

## **Luton Swimming Club**

### **Long Distance Development Meet**

**No Frills, No Trophies, County Qualifying Open Meet**

**(Affiliated to the ASA East Region & Bedfordshire A.S.A)**

**(Held under ASA Laws)**

***At the Wardown Leisure Centre, Bath Road, Luton, Beds***

***On Saturday 5th January 2008***

### **Meet Conditions**

- The competition is open to amateurs only as defined by the ASA and will be swum under ASA Laws.
- The competition is open to swimmers:  
9 yrs all 200m events (if you are swimming as a 10 year old at counties then you are eligible to swim the 400 freestyle)  
10 & 11 yrs all 200m events, 400m Freestyle (County Qualifying Open Meet)  
12 yrs & Over all 200m events, 400m Freestyle & 400m Ind Medley
- **Age as at 16th March 2008**
- Each event will incorporate all age groups and will be on a Heat Declared Winner basis. All heats will be spearheaded.
- The pool is a 33.3m pool, 6 lanes with anti-turbulence ropes.
- Competitor's entry cards must be placed in the boxes provided at least 30 minutes before the start of each session. Failure to do this **may** result in exclusion from the event.
- Competitors must report to the Competitor Stewards when they are called, at the shallow end of the pool one event prior to their own race. Any competitor not reporting in time may be excluded from the event.
- Competitors will only be allowed on the poolside for the session in which they are competing and will only be allowed into the spectator area if wearing appropriate footwear and clothing.
- Spectator Admission – £2.00 per session.
- Entries should be made on the official entry form (photocopies accepted) and returned to:

**Mrs Cheryl Blacksley  
11 Icknield Way  
Luton  
Bedfordshire  
LU3 2BT**

**Telephone 01582 516409**

**Flitwick Dolphins entries must be returned to Nicola Simmons or Nigel Halford.**

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- The closing date for entries is Sunday 2nd December 2007

**Flitwick Dolphins closing date for entries is Monday 26 November 2007**

- Entry fee is £3.00 per event. Cheques made payable to 'Luton Swimming Club'.

**Flitwick Dolphins cheques payable to Flitwick Dolphins Swimming Club.**

- Coach passes cannot be issued on the day of the Meet. Pass includes programme, result sheets, food and refreshments. Please apply for pass with your entries £10.00 per pass.
- It is advised in the best interest of all competitors that the lockers in the changing rooms and on poolside be used. Please do not leave any articles of value lying around unattended. Neither Luton Swimming Club nor Wardown Leisure Centre can be held responsible for lost property
- Warm up procedure. A controlled warm up system will be in operation. The pool will be available for 45 minutes before the start of each session.
- Anything not covered in the Meet Conditions will be at the Promoters discretion.

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### **Programme of Events**

**Saturday 5<sup>th</sup> January 2008**

***Session 1 – warm up 12.30pm start 1.15pm***

<b>1</b>	Mixed 400 Freestyle	<b>2</b>	Female 200m Backstroke
<b>3</b>	Male 200m Backstroke	<b>4</b>	Female 200m Freestyle
<b>5</b>	Male 200m Butterfly		

***Session 2 – warm up time will be advised with return of cards***

<b>6</b>	Mixed 400m Ind. Medley	<b>7</b>	Male 200m Breaststroke
<b>8</b>	Female 200m Breaststroke	<b>9</b>	Male 200m Freestyle
<b>10</b>	Female 200m Butterfly		

**CLOSING DATE FOR ENTRIES: - Sunday 2nd December 2007**

**FDSC CLOSING DATE FOR ENTRIES: - Monday 26 November 2007**

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**ENTRY FORM**

NEW ASA REGISTRATION NUMBER						
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**FULL NAME**.....**D.O.B:**  / / / /19/ / /

**CLUB**...Flitwick Dolphins SC.....**MALE / FEMALE**

**HOME ADDRESS**.....

**POST CODE**.....**TELEPHONE NUMBER**.....

EVENT	ENTRY TIME
200M FREESTYLE	
400M FREESTYLE	
200M BACKSTROKE	
200M BREASTSTROKE	
200M BUTTERFLY	
400M INDIVIDUAL MEDLEY	

**NB. ENTRY FEE IS £ 3.00 PER EVENT**

I 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

**CLOSING DATE FOR ENTRIES:- Sunday 2nd December 2007**

**Return Flitwick Dolphins entries to Nicola Simmons or Nigel Halford by Monday 26 November 2007**

**Return to: - Mrs Cheryl Blacksley - 11 Icknield Way, Luton, Beds LU3 2BT**

**Cheque, entry forms and Club Summary Forms are to be sent back to the above address enclosing a large stamped address envelope for the return of cards**

**Late or incomplete entries WILL NOT be accepted.**