



# West Suffolk Open Meet 2010

*Licensed (Level 3) by the ASA for entry into  
Regional Championships*

(3ER0147)

Affiliated to ASA East Region & Suffolk County ASA

## PROGRAMME OF EVENTS

Due to several events being heavily oversubscribed we have amended the programme slightly to accommodate as many swims as possible within ASA rules.

SESSION 1 - Saturday 8 <sup>th</sup> May 2010, Warm up 7.50am, 9.00am start			
Event	Male	Event	Female
1	200m Freestyle (All)	2	200m Freestyle (All)
3	50m Breaststroke (9-14 yrs)	4	50m Backstroke (9-13 yrs)
5	100m Butterfly (12+ yrs)		

SESSION 2 - Saturday 8 <sup>th</sup> May 2010 est. warm up 12.30, est. start 1.30 pm			
Event	Male	Event	Female
		6	100m Butterfly (11+ yrs)
7	200m Butterfly (All)	8	200m Backstroke (All)
9	100m Backstroke (12+ yrs)	10	100m Breaststroke (11+ yrs)

SESSION 3 - Saturday 8 <sup>th</sup> May 2010, est. warm up 4.30pm, est. start 5.30pm			
Event	Male	Event	Female
11	200m Breaststroke (All)	12	200m Butterfly (All)
13	50m Freestyle (All)	14	50m Freestyle (All)

SESSION 4 - Sunday 9 <sup>th</sup> May 2010, warm up 8.20am 9.30am start			
Event	Male	Event	Female
15	200m Individual Medley (All)	16	200m Individual Medley (All)
17	50m Backstroke (9-14 yrs)	18	50m Breaststroke (9-13 yrs)
19	100m Breaststroke (12+ yrs)		

SESSION 5 - Sunday 9 <sup>th</sup> May 2010, est. warm up 1pm, est. start 2pm			
Event	Male	Event	Female
		20	100 Backstroke (11+yrs)
21	200m Backstroke (All)	22	200m Breaststroke (All)
23	50m Butterfly (9-14 yrs)	24	50m Butterfly (9-13 yrs)
	<b>SESSION 6 (Officials break)</b>		<b>Start 5.45pm est finish 6.45pm</b>
25	100m Freestyle (12+ yrs)	26	100m Freestyle (11+ yrs)

# WEST SUFFOLK Open Meet May 2010

Licence number : 3ER0147 by the ASA for entry into Regional Championships

## INDIVIDUAL ENTRY FORM

NB: Age is at 9<sup>th</sup> May 2010

Surname: ..... Forename: ..... MALE / FEMALE

Address: .....

Telephone: ..... Club: .....

Date of Birth: .../... /... Age at 9<sup>th</sup> May ..... ASA ID number: .....

Email contact in the event of queries.....

PLEASE WRITE LEGIBLY

Event number (please circle)		Event		Age group		Entry time (25m pool)
Male	Female	Distance	Stroke	Male	Female	
23	2	50m	Butterfly	9-14	9-13	
17	4	50m	Backstroke	9-14	9-13	
3	18	50m	Breaststroke	9-14	9-13	
13	14	50m	Freestyle	All ages	All ages	
5	6	100m	Butterfly	12+	11+	
9	20	100m	Backstroke	12+	11+	
19	10	100m	Breaststroke	12+	11+	
25	26	100m	Freestyle	12+	11+	
7	12	200m	Butterfly	All ages	All ages	
21	8	200m	Backstroke	All ages	All ages	
11	22	200m	Breaststroke	All ages	All ages	
1	2	200m	Freestyle	All ages	All ages	
15	16	200m	Individual Medley	All ages	All ages	
Entry fee is £4.25 per event			Total entry fees =			£
Cheques payable to WSSC			<b>TOTAL =</b>			<b>£</b>

I confirm that the above information is correct: .....

*(signature of club official)*

Forms should be returned to: Kevin Proffitt (Promoter)

PO Box 5870

Sudbury, Suffolk

CO10 8DW

Please enclose a stamped addressed envelope suitable for the return of cards

**CLOSING DATE FOR ENTRIES IS NOON ON MONDAY 5<sup>TH</sup> APRIL 2010**

# WEST SUFFOLK OPEN MEET 2010

*Licensed (Level 3) by the ASA for entry into East Region Championships*

LICENCE NUMBER: 3ER0147

## RULES AND CONDITIONS

1. The Open Meet will be held under ASA Law and Technical Rules.
  2. The pool is 6 lanes, 25 metres. The depth of the pool at the shallow end is 0.9m; DIVING AT THIS END OF THE POOL IS NOT ALLOWED.
  3. All events will be heat declared winners and seeded based on submitted entry times. All heats of each event will be spearheaded.
  4. Age groups for awards will be 9, 10, 11, 12, 13, 14, 15+ years. Age will be taken as at 9<sup>th</sup> May 2010. Awards will be made to the top three placed swimmers in each age group.
  5. Closing date for entries is noon on Monday 5<sup>th</sup> April 2010. No late or incomplete entries will be accepted. No late card entries on the day of the meet will be accepted.
  6. Consideration and cut-off times apply to this Level 3 Licensed Meet. Entries within these limits will be accepted first. If any events are not then full, entries will be considered which fall outside these times, closest first. The promoter's decision in this case is final.
  7. The promoters reserve the right to return entries if events are oversubscribed, based on submitted entry times: the slowest times in each age-group will be rejected.
  8. Awards will be made to the highest scoring Boy, Girl and Visiting Club, with points awarded as follows: 1<sup>st</sup> 6 points, 2<sup>nd</sup> 5 points, 3<sup>rd</sup> 4 points, 4<sup>th</sup> 3 points, 5<sup>th</sup> 2 points and 6<sup>th</sup> 1 point.
  9. Entry cards must be posted at least 45 minutes before the start of each session in the boxes provided. STRICTLY NO LATE CARDS WILL BE ACCEPTED.
  10. Competitors should report to the Competitors' Steward no later than 2 events before the start of their event or 10 minutes before the start of the first event of any session.
  11. Swimmers must be properly dressed when moving outside the confines of the pool area. FOOTWEAR MUST BE WORN OFF POOLSIDE.
  12. Swimmers and spectators are reminded that property should not be left unattended at any time. Any unattended property may be removed. The promoter cannot accept liability for any losses or damage that may occur.
  13. The pool area must be cleared between each session and belongings must be removed.
  14. Queries about entries may be addressed to WSSC Entries team via [entries@westsuffolkswimming.co.uk](mailto:entries@westsuffolkswimming.co.uk) or by telephone number : Kevin Proffitt on 07879 402256
  15. To comply with ASA guidelines, any person wishing to use a video recorder, zoom photography or image capturing mobile phones during this event must register their name and address with the organisers before doing so.
  16. The promoters reserve the right to operate "over-the top" starts in the interest of time.
  17. Coach passes should be applied for with entries. One or more coach pass with every ten swimmers.
- Anything not covered by the above will be at the discretion of the promoters, who

also reserve the right to make any changes that may be considered necessary for the smooth running and discipline of the event.

**WSSC Open Meet MAY 2010**  
**Male Consideration Times (CT) and Cut off times (COT)**  
**Age at 9<sup>th</sup> May 2010**

Age at 09/05/2010		9/10 Years		11 Years		12 Years		13 Years		14 Years		15/16 Years		17+ Years	
Event		CT	COT	CT	COT	CT	COT	CT	COT	CT	COT	CT	COT	CT	COT
<b>Fly</b>	50m	54.0	32.0	49.0	32.0	45.0	31.5	41.0	30.0	37.5	28.0				
	100m	-	-	-	-	1.40.0	1.06.0	1.34.5	1.02.8	1.30.0	1.00.8	1.20.0	57.0	1.17.0	56.0
	200m	3.50.0	2.42.0	3.38.0	2.42.0	3.28.0	2.29.0	3.16.0	2.20.5	3.12.0	2.14.0	2.57.5	2.05.5	2.52.0	2.04.0
<b>Back</b>	50m	50.0	33.0	47.0	33.0	43.0	33.5	40.5	32.0	38.0	30.0				
	100m	-	-	-	-	1.32.0	1.07.0	1.29.5	1.04.4	1.26.5	1.01.0	1.18.0	58.0	1.17.0	57.0
	200m	3.50.0	2.36.0	3.38.0	2.36.0	3.12.0	2.22.6	3.04.0	2.17.8	2.57.5	2.11.0	2.47.5	2.05.5	2.44.8	2.03.0
<b>Breast</b>	50m	56.0	38.0	53.0	38.0	48.0	37.5	43.5	35.0	43.0	33.0				
	100m	-	-	-	-	1.47.0	1.16.0	1.41.5	1.12.0	1.37.5	1.08.0	1.30.0	1.05.0	1.25.0	1.04.0
	200m	4.15.0	2.58.5	4.00.0	2.58.5	3.44.0	2.46.5	3.30.0	2.35.5	3.14.5	2.29.0	3.05.5	2.22.5	2.58.0	2.20.0
<b>Free</b>	50m	47.0	28.5	42.0	28.5	37.5	28.5	34.0	27.5	34.5	27.0	32.0	23.5	30.8	23.4
	100m	-	-	-	-	1.29.0	1.00.0	1.23.0	57.2	1.18.0	55.0	1.12.5	51.8	1.09.5	50.5
	200m	3.28.0	2.20.0	3.18.0	2.20.0	3.02.5	2.10.0	2.48.0	2.04.0	2.44.0	1.59.0	2.33.8	1.52.5	2.29.5	1.50.5
<b>IM</b>	200m	3.54.0	2.38.0	3.32.0	2.38.0	3.22.0	2.28.4	3.08.0	2.20.0	3.01.5	2.15.0	2.42.8	2.08.0	2.38.0	2.05.0

Entries will be accepted first from competitors whose entry times fall between the consideration and cut-off times.  
 If any events are not then full, entries will be considered which fall outside these times, closest first. Promoter's decision is final.

Any Female swimmer aged 10 or male swimmers aged 11 on 9<sup>th</sup> May 2010 and 11 (female) or 12 (male) before midnight on 13<sup>th</sup> June 2009 (East Region Championships) will be permitted to enter 100m events providing they have entered the 200m event for that stroke.

**WSSC Open Meet May 2010**  
**Female Consideration Times (CT) and Cut off times (COT)**  
**Age at 9<sup>th</sup> May 2010**

Age at 09/05/2010		9/10 Years		11 Years		12 Years		13 Years		14 Years		15 Years		16+ Years	
Event		CT	COT	CT	COT	CT	COT	CT	COT	CT	COT	CT	COT	CT	COT
Fly	50m	54.0	33.5	49.0	34.0	45.0	31.8	41.0	31.0						
	100m	-	-	1.40.0	1.12.0	1.38.0	1.07.0	1.33.8	1.05.5	1.30.0	1.02.2	1.28.0	1.01.8	1.26.5	1.00.8
	200m	4.00.5	2.40.5	3.54.5	2.39.8	3.38.2	2.31.0	3.32.0	2.23.8	3.18.0	2.17.5	3.12.5	2.16.5	3.07.8	2.15.0
Back	50m	50.0	35.5	47.5	35.0	42.8	32.5	40.0	32.8						
	100m	-	-	1.40.0	1.12.0	1.37.0	1.07.8	1.32.0	1.04.8	1.29.8	1.03.5	1.27.8	1.02.8	1.25.0	1.02.0
	200m	3.46.5	2.32.5	3.38.8	2.32.0	3.24.8	2.25.0	3.14.0	2.20.5	2.59.5	2.15.5	2.55.8	2.14.0	2.54.0	2.12.2
Breast	50m	56.0	39.8	52.0	39.5	48.0	36.8	45.0	36.2						
	100m	-	-	1.51.8	1.21.5	1.49.0	1.17.5	1.45.0	1.14.5	1.41.5	1.11.8	1.37.8	1.11.5	1.35.9	1.10.0
	200m	4.16.5	2.56.8	3.59.0	2.58.0	3.47.8	2.46.8	3.35.0	2.40.5	3.28.0	2.34.0	3.18.0	2.32.8	3.14.0	2.30.3
Free	50m	47.0	30.5	42.0	30.5	37.8	28.5	35.5	27.5	34.8	26.0	33.5	25.8	32.2	25.8
	100m	-	-	1.29.8	1.04.0	1.27.8	1.00.5	1.24.0	59.5	1.19.0	56.0	1.17.8	55.5	1.15.5	55.5
	200m	3.27.5	2.19.0	3.12.0	2.18.0	3.00.0	2.12.5	2.55.8	2.07.0	2.46.5	2.02.0	2.44.0	2.01.5	2.41.8	2.00.8
IM	200m	3.56.0	2.36.0	3.34.0	2.38.0	3.17.8	2.28.5	3.09.0	2.25.0	3.02.0	2.18.0	2.55.5	2.17.0	2.48.0	2.16.8

Entries will be accepted first from competitors whose entry times fall between the consideration and cut-off times.  
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 (license number : 3ER0147)

Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> May 2010, Bury St Edmunds Leisure Centre

## REQUEST FOR OFFICIALS

As you know, Open Meets such as ours cannot run without qualified Officials. We would like to invite all ASA Registered Officials to help us at our Open Meet. We offer a bacon or sausage roll with tea or coffee on arrival, lunch and tea on Saturday and lunch on Sunday, with plenty of refreshments on poolside and a friendly West Suffolk welcome.

If you are available on either or both of the dates above, please reply to:

Don Neate, 15 Bury Park Drive, Bury St Edmunds, Suffolk IP33 2DA  
Phone: 01284 763034 E-mail: donfneate@aol.com

Please remember to let us know if you cannot attend. Mobile on the day: 07730 777064

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 WEST SUFFOLK OPEN MEET - OFFICIALS' REPLY SLIP

Name: ..... Club: .....

Address: .....

..... Postcode: .....

Telephone: ..... E-mail: .....

Qualified as	Timekeeper	Judge	Starter	Referee
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Availability (please tick):

Session 1	Session 2	Session 3	Session 4	Session 5
Warm-up 08.00	Warm-up tba	Warm-up tba	Warm-up 08.30	Warm-up tba