPTHALL SWIMMING CLUB**

BOYS

(Affiliated to London Region ASA)

**KATE LACK TROPHY MEET                      SUNDAY 16 MAY 2010**

(under ASA Law and ASA Technical Rules)

**ENTRY FORM**

CLUB OFFICIAL: NAME.....

CLUB NAME.....

**FULL ADDRESS** .....

**POST CODE**.....

**TEL. No**.....

ASA Reg No	Forename & Surname	Date of Birth	Age at 16 May	Ev.2 200 Brst	Ev.4 200 Free	Ev.6 100 Fly	Ev.8 100 Back	Ev.10 50 Brst	Ev.12 50 Free	Ev.13 200 Fly	Ev.15 200 Back	Ev.17 100 Brst	Ev.19 100 Free	Ev.21 50 Fly	Ev.23 50 Back
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