



# The 25<sup>th</sup> Robin Hood Open 4<sup>th</sup> & 5<sup>th</sup> Oct '08

Under A.S.A. Laws and Technical Rules, Licensed 'Level 2' No. 2EM8283



## Information for applicants

By popular demand, we have once again decided to make awards to the top three swimmers in all events for all age groups – which means that swimmers will be rewarded for outstanding performances in individual events, rather than for BAGCAT points achieved over a 'basket' of events. However, in the spirit of 'continuing development', younger swimmers should choose their events carefully, in consultation with their coach. We have also relaxed some of our upper and lower cut-off times to allow other swimmers to compete.

Please note that because this is a first come - first served gala, entry forms will not be available for downloading from our web site until **6<sup>th</sup> April 2008**, even though you may have seen our advert in 'Swimming' magazine before then.

**Ponds Forge International Swimming Pool** is a 10 lane, 50m pool fairly close to Sheffield centre and on the 'Supertram' route. It is easily found from the M1 (J33) by following the signs. Parking at Ponds Forge is discounted for facility users, but will be in demand. A nearby pay-and-display car park is also available.

**Events** – 50, 100, 200 all strokes (except 200 'fly) plus 200 IM, 400 free and Skins final. All events are to be integrated age groups and heat-declared winners – there will be no finals or swim-offs.

**Ages (at 5th Oct '08):** 10, 11, 12, 13, 14, 15, 16+ - sorry, applications from swimmers who have not had their 10<sup>th</sup> birthday on or by 5th Oct will not be accepted. Swimmers must be registered with the A.S.A. or their National Swimming Association.

### First come – first served

When we determine that all events are full we shall not accept any more applications and shall return forms and cheques to unsuccessful applicants as soon as possible. We shall post a notice on our web site if we reach capacity before the closing date. We shall not partially decline any swimmer's application nor shall we partially decline a club application, subject to applications being compliant with qualification and cut-off times and our rules. To avoid disappointment, do not leave it to the last minute to apply. **The closing date for entries is 30<sup>th</sup> June 2008**

### Individual and team awards.

The top three in each age/event will receive an award, which may be collected after results for that event have been announced. Awards also for top club, top boys' team, top girls' team, top boy (The Robin Hood Trophy) and top girl (the Maid Marian Trophy) and Skins Winner. These will be presented on Sunday, after swimming is over.

### Submitted times.

Please submit your current 25m times (current PBs) Times MUST lie between our published qualification times and upper cut-off times for each event. The times you actually achieve in the Robin Hood Open (hopefully all new PBs) will be submitted for entry into the ASA's database and, if fast enough, will be eligible as either District or National Qualification Times. Ask your coach to check your submitted times.

**Sherwood Colliery Swimming Club**  
Affiliated to Midland District A.S.A. and Nottinghamshire A.S.A.

**The Robin Hood Open 2008**

A.S.A. Licensed Level 2 No. 2EM

**Rules**

**General**

- 1 The meet will be held under current A.S.A. Laws and A.S.A. Technical Rules.
- 2 The competition is open to A.S.A. (or other National Swimming Association) registered swimmers only.
- 3 The venue is Ponds Forge International Swimming Pool, Sheffield.

**Entries**

- 4 Applications for entry must be received at the published address, by the published closing time/date, on a correctly and legibly completed entry form (or photocopy), together with a stamped, self-addressed envelope and the correct payment by cheque or postal order. **Submitted times should be recent Personal Best times, current at the date of application, achieved in either time-trial or competition. Submitted times must lie between, or be equal to, the published Qualification and Upper Cut-Off times for each age/event.** Your coach should check these times for accuracy and validity. Submitted times will not be updated after an entry has been accepted. The promoter reserves the right to return any entry not fulfilling these requirements.
- 5 Entries will be accepted on a 'first received' basis. When the promoter declares all places filled, no more entries will be accepted. Full reimbursement of fees shall be made to unsuccessful applicants.
- 6 'Club entries' will not be partially declined provided they are on one set of entry forms (segregated male and female) accompanied by a single payment. N.B. amendments to a club entry after acceptance may not be possible, at the discretion of the promoter.
- 7 The entry form has provision for applying for 'coaches passes'. For reasons of Child Protection, these are not sold on the day. All applicants should have registered with the ASA's scheme – see your club secretary. The Chief Warm-up Steward may request pass-holders to assist in supervising warm-ups.
- 8 Cards will be returned to the contact address on the entry form.

**Age Groups**

- 9 Age groups are based on swimmer's age on the last day of the competition.
- 10 The seven age groups are: 10 yrs. 11 yrs. 12 yrs. 13 yrs. 14 yrs. 15 yrs. 16yrs and over.

**The Competition**

- 11 Cards for all sessions must be placed in the correct box 45 minutes before the times advertised for starts.
- 12 It is the swimmers' responsibility to report to the Competitors' Stewards when their event is called, so that they are ready for the start of their event.
- 13 Events are to be swum in 'integrated age groups' with seeding by submitted times.
- 14 All events will have 'heat-declared winners'. There will be no finals or swim-offs

**Awards**

- 15 A returnable trophy will be presented to each of the following – Top Boys' Team, Top Girls' Team, Top Team. Each trophy may be retained for one year, after which it must be returned. The team trophies points will be calculated from the first ten positions for each event; 10 points for 1<sup>st</sup> to 1 point for 10<sup>th</sup>.
- 16 Awards will be made to the three fastest swimmers in each event.
- 17 The Robin Hood trophy will be presented to the male swimmer acquiring the most number of points. The Maid Marian trophy is the female equivalent. These trophies may be kept indefinitely.

**Other**

- 18 All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
- 19 For the purposes of child protection, no persons, unless officials, stewards, staff or coaches displaying a valid pass, shall be allowed on poolside. Poolside photography is not permitted. Mobile phones must not be used on poolside – this is a Ponds Forge regulation.

- 20 All swimmers must be able to execute a competitive racing dive as laid down in ASA law or they should start in the water. If a swimmer possesses an ASA Certificate of Permanent Disability and Functional Ability Card (optional), it is their or their representative's responsibility to present it (them) to the referee before the event(s) in which they are taking part begins.
- 21 Coaches or team managers are at all times responsible for the conduct of the swimmers in their care.
- 22 The promoter reserves the right to refuse admission to any competitor or other personnel.
- 23 We are pleased to announce that DE Photo have been appointed as the Professional Sports Photographers for this event. This event by its very nature is in the public arena and when entering for the event the participant and their parents acknowledge this fact , which may result in the recording and publication of his/her image. All DE Photographers and staff have been CRB checked and the company operates a strict Child Protection Policy and Code of Ethics which can be viewed on their website at [www.dephoto.co.uk/cpp.html](http://www.dephoto.co.uk/cpp.html)
- 24 Anything not covered within these rules will be at the discretion of the meet organiser and/or the promoters of the competition i.e. Sherwood Colliery Swimming Club.

## Programme of events

### Saturday, Session 1 Start 9.30 a.m.

- 1 Girls 200 IM
- 2 Boys 200 IM
- 3 Girls 50 Free
- 4 Boys 100 Back
- 5 Girls 100 Back
- 6 Boys 50 Free

### Saturday, Session 2 Start 2:00 p.m. (tbc)

- 7 Girls 200 Breast
- 8 Boys 200 Breast
- 9 Girls 50 Back
- 10 Boys 100 Fly
- 11 Girls 100 Fly
- 12 Boys 50 Back

### Sunday, Session 4 Start 9.30 a.m.

- 16 Girls 200 Back
- 17 Boys 200 Back
- 18 Girls 50 Breast
- 19 Boys 100 Free
- 20 Girls 100 Free
- 21 Boys 50 Breast

### Saturday, Session 3 Start 6:00 p.m. (tbc)

- 13 Medley Skins
- 14 Girls 400 Free
- 15 Boys 400 Free

### Sunday, Session 5 Start 2.00pm (tbc)

- 22 Girls 200 Free
- 23 Boys 200 Free
- 24 Girls 50 Fly
- 25 Boys 100 Breast
- 26 Girls 100 Breast
- 27 Boys 50 Fly

**Entry cards:** will be sent, in good time, to successful applicants in the stamped, self-addressed envelope sent with their entry form. If a squad entry – please ensure sufficient stamps have been put on the envelope.

**Warm-up:** Supervised warm-up sessions will take place before each competition session. Continuous warm-up and swim-down will be available in the diving pit.

**Fees:** £4.50 per swim. Spectators – £7.50 Saturday, £5.00 Sunday (with £2.50 per session refunds for unattended sessions, as usual) with concessions for senior citizens and children.

**Poolside passes** may be ordered using the swimmers' entry form (individual entries) or the squad front-sheet (please use the correct form). The pass includes access to poolside, printed programme of all the day's events including swimmers submitted times, refreshments and printed results. The limit is a maximum of two per club, except where the number of swimmers in a club's entry would mean the ratio of swimmers to coaches would exceed 12:1. In this case the allowable number of passes will be increased. For insurance and child-protection purposes, ALL applicants for passes should be club members and have been cleared for poolside activities – see your club Secretary or club Child Welfare Officer. Passes must be applied for in advance, as they shall not be available at the gala, in accordance with ASA policy.

**Accommodation:** Sorry, we do not have any arrangements for discounted rates at local hotels.

BOYS	10		11		12		13		14		15		16+	
	Qt	Uco	Qt	Uco	Qt	Uco	Qt	Uco	Qt	Uco	Qt	Uco	Qt	Uco
50 Fly	50.80	34.90	47.80	32.00	44.30	30.90	41.60	29.70	38.40	28.40	35.60	27.60	32.50	26.60
50 Back	54.20	36.20	48.10	33.80	44.60	32.50	40.40	31.10	38.20	30.00	36.40	29.10	33.60	28.00
50 Breast	58.50	40.00	50.40	37.40	49.00	35.30	45.90	34.00	43.20	33.10	41.00	32.20	38.50	30.25
50 Free	48.00	31.30	42.00	29.50	40.50	28.15	34.50	27.10	33.60	26.00	32.20	25.10	30.40	24.20
100 Fly	1.41.50	1.21.50	1.38.80	1.14.60	1.30.90	1.05.80	1.27.60	1.03.00	1.24.00	1.00.20	1.20.50	59.25	1.17.20	58.65
100 Back	1.41.50	1.22.70	1.40.60	1.15.15	1.33.90	1.06.80	1.25.70	1.03.50	1.23.60	1.01.20	1.20.40	59.90	1.16.00	58.85
100 Breast	1.55.50	1.32.30	1.48.00	1.25.55	1.44.60	1.18.30	1.37.30	1.13.15	1.32.80	1.10.10	1.27.30	1.07.90	1.22.90	1.06.25
100 Free	1.42.00	1.10.10	1.32.10	1.05.20	1.19.50	59.75	1.15.30	57.80	1.11.90	56.00	1.08.90	54.10	1.04.80	52.45
200 Back	3.40.50	2.45.90	3.22.30	2.34.85	3.19.90	2.25.90	3.06.40	2.18.10	2.56.50	2.13.85	2.46.60	2.09.00	2.35.50	2.07.50
200 Breast	4.15.00	3.16.40	3.49.10	2.59.70	3.38.20	2.48.20	3.27.20	2.39.10	3.20.80	2.32.35	3.15.00	2.27.40	3.07.00	2.25.10
200 Free	3.25.00	2.28.30	3.12.00	2.18.75	2.48.00	2.10.20	2.43.40	2.05.30	2.37.10	2.01.40	2.29.90	1.57.95	2.22.80	1.55.30
200 IM	3.41.30	2.49.10	3.26.40	2.37.80	3.23.20	2.29.75	3.10.20	2.22.50	3.03.90	2.16.80	2.51.50	2.12.75	2.38.30	2.10.50
400 Free	6.48.00	5.15.60	6.37.00	4.47.90	5.58.80	4.34.60	5.42.00	4.23.95	5.27.10	4.14.50	5.15.10	4.06.20	5.04.40	4.02.00

**Robin Hood Open - 4<sup>th</sup> & 5<sup>th</sup> October 2008, Qualification and Upper Cut off times.**

Submitted times may be current PB's and should have been achieved in a 25m pool. Enter only those events where you can submit a time that is **faster than the qualifying time (or equal to) the upper cut off time** Times outside these limits will be automatically rejected and you will not be entered into that event

GIRLS	10		11		12		13		14		15		16+	
	Qt	Uco	Qt	Uco	Qt	Uco	Qt	Uco	Qt	Uco	Qt	Uco	Qt	Uco
50 Fly	48.30	35.00	45.20	33.20	42.80	31.85	41.70	30.80	39.00	29.95	36.80	29.30	35.30	28.90
50 Back	49.40	35.80	45.40	33.85	43.40	32.90	40.70	32.20	38.80	31.40	37.50	30.75	36.60	30.00
50 Breast	53.60	40.65	49.60	37.95	47.90	36.00	46.10	35.10	43.90	34.05	41.80	33.60	40.40	33.10
50 Free	46.00	31.75	38.50	29.90	36.10	29.10	35.00	28.45	34.10	28.10	33.00	27.60	32.30	27.10
100 Fly	1.40.60	1.20.95	1.37.50	1.11.00	1.33.00	1.08.10	1.30.30	1.06.35	1.26.30	1.05.60	1.22.90	1.04.80	1.19.70	1.04.30
100 Back	1.40.50	1.19.70	1.35.10	1.10.95	1.30.50	1.08.25	1.26.30	1.06.90	1.25.10	1.06.10	1.22.30	1.05.25	1.19.40	1.04.40
100 Breast	1.53.40	1.29.50	1.47.00	1.21.80	1.44.20	1.17.10	1.38.20	1.15.70	1.34.80	1.13.95	1.31.50	1.13.10	1.27.00	1.12.45
100 Free	1.40.00	1.07.50	1.26.80	1.03.00	1.18.30	1.01.65	1.15.40	1.00.50	1.13.00	59.95	1.10.40	59.10	1.09.80	58.50
200 Back	3.38.50	2.44.70	3.18.60	2.34.45	3.11.20	2.28.00	3.04.30	2.24.10	2.57.10	2.22.60	2.51.90	2.19.75	2.45.50	2.18.90
200 Breast	4.08.00	3.12.50	3.45.70	2.56.10	3.34.00	2.46.95	3.27.80	2.40.80	3.25.20	2.37.35	3.21.00	2.36.85	3.14.00	2.36.30
200 Free	3.20.00	2.26.85	3.00.00	2.17.70	2.47.90	2.13.55	2.42.50	2.10.20	2.38.00	2.07.10	2.34.20	2.05.15	2.30.20	2.04.30
200 IM	3.37.70	2.48.50	3.23.40	2.34.55	3.18.60	2.29.10	3.11.90	2.26.65	3.05.40	2.23.80	2.57.00	2.20.65	2.49.70	2.19.80
400 Free	6.44.00	5.12.50	6.33.00	4.41.90	5.55.00	4.33.35	5.42.50	4.29.00	5.30.00	4.25.65	5.20.00	4.21.90	5.14.60	4.20.70

**Robin Hood Open - 4<sup>th</sup> & 5<sup>th</sup> October 2008, Qualification and Upper Cut off times.**

Submitted times may be current PB's and should have been achieved in a 25m pool. Enter only those events where you can submit a time that **is faster than the qualifying time (or equal to) the upper cut off time** Times outside these limits will be automatically rejected and you will not be entered into that event

# Entry form for The Robin Hood Open, 4th and 5th Oct. 2008

Under ASA Law and ASA Technical Rules. Licensed Level 2, No. 2EM8283

<b>Club</b>
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MALE

tick one box

FEMALE

Use a separate sheet for each swimmer. Use block capitals. Enter a time (current PB) to apply for entry to an event. By completing and posting this form you are agreeing to the published rules and declaring that the information given here is correct. Keep a copy in case of query.

<b>Surname</b>	<b>Forename</b>
<b>Reg. No</b>	<b>Date of Birth</b>

Event number	M	F	Submitted time (25m)	Coach check	Office use
50m freestyle	6	3			
100m freestyle	19	20			
200m freestyle	23	22			
400m freestyle	15	14			
50m backstroke	12	9			
100m backstroke	4	5			
200m backstroke	17	16			
50m breaststroke	21	18			
100m breaststroke	25	26			
200m breaststroke	8	7			
50m butterfly	27	24			
100m butterfly	10	11			
200m individual medley	2	1			

Total number of events _____ at £4.50 per event				£
Poolside pass	Saturday only £12.50 _____	Sunday only £7.50 _____	Both days £20 __	£
Note: Applicants for passes to have club membership and be cleared for poolside activities. Maximum two/day.			Grand Total	£

Return entry form to your club a.s.a.p. or post with cheque/PO and a large A4 stamped addressed envelope by **30 June 08** to:  
RHO. Shady Nook. Brockley Farm. Newhall Lane. Edingley. Newark Notts. NG22 8BS

**All cheques payable to Sherwood Colliery Swimming Club. Any application with insufficient postage or A4 envelope will not be accepted – application will be returned.**

Swimmer's contact details (optional if on a squad entry)	
Tel.	e-mail (optional)