

# Luton Swimming Club Short Course Open Meet

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into District Championships at Level 3 under No. 3ER0193 Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA.

Ages as at 11<sup>th</sup> April 2010

Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> April 2010

Being held at Barnet Copthall Swimming Pool  
Great North Way, Hendon, London, NW4 1PS



## PROGRAMME OF EVENTS

### Saturday 10<sup>th</sup> April 2010

| No |   | Age      | Event             |     |   |
|----|---|----------|-------------------|-----|---|
| 1  | B | All Ages | 400m Freestyle    | Hdw | <b>Session 1</b><br><b>Warm-up 9.00 am</b><br><br>Boys: 9.00-9.25 am<br>Girls: 9.25-9.50 am<br><b>Start 10.00 am</b><br><b>Estimated finish TBA</b> |
| 2  | G | All Ages | 200m Freestyle    | Hdw |   |
| 3  | B | All Ages | 50m Breaststroke  | Hdw |   |
| 4  | G | All Ages | 100m Backstroke   | Hdw |   |
| 5  | B | All Ages | 200m Butterfly    | Hdw |   |
| 6  | G | All Ages | 50m Freestyle     | Hdw |   |
| 7  | B | All Ages | 50m Butterfly     | Hdw |   |
| 8  | G | All Ages | 100m Breaststroke | Hdw |   |
|    |   | Age      | Event             |     | <b>Session 2</b><br><b>Warm-up TBA</b><br><br>Girls: TBA<br>Boys: TBA<br><b>Start TBA</b><br><b>Estimated finish TBA</b>                            |
| 9  | G | All Ages | 400m Freestyle    | Hdw |   |
| 10 | B | All Ages | 200m Freestyle    | Hdw |   |
| 11 | G | All Ages | 50m Breaststroke  | Hdw |   |
| 12 | B | All Ages | 100m Backstroke   | Hdw |   |
| 13 | G | All Ages | 200m Butterfly    | Hdw |   |
| 14 | B | All Ages | 50m Freestyle     | Hdw |   |
| 15 | G | All Ages | 50m Butterfly     | Hdw |   |
| 16 | B | All Ages | 100m Breaststroke | Hdw |   |

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Ages as at 11<sup>th</sup> April 2010

Saturday 10th & Sunday 11th April 2010

Being held at Barnet Cophall Swimming Pool  
Great North Way, Hendon, London, NW4 1PS



## PROGRAMME OF EVENTS

### Sunday 11<sup>th</sup> April 2010

| No |   | Age      | Event             |     |  |
|----|---|----------|-------------------|-----|--|
| 17 | G | 10/ over | 400m Ind Medley   | Hdw | <p><b>Session 3</b><br/><b>Warm-up 9.00 am</b></p> <p>Girls: 9.00-9.25 am<br/>Boys: 9.25-9.50 am<br/><b>Start 10.00 am</b><br/><b>Estimated finish TBA</b></p> |
| 18 | B | All Ages | 200m Backstroke   | Hdw |  |
| 19 | G | All Ages | 100m Butterfly    | Hdw |  |
| 20 | B | All Ages | 100m Freestyle    | Hdw |  |
| 21 | G | All Ages | 200m Breaststroke | Hdw |  |
| 22 | B | All Ages | 200m Ind Medley   | Hdw |  |
| 23 | G | All Ages | 50m Backstroke    | Hdw |  |
|    |   |          |                   |     |  |
| No |   | Age      | Event             |     |  |
| 24 | B | 10/ over | 400m Ind Medley   | Hdw | <p><b>Session 4</b></p> <p><b>Warm-up TBA</b></p> <p>Boys: TBA<br/>Girls: TBA<br/><b>Start TBA</b><br/><b>Estimated finish TBA</b></p>                         |
| 25 | G | All Ages | 200m Backstroke   | Hdw |  |
| 26 | B | All Ages | 100m Butterfly    | Hdw |  |
| 27 | G | All Ages | 100m Freestyle    | Hdw |  |
| 28 | B | All Ages | 200m Breaststroke | Hdw |  |
| 29 | G | All Ages | 200m Ind Medley   | Hdw |  |
| 30 | B | All Ages | 50m Backstroke    | Hdw |  |
|    |   |          |                   |     |  |

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Ages as at 11<sup>th</sup> April 2010

Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> April 2010

Being held at Barnet Cophall Swimming Pool  
Great North Way, Hendon, London, NW4 1PS



## COMPETITION RULES AND CONDITIONS

1. This meet will take place at Barnet Cophall Swimming Pool on Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> April 2010 and is licensed by the ASA for entry into District Championships at Level 3 under Licence No. 3ER0193. It will be run in accordance with ASA Laws and Technical Rules and the rules and conditions of this competition
2. Ages at 11<sup>th</sup> April 2010.
3. Age bands are:  
Girls 10/under, 11, 12, 13, 14/15, 16/17, 18/open except 400 IM which is 10 years and over.  
Boys 10/under, 11, 12, 13, 14, 15/16, 17/open except 400 IM which is 10 years and over.
4. Consideration times are attached.
5. Where a club enters 5 or more competitors, entries must be submitted electronically to the entry manager. The entry software may be downloaded from Luton Swimming Clubs website: [www.lutonswimmingclub.org.uk](http://www.lutonswimmingclub.org.uk) electronic entries should be supported with a manual entry form as back up.
6. Valid entries will be accepted in the order of receipt, that is: **first come first served**. Complete entries for each club are requested together with a single cheque. Later individual's entries may not be accepted. However, the promoters reserve the right to close entries for individual events, event by event, to maintain a balanced programme.
7. **The closing date for entries is midnight Monday 8<sup>th</sup> March 2010. All entries to be returned to Jayne Smith 20 Thetford Gardens, Luton, Bedfordshire, LU2 7FE, please enclose a stamped address envelope for return of your entry sheet.**
8. Clubs entering more than 8 swimmers are asked if they could supply an ASA registered judge and registered timekeeper for the relevant sessions.
9. **This meet is card less so Swimmers must sign in 45 minutes before the start of each session for those events they have entered and wish to swim. Failure to do so will result in the swimmers not being accepted for that session's events.**
10. Entries to this meet will be held on a computer and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoters.

11. All swimmers must be members of a club affiliated to the A.S.A., S.A.S.A., W.A.S.A. or a Club affiliated to a member of FINA. Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA.
12. The competition pool is 25m in length with 8 lanes. Anti-turbulence ropes electronic timing and placing will be used.
13. Starts will be over the top except for backstroke.
14. Awards. Will be available for collection to the first 3 placed swimmers  
Points will be awarded: - 8, 7, 6, 5, 4, 3, 2, 1 for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> etc (no points being awarded for a disqualification) and an award calculated on accumulated points will be presented to the Top Club.
15. Warm ups will be split to allow more space for the swimmers. The pool will be cleared 10 minutes before the start of each session.
16. Coaches' passes will be issued at a cost of £30.00 for a two day pass. This will entitle them to admission to all sessions, a programme, refreshments and a full set of results. Results will be available on the Luton Swimming Club website. There will be no entry poolside without a pass and passes must be worn at all times.
17. There will be a swim shop.
18. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Promoters. The Promoters reserve the right to change the Meet rules at their discretion. All participants must observe the safety precautions in operation at Barnet Copthall Swimming Pool. Neither the Promoters nor Luton Swimming Club will be responsible for any loss or damage occurring during this Meet.
19. The Promoters of this Meet are Jayne Smith & Karen Davis on behalf of Luton Swimming Club.

Jayne Smith Tel: 01582 416844 after 6 p.m

Karen Davis Tel: 01582 490219 after 4 p.m

Or e-mail [lutonscgalainfo@tiscali.co.uk](mailto:lutonscgalainfo@tiscali.co.uk)

Information regarding this meet may also be obtained from Luton Swimming Club's website: [www.lutonswimmingclub.org.uk](http://www.lutonswimmingclub.org.uk)



# ENTRY FORM

|               |  |  |  |  |  |  |  |  |
|---------------|--|--|--|--|--|--|--|--|
| ASA ID number |  |  |  |  |  |  |  |  |
|---------------|--|--|--|--|--|--|--|--|

|   |  |
|---|--|
| Full Name-----D.O.B:-----   |  |
| Age as at 11 <sup>th</sup> April 2010..... Club-- Flitwick Dolphins SC -- Male/Female |  |
| Address-----  |  |
| ----- Telephone No-----   |  |

| EVENT                           | ENTRY TIME |
|---------------------------------|------------|
| 50m Freestyle                   |            |
| 100m Freestyle                  |            |
| 200m Freestyle                  |            |
| 400m Freestyle                  |            |
| 50m Backstroke                  |            |
| 100m Backstroke                 |            |
| 200m Backstroke                 |            |
| 50m Breaststroke                |            |
| 100m Breaststroke               |            |
| 200m Breaststroke               |            |
| 50m Butterfly                   |            |
| 100m Butterfly                  |            |
| 200m Butterfly                  |            |
| 200m Ind Medley                 |            |
| 400m Ind Medley (10 years/over) |            |
| <b>TOTAL ENTRY FEE ENCLOSED</b> | £.....     |

|   |           |
|---|-----------|
| I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by Luton Swimming Club for this competition. |           |
| Signature of competitor.....  | Date..... |
| I certify that the above information is correct.....Club Official   |           |

**ENTRY FEE IS £5.00 FOR ALL EVENTS**

**FDSC CLOSING DATE FOR ENTRIES: MONDAY 1st FEBRUARY 2010**

Cheques made payable to 'Flitwick Dolphins Swimming Club'

Late or incomplete entries WILL NOT be accepted.

Pease send to: Jayne Smith, 20 Thetford Gardens, Luton, Beds, LU2 7FE

## BOYS

|                   |                  | 10/UN  | 11     | 12     | 13     | 14     | 15/16  | 17/OV  |
|-------------------|------------------|--------|--------|--------|--------|--------|--------|--------|
| 50m Freestyle     | Upper Limit Time | 32.4   | 30.8   | 29.1   | 27.7   | 26.6   | 25.8   | 25.0   |
|                   | Lower Limit Time | 45.3   | 42.3   | 39.7   | 37.0   | 34.4   | 32.4   | 30.3   |
| 100m Freestyle    | Upper Limit Time | 1:10.6 | 1:06.6 | 1:02.5 | 59.2   | 57.0   | 55.6   | 53.9   |
|                   | Lower Limit Time | 1:39.3 | 1:31.9 | 1:25.7 | 1:19.6 | 1:14.1 | 1:10.1 | 1:05.7 |
| 200m Freestyle    | Upper Limit Time | 2:32.3 | 2:24.0 | 2:15.6 | 2:08.7 | 2:03.8 | 2:00.8 | 1:57.4 |
|                   | Lower Limit Time | 3:35.4 | 3:19.9 | 3:06.9 | 2:53.9 | 2:41.6 | 2:33.0 | 2:23.4 |
| 400m Freestyle    | Upper Limit Time | 5:20.5 | 5:00.4 | 4:44.0 | 4:30.9 | 4:21.9 | 4:15.2 | 4:07.6 |
|                   | Lower Limit Time | 7:34.5 | 6:59.2 | 6:33.0 | 6:06.9 | 5:42.1 | 5:23.6 | 5:02.7 |
| 50m Backstroke    | Upper Limit Time | 37.4   | 35.5   | 33.6   | 31.6   | 30.5   | 29.4   | 28.4   |
|                   | Lower Limit Time | 51.8   | 48.2   | 45.4   | 41.9   | 39.2   | 36.7   | 34.3   |
| 100m Backstroke   | Upper Limit Time | 1:21.4 | 1:15.3 | 1:10.9 | 1:06.7 | 1:03.8 | 1:01.7 | 59.6   |
|                   | Lower Limit Time | 1:52.5 | 1:42.8 | 1:36.2 | 1:28.9 | 1:22.4 | 1:17.6 | 1:12.3 |
| 200m Backstroke   | Upper Limit Time | 2:50.8 | 2:40.1 | 2:31.2 | 2:22.9 | 2:16.9 | 2:12.8 | 2:09.3 |
|                   | Lower Limit Time | 3:58.1 | 3:40.4 | 3:26.4 | 3:11.4 | 2:57.5 | 2:47.5 | 2:37.2 |
| 50m Breaststroke  | Upper Limit Time | 42.5   | 40.0   | 37.5   | 35.1   | 33.7   | 32.6   | 31.4   |
|                   | Lower Limit Time | 58.8   | 54.5   | 50.8   | 46.8   | 43.5   | 40.9   | 38.1   |
| 100m Breaststroke | Upper Limit Time | 1:32.8 | 1:26.0 | 1:20.5 | 1:15.3 | 1:12.2 | 1:09.8 | 1:07.4 |
|                   | Lower Limit Time | 2:08.5 | 1:57.5 | 1:49.4 | 1:40.7 | 1:33.5 | 1:28.0 | 1:22.0 |
| 200m Breaststroke | Upper Limit Time | 3:18.1 | 3:04.7 | 2:53.6 | 2:43.2 | 2:36.1 | 2:31.5 | 2:26.3 |
|                   | Lower Limit Time | 4:35.4 | 4:13.1 | 3:56.4 | 3:38.3 | 3:22.2 | 3:10.7 | 2:57.8 |
| 50m Butterfly     | Upper Limit Time | 36.4   | 34.1   | 32.3   | 30.5   | 29.2   | 28.1   | 27.1   |
|                   | Lower Limit Time | 50.3   | 46.5   | 43.8   | 40.6   | 37.6   | 35.2   | 32.9   |
| 100m Butterfly    | Upper Limit Time | 1:22.6 | 1:15.4 | 1:10.4 | 1:06.2 | 1:03.2 | 1:00.9 | 58.9   |
|                   | Lower Limit Time | 1:53.4 | 1:42.7 | 1:35.5 | 1:28.3 | 1:21.7 | 1:16.7 | 1:11.6 |
| 200m Butterfly    | Upper Limit Time | 3:00.8 | 2:44.7 | 2:35.1 | 2:26.3 | 2:19.9 | 2:13.8 | 2:09.1 |
|                   | Lower Limit Time | 4:09.1 | 3:45.8 | 3:30.8 | 3:15.1 | 3:01.0 | 2:48.8 | 2:37.2 |
| 200m I.M.         | Upper Limit Time | 2:54.9 | 2:43.4 | 2:34.2 | 2:26.6 | 2:19.9 | 2:16.1 | 2:12.2 |
|                   | Lower Limit Time | 4:04.7 | 3:45.8 | 3:31.4 | 3:16.8 | 3:02.0 | 2:51.9 | 2:40.9 |
| 400m I.M.         | Upper Limit Time | 6:16.4 | 5:46.6 | 5:25.2 | 5:09.6 | 4:56.4 | 4:47.5 | 4:39.7 |
|                   | Lower Limit Time | 8:44.8 | 7:58.6 | 7:27.2 | 6:56.4 | 6:25.7 | 6:03.7 | 5:41.1 |

## GIRLS

|                   |                  | 10/UN  | 11     | 12     | 13     | 14/15  | 16/17  | 18/OV  |
|-------------------|------------------|--------|--------|--------|--------|--------|--------|--------|
| 50m Freestyle     | Upper Limit Time | 32.8   | 31.3   | 29.9   | 29.0   | 28.5   | 27.9   | 26.5   |
|                   | Lower Limit Time | 45.5   | 42.5   | 39.9   | 37.7   | 36.2   | 34.5   | 32.9   |
| 100m Freestyle    | Upper Limit Time | 1:12.1 | 1:07.2 | 1:03.7 | 1:02.0 | 1:00.9 | 59.6   | 58.3   |
|                   | Lower Limit Time | 1:40.1 | 1:31.8 | 1:25.7 | 1:21.1 | 1:17.8 | 1:14.2 | 1:12.3 |
| 200m Freestyle    | Upper Limit Time | 2:33.1 | 2:24.5 | 2:16.9 | 2:12.9 | 2:10.9 | 2:07.2 | 2:06.9 |
|                   | Lower Limit Time | 3:34.0 | 3:18.2 | 3:04.7 | 2:54.3 | 2:47.6 | 2:39.8 | 2:37.4 |
| 400m Freestyle    | Upper Limit Time | 5:24.9 | 5:00.1 | 4:44.6 | 4:37.2 | 4:33.1 | 4:26.8 | 4:26.8 |
|                   | Lower Limit Time | 7:33.2 | 6:52.9 | 6:25.1 | 6:04.3 | 5:50.4 | 5:35.1 | 5:31.0 |
| 50m Backstroke    | Upper Limit Time | 37.4   | 35.5   | 33.9   | 32.8   | 32.1   | 31.3   | 29.8   |
|                   | Lower Limit Time | 51.7   | 48.1   | 45.1   | 42.6   | 40.8   | 38.9   | 37.0   |
| 100m Backstroke   | Upper Limit Time | 1:21.4 | 1:15.4 | 1:11.2 | 1:08.8 | 1:07.6 | 1:05.9 | 1:04.0 |
|                   | Lower Limit Time | 1:52.2 | 1:42.5 | 1:35.2 | 1:29.7 | 1:26.1 | 1:22.1 | 1:19.3 |
| 200m Backstroke   | Upper Limit Time | 2:52.2 | 2:39.1 | 2:31.3 | 2:27.3 | 2:24.6 | 2:19.9 | 2:17.5 |
|                   | Lower Limit Time | 3:58.3 | 3:37.2 | 3:23.0 | 3:12.2 | 3:04.5 | 2:55.1 | 2:50.6 |
| 50m Breaststroke  | Upper Limit Time | 42.7   | 40.1   | 38.0   | 36.6   | 35.8   | 34.9   | 33.5   |
|                   | Lower Limit Time | 58.8   | 54.3   | 50.6   | 47.6   | 45.5   | 43.4   | 41.5   |
| 100m Breaststroke | Upper Limit Time | 1:33.3 | 1:25.9 | 1:21.3 | 1:18.1 | 1:15.8 | 1:14.0 | 1:12.2 |
|                   | Lower Limit Time | 2:08.0 | 1:56.4 | 1:48.5 | 1:41.6 | 1:36.7 | 1:32.9 | 1:29.6 |
| 200m Breaststroke | Upper Limit Time | 3:18.3 | 3:04.4 | 2:54.3 | 2:47.5 | 2:43.7 | 2:40.6 | 2:35.2 |
|                   | Lower Limit Time | 4:32.7 | 4:09.8 | 3:52.9 | 3:38.2 | 3:28.8 | 3:20.3 | 3:12.5 |
| 50m Butterfly     | Upper Limit Time | 36.3   | 34.5   | 32.7   | 31.7   | 31.0   | 30.3   | 28.4   |
|                   | Lower Limit Time | 49.9   | 46.5   | 43.5   | 41.0   | 39.3   | 37.4   | 35.3   |
| 100m Butterfly    | Upper Limit Time | 1:22.5 | 1:15.7 | 1:11.0 | 1:08.8 | 1:07.0 | 1:05.4 | 1:02.8 |
|                   | Lower Limit Time | 1:52.6 | 1:42.1 | 1:34.6 | 1:29.3 | 1:25.2 | 1:21.6 | 1:17.8 |
| 200m Butterfly    | Upper Limit Time | 3:03.1 | 2:46.5 | 2:35.8 | 2:30.2 | 2:26.4 | 2:21.9 | 2:18.1 |
|                   | Lower Limit Time | 4:09.3 | 3:45.0 | 3:27.8 | 3:15.1 | 3:06.4 | 2:57.7 | 2:51.3 |
| 200m I.M.         | Upper Limit Time | 2:54.8 | 2:43.2 | 2:34.7 | 2:30.7 | 2:27.7 | 2:24.1 | 2:22.6 |
|                   | Lower Limit Time | 4:03.1 | 3:43.7 | 3:28.3 | 3:17.1 | 3:08.9 | 3:00.6 | 2:56.9 |
| 400m I.M.         | Upper Limit Time | 6:15.5 | 5:44.3 | 5:25.6 | 5:15.3 | 5:09.7 | 5:02.9 | 4:59.3 |
|                   | Lower Limit Time | 8:38.7 | 7:50.7 | 7:18.2 | 6:52.9 | 6:36.5 | 6:18.4 | 6:11.2 |