

# Flitwick Dolphins Swimming Club

(Affiliated to ASA East Region and Bedfordshire ASA)

## OPEN MEET

(Under ASA Laws and Technical Rules)

### Level 3 – 3ER0566

**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> October 2010**

Saxon Pool, Saxon Drive, Biggleswade. SG18 8SU



We are pleased to provide information about our inaugural Open Meet. This Meet is aimed at swimmers who wish to obtain County qualifying times. This meet has a Level 3 licence and therefore has both Qualifying times and Upper Limit times. These are based on ASA Graded Tables. Swimmers with a disability are welcome to enter provided that their entry times fall within the overall qualifying times boundaries. They should put their Disability classification on their entry forms and bring their FAC cards for the referee.

We hope that you will be able to take part and help make the gala successful. We have enclosed all of the information that you should need but if further details are required please do not hesitate to get in touch.

Electronic timing will be in use in the 8 lane, 25m deck level pool.

A cafe will be available throughout the weekend, where hot and cold drinks and snacks can be purchased.

We would appreciate it if your club could supply any Officials to help on both days as the conditions of the Level 3 licence demand that all officials are qualified. Please forward details with entries giving the name of the officials and their qualifications, using the officials form. Could all those officials who volunteer assume their services will be needed.

In this pack are:

- Meet Rules and Information
- Schedule of Events
- Individual Entry Form
- Qualifying and Upper Cut Off Times
- Club Summary & Coach / Poolside Pass Application Form
- Officials Form
- Electronic Entry Details

Clubs who wish to enter 5 or more swimmers or events must submit their entries electronically. Please visit the Flitwick Dolphins web site at [www.flitwickdolphins.com](http://www.flitwickdolphins.com) to download the 'events' file. All clubs are asked to complete a Club Entry Summary form. Clubs are also reminded that ALL entries must meet the Qualifying Times and Age criteria.

Please note that there is limited free parking available at the centre where the gym will remain open to the public during the Meet and shared use of transport is advisable.

We hope you will enjoy the meet. Good Luck!

Philip Abbott  
Meet Organiser

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## MEET RULES AND INFORMATION

- 1 The competition will be held under ASA Laws and ASA Technical Rules.
- 2 All events will be heat declared winner with the fastest 3 in each age group being awarded prizes.
- 3 The age groups for boys and girls are: 9 / 10 years; 11 / 12 years; 13 / 14 years; 15 / 16 years; 17 years and over. **Age as at 17<sup>th</sup> October 2010.**
- 4 This is a Level 3 meet and therefore both Qualifying and Upper Limit times apply.
- 5 There will be a Top Visiting Club award presented at the end of the competition, which will be kept by the winners for 12 months. Points are as follows: 1<sup>st</sup> = 3pts, 2<sup>nd</sup> = 2pts, 3<sup>rd</sup> = 1pt. Although Flitwick Dolphins are not eligible to win the trophy their results are NOT ignored when calculating the points.
- 6 Heats will be swum with all age groups combined and swimmers seeded by entry times.
- 7 Over the top starts may be used at the promoters' discretion.
- 8 Valid entries will be accepted in first come first served order. Complete entries for each club are requested together. Individual entries may not be accepted. However, the promoter reserves the right to close entries for individual events to maintain a balanced programme and control the duration of the meet.
- 9 The entry fee is £4.50 per event. All entries MUST be on the official entry form (photocopies accepted), and MUST include the entrant's ASA identification number together with all entry fees. No entries will be accepted after the closing date or during the meet unless due to promoter's error or omission. Entries will not be registered unless accompanied by the correct entry fee. Please make cheques payable to 'FLITWICK DOLPHINS SWIMMING CLUB'. A single cheque from each club is requested.
- 10 Where a club enters 5 or more swimmers then entries must be submitted electronically. The entry files will be available from the Flitwick Dolphins website: [www.FlitwickDolphins.com](http://www.FlitwickDolphins.com). Please send the paper entry forms to the address below.
- 11 Closing Date for entries: **Midnight, Monday 6<sup>th</sup> September 2010.**
- 12 Draft entry list will be posted on the Flitwick Dolphins website as soon after the closing date as possible. Any errors/omissions must be reported before **30<sup>th</sup> September 2010.** Failure to do so may result in swimmers being excluded from events.
- 13 Full refund of entry fees will be given (in the coaches pack) where an event is oversubscribed. Once the programme is printed refunds will only be given on medical or personal grounds with supporting documentation. Full refunds will be given to any swimmer chosen for the 2010 ASA Inter County Team Championship being held on the same weekend as this meet.
- 14 Results of this Meet will be posted on Flitwick Dolphins web site and submitted to the ASA.
- 15 The meet will be run without secondary entry cards and swimmers will be required to register **45 minutes** before the **start of each session**. Failure to do so will mean the swimmer will be withdrawn from events. Withdrawals after the 45 minute deadline may only be made on medical grounds and must be notified by the club coach to the Recorders. Failure to comply with these conditions shall result in a fine of £5, which must be paid before the swimmer can compete again in the meet.
- 16 The price of spectator admission will be: Adult £3.00; Children/OAP £1.00 per session. Programmes for each day will be £3.00.

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## MEET RULES AND INFORMATION (Continued)

- 17 Coach Passes are available to *bona fide* Coaches supporting competing swimmers but limited to a maximum of 3 per club. Coach Pass includes a programme and lunch/refreshments, which are £15.00 each day or £25.00 for both days. Coach passes must be ordered with entries to assist with catering and can be collected at the door with the coaches' pack. Clubs represented by small numbers of swimmers but no *bona fide* coach should apply to the promoter with the entries for a poolside pass at £10.00 per day (no food included). Both coach and poolside passes give access to poolside in accordance with ASA Child Protection Guidelines. All Coaches and Poolside helpers must be ASA or IOS members and hold a valid CRB certificate. Also club kit is to be worn to assist in management of the event.
- 18 Coaches / Team Managers must supervise their swimmers during the warm-ups and whilst on poolside and are responsible for the behaviour of their swimmers at all times. All swimmers and Coaches/Team Managers are reminded that they are responsible for the safety of all their possessions. The changing village has lockers operated for a returnable £1 fee.
- 19 **Spectators** and **Swimmers** are reminded that they must register at the entry desk use if they carry and use cameras, video cameras or mobile telephones capable of capturing a photographic image.
- 20 Any conditions not covered by the above will be at the discretion of the promoter and lead referee (Mrs. Joan Wheeler).
- 21 All entries and enquiries to the promoter below:

Mr. Philip Abbott,  
c/o Flitwick Dolphins,  
3 Byron Crescent, or  
Flitwick,  
Bedfordshire MK45 1PY  
07786 786592

Visit the Flitwick Dolphins website:  
[www.FlitwickDolphins.com](http://www.FlitwickDolphins.com)

E-mail:  
[Open@FlitwickDolphins.com](mailto:Open@FlitwickDolphins.com)

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## Schedule of Events

### Saturday 16<sup>th</sup> October 2010

| Event | Gender | Age | Event            | <b>Session One</b><br>Warm-Up 12:00pm<br>Registration 12:15pm<br>Start 1:00pm |
|-------|--------|-----|------------------|---|
| 101   | Male   | 10+ | 400m IM          |   |
| 102   | Female | 10+ | 100m Freestyle   |   |
| 103   | Male   | 10+ | 100m Freestyle   |   |
| 104   | Female | All | 200m Backstroke  |   |
| 105   | Male   | All | 200m Backstroke  |   |
| 106   | Female | All | 100m IM          |   |
| 107   | Male   | All | 50m Breaststroke |   |
| 108   | Female | All | 50m Breaststroke |   |

| Event | Gender | Age | Event             | <b>Session Two</b><br>Warm-Up 5:00pm<br>Registration 5:15pm<br>Start 6:00pm<br><b>TBC</b> |
|-------|--------|-----|-------------------|---|
| 201   | Female | All | 400m Freestyle    |   |
| 202   | Male   | All | 200m IM           |   |
| 203   | Female | 10+ | 100m Butterfly    |   |
| 204   | Male   | 10+ | 100m Butterfly    |   |
| 205   | Female | All | 200m Breaststroke |   |
| 206   | Male   | All | 200m Breaststroke |   |
| 207   | Female | All | 50m Backstroke    |   |
| 208   | Male   | All | 50m Backstroke    |   |

### Sunday 17<sup>th</sup> October 2010

| Event | Gender | Age | Event             | <b>Session Three</b><br>Warm-Up 12:00pm<br>Registration 12:15pm<br>Start 1:00pm |
|-------|--------|-----|-------------------|---|
| 301   | Female | 10+ | 400m IM           |   |
| 302   | Male   | 10+ | 100m Breaststroke |   |
| 303   | Female | 10+ | 100m Breaststroke |   |
| 304   | Male   | All | 200m Freestyle    |   |
| 305   | Female | All | 200m Freestyle    |   |
| 306   | Male   | All | 100m IM           |   |
| 307   | Female | All | 50m Butterfly     |   |
| 308   | Male   | All | 50m Butterfly     |   |

| Event | Gender | Age | Event           | <b>Session Four</b><br>Warm-Up 5:00pm<br>Registration 5:15pm<br>Start 6:00pm<br><b>TBC</b> |
|-------|--------|-----|-----------------|--|
| 401   | Male   | All | 400m Freestyle  |  |
| 402   | Female | All | 200m IM         |  |
| 403   | Male   | 10+ | 100m Backstroke |  |
| 404   | Female | 10+ | 100m Backstroke |  |
| 405   | Male   | All | 200m Butterfly  |  |
| 406   | Female | All | 200m Butterfly  |  |
| 407   | Male   | All | 50m Freestyle   |  |
| 408   | Female | All | 50m Freestyle   |  |

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### Individual Entry Form

Please use BLOCK LETTERS and make sure that the form is complete and correct, otherwise your entry will not be accepted and fees may not be returned

**First Name:** ..... **Surname:** .....

**Date of Birth:** DD / MM / YYYY **Age at date of Meet (17<sup>th</sup> October 2010):** .....

**ASA Number:** ..... **Male / Female (Delete as appropriate)**

**Club:** .....

**Home Address:** .....

**Postcode:** .....

| Event                 | Time |
|-----------------------|------|
| 50 Freestyle          |      |
| 100m Freestyle (10+)  |      |
| 200m Freestyle        |      |
| 400m Freestyle        |      |
| 50m Backstroke        |      |
| 100m Backstroke (10+) |      |
| 200m Backstroke       |      |
| 50m Breaststroke      |      |

| Event                   | Time |
|-------------------------|------|
| 100m Breaststroke (10+) |      |
| 200m Breaststroke       |      |
| 50m Butterfly           |      |
| 100m Butterfly (10+)    |      |
| 200m Butterfly          |      |
| 100m IM                 |      |
| 200m IM                 |      |
| 400m IM (10+)           |      |

Closing date for entries: Monday 6<sup>th</sup> September 2010.

Total number of events entered = ..... x £4.50 = £ .....

Please make cheques payable to .....

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the Association for this competition.

Signature of Competitor: .....

Date: .....

Club Official's Signature: .....

Date: .....

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## Qualifying and Upper Cut-Off Times – Boys

| Flitwick Open<br>16th & 17th October 2010<br><br>3ER0566 |                   | Factors applied to latest National and B Grade Times for Upper and Lower Limits |         |         |                |         |         |         |         |         |
|--|-------------------|---|---------|---------|----------------|---------|---------|---------|---------|---------|
|  |                   | Upper   |         | =       | National / AAA |         | =       | 99.0%   |         |         |
|  |                   | Lower   |         | =       | B Grade 2009   |         | =       | 102.0%  |         |         |
| Upper Limits   |                   |   |         |         |                |         |         |         |         |         |
| National Qualifying Times /<br>AAA (2009)                |                   | Boys  |         |         |                |         |         |         |         |         |
|  |                   | 9   | 10      | 11      | 12             | 13      | 14      | 15      | 16      | 17+     |
| 50m  | Freestyle         | 0:34.55   | 0:32.08 | 0:30.49 | 0:28.81        | 0:27.42 | 0:26.33 | 0:25.54 | 0:25.05 | 0:24.75 |
| 100m   | Freestyle         |   | 1:09.89 | 1:05.93 | 1:01.88        | 0:58.61 | 0:56.43 | 0:55.04 | 0:53.86 | 0:53.36 |
| 200m   | Freestyle         | 2:46.22   | 2:30.78 | 2:22.56 | 2:14.24        | 2:07.41 | 2:02.56 | 1:58.80 | 1:57.12 | 1:56.23 |
| 400m   | Freestyle         | 6:02.34   | 5:17.29 | 4:57.40 | 4:41.16        | 4:28.19 | 4:19.28 | 4:12.65 | 4:07.99 | 4:05.12 |
| 50m  | Backstroke        | 0:40.19   | 0:37.03 | 0:35.14 | 0:33.26        | 0:31.28 | 0:30.19 | 0:29.11 | 0:28.21 | 0:28.12 |
| 100m   | Backstroke        |   | 1:20.59 | 1:14.55 | 1:10.19        | 1:06.03 | 1:03.16 | 1:01.08 | 0:59.90 | 0:59.00 |
| 200m   | Backstroke        | 3:04.63   | 2:49.09 | 2:38.50 | 2:29.69        | 2:21.47 | 2:15.53 | 2:11.47 | 2:09.10 | 2:08.01 |
| 50m  | Breaststroke      | 0:45.54   | 0:42.07 | 0:39.60 | 0:37.12        | 0:34.75 | 0:33.36 | 0:32.27 | 0:31.38 | 0:31.09 |
| 100m   | Breaststroke      |   | 1:31.87 | 1:25.14 | 1:19.70        | 1:14.55 | 1:11.48 | 1:09.10 | 1:07.52 | 1:06.73 |
| 200m   | Breaststroke      | 3:33.25   | 3:16.12 | 3:02.85 | 2:51.86        | 2:41.57 | 2:34.54 | 2:29.98 | 2:27.21 | 2:24.84 |
| 50m  | Butterfly         | 0:39.30   | 0:36.04 | 0:33.76 | 0:31.98        | 0:30.19 | 0:28.91 | 0:27.82 | 0:27.32 | 0:26.83 |
| 100m   | Butterfly         |   | 1:21.77 | 1:14.65 | 1:09.70        | 1:05.54 | 1:02.57 | 1:00.29 | 0:59.40 | 0:58.31 |
| 200m   | Butterfly         | 3:28.00   | 2:58.99 | 2:43.35 | 2:33.55        | 2:24.84 | 2:18.50 | 2:12.46 | 2:10.78 | 2:07.81 |
| 100m   | Individual Medley | 1:28.60   | 1:21.58 | 1:17.42 | 1:13.16        | 1:09.10 | 1:05.83 | 1:03.86 | 1:02.07 | 1:01.38 |
| 200m   | Individual Medley | 3:08.89   | 2:53.15 | 2:41.77 | 2:32.66        | 2:25.13 | 2:18.50 | 2:14.74 | 2:12.36 | 2:10.88 |
| 400m   | Individual Medley |   | 6:12.64 | 5:43.13 | 5:21.95        | 5:06.50 | 4:53.44 | 4:44.63 | 4:39.97 | 4:36.90 |
| Lower Limits   |                   |   |         |         |                |         |         |         |         |         |
| ASA B Grade (2009)                                       |                   | Boys  |         |         |                |         |         |         |         |         |
|  |                   | 9   | 10      | 11      | 12             | 13      | 14      | 15      | 16      | 17+     |
| 50m  | Freestyle         | 0:49.47   | 0:46.21 | 0:43.15 | 0:40.49        | 0:37.74 | 0:35.09 | 0:33.05 | 0:31.82 | 0:30.91 |
| 100m   | Freestyle         |   | 1:41.29 | 1:33.74 | 1:27.41        | 1:21.19 | 1:15.58 | 1:11.50 | 1:08.85 | 1:07.01 |
| 200m   | Freestyle         | 3:58.68   | 3:39.71 | 3:23.90 | 3:10.64        | 2:57.38 | 2:44.83 | 2:36.06 | 2:30.04 | 2:26.27 |
| 400m   | Freestyle         | 8:37.24   | 7:43.59 | 7:07.58 | 6:40.86        | 6:14.24 | 5:48.94 | 5:30.07 | 5:17.63 | 5:08.75 |
| 50m  | Backstroke        | 0:56.92   | 0:52.84 | 0:49.16 | 0:46.31        | 0:42.74 | 0:39.98 | 0:37.43 | 0:35.80 | 0:34.99 |
| 100m   | Backstroke        |   | 1:54.75 | 1:44.86 | 1:38.12        | 1:30.68 | 1:24.05 | 1:19.15 | 1:16.09 | 1:13.75 |
| 200m   | Backstroke        | 4:23.16   | 4:02.86 | 3:44.81 | 3:30.53        | 3:15.23 | 3:01.05 | 2:50.85 | 2:44.63 | 2:40.34 |
| 50m  | Breaststroke      | 1:04.36   | 0:59.98 | 0:55.59 | 0:51.82        | 0:47.74 | 0:44.37 | 0:41.72 | 0:39.98 | 0:38.86 |
| 100m   | Breaststroke      |   | 2:11.07 | 1:59.85 | 1:51.59        | 1:42.71 | 1:35.37 | 1:29.76 | 1:26.09 | 1:23.64 |
| 200m   | Breaststroke      | 5:02.02   | 4:40.91 | 4:18.16 | 4:01.13        | 3:42.67 | 3:26.24 | 3:14.51 | 3:07.48 | 3:01.36 |
| 50m  | Butterfly         | 0:55.49   | 0:51.31 | 0:47.43 | 0:44.68        | 0:41.41 | 0:38.35 | 0:35.90 | 0:34.58 | 0:33.56 |
| 100m   | Butterfly         |   | 1:55.67 | 1:44.75 | 1:37.41        | 1:30.07 | 1:23.33 | 1:18.23 | 1:15.48 | 1:13.03 |
| 200m   | Butterfly         | 4:48.25   | 4:14.08 | 3:50.32 | 3:35.02        | 3:19.00 | 3:04.62 | 2:52.18 | 2:46.57 | 2:40.34 |
| 100m   | Individual Medley | 2:05.56   | 1:56.89 | 1:48.94 | 1:42.10        | 1:34.55 | 1:27.52 | 1:22.52 | 1:18.85 | 1:16.70 |
| 200m   | Individual Medley | 4:29.28   | 4:09.59 | 3:50.32 | 3:35.63        | 3:20.74 | 3:05.64 | 2:55.34 | 2:48.91 | 2:44.12 |
| 400m   | Individual Medley |   | 8:55.30 | 8:08.17 | 7:36.14        | 7:04.73 | 6:33.41 | 6:10.97 | 5:57.92 | 5:47.92 |

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## Qualifying and Upper Cut-Off Times – Girls

|   |  |  |   |                       |  |   |               |  |  |  |
|---|--|--|---|-----------------------|--|---|---------------|--|--|--|
| <b>Flitwick Open</b><br><b>16th &amp; 17th October 2010</b><br><br><b>3ER0566</b> | <b>Factors applied to latest National and B Grade Times for Upper and Lower Limits</b> |  |   |                       |  |   |               |  |  |  |
|   | <b>Upper</b>   |  | = | <b>National / AAA</b> |  | = | <b>99.0%</b>  |  |  |  |
|   | <b>Lower</b>   |  | = | <b>B Grade 2009</b>   |  | = | <b>102.0%</b> |  |  |  |

| <b>Upper Limits</b>                           |                   |              |           |           |           |           |           |           |           |            |  |
|---|-------------------|--------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|--|
| <b>National Qualifying Times / AAA (2009)</b> |                   | <b>Girls</b> |           |           |           |           |           |           |           |            |  |
|   |                   | <b>9</b>     | <b>10</b> | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17+</b> |  |
| 50m   | Freestyle         | 0:34.95      | 0:32.47   | 0:30.99   | 0:29.60   | 0:28.71   | 0:28.21   | 0:27.82   | 0:27.62   | 0:27.62    |  |
| 100m  | Freestyle         |              | 1:11.38   | 1:06.53   | 1:03.06   | 1:01.38   | 1:00.29   | 0:59.60   | 0:58.90   | 0:59.00    |  |
| 200m  | Freestyle         | 2:48.00      | 2:31.57   | 2:23.05   | 2:15.53   | 2:11.57   | 2:09.59   | 2:07.71   | 2:06.72   | 2:05.93    |  |
| 400m  | Freestyle         | 6:08.78      | 5:21.65   | 4:57.10   | 4:41.75   | 4:34.43   | 4:30.37   | 4:26.61   | 4:25.62   | 4:24.13    |  |
| 50m   | Backstroke        | 0:40.29      | 0:37.03   | 0:35.14   | 0:33.56   | 0:32.47   | 0:31.78   | 0:31.48   | 0:31.09   | 0:30.99    |  |
| 100m  | Backstroke        |              | 1:20.59   | 1:14.65   | 1:10.49   | 1:08.11   | 1:06.92   | 1:05.74   | 1:05.44   | 1:05.24    |  |
| 200m  | Backstroke        | 3:06.52      | 2:50.48   | 2:37.51   | 2:29.79   | 2:25.83   | 2:23.15   | 2:20.58   | 2:19.39   | 2:18.50    |  |
| 50m   | Breaststroke      | 0:46.33      | 0:42.27   | 0:39.70   | 0:37.62   | 0:36.23   | 0:35.44   | 0:34.85   | 0:34.65   | 0:34.55    |  |
| 100m  | Breaststroke      |              | 1:32.37   | 1:25.04   | 1:20.49   | 1:17.32   | 1:15.04   | 1:14.35   | 1:14.05   | 1:13.26    |  |
| 200m  | Breaststroke      | 3:35.33      | 3:16.32   | 3:02.56   | 2:52.56   | 2:45.82   | 2:42.06   | 2:40.48   | 2:39.79   | 2:38.99    |  |
| 50m   | Butterfly         | 0:39.80      | 0:35.94   | 0:34.15   | 0:32.37   | 0:31.38   | 0:30.69   | 0:30.10   | 0:30.00   | 0:30.00    |  |
| 100m  | Butterfly         |              | 1:21.68   | 1:14.94   | 1:10.29   | 1:08.11   | 1:06.33   | 1:05.74   | 1:05.34   | 1:04.75    |  |
| 200m  | Butterfly         | 3:30.97      | 3:01.27   | 2:44.83   | 2:34.24   | 2:28.70   | 2:24.94   | 2:22.46   | 2:21.67   | 2:20.48    |  |
| 100m  | Individual Medley | 1:29.79      | 1:19.99   | 1:17.22   | 1:13.56   | 1:10.98   | 1:10.09   | 1:09.10   | 1:08.21   | 1:08.11    |  |
| 200m  | Individual Medley | 3:10.58      | 2:53.05   | 2:41.57   | 2:33.15   | 2:29.19   | 2:26.22   | 2:24.34   | 2:23.45   | 2:22.66    |  |
| 400m  | Individual Medley |              | 6:11.75   | 5:40.86   | 5:22.34   | 5:12.15   | 5:06.60   | 5:02.94   | 5:00.37   | 4:59.87    |  |

| <b>Lower Limits</b>       |                   |              |           |           |           |           |           |           |           |            |  |
|---------------------------|-------------------|--------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|--|
| <b>ASA B Grade (2009)</b> |                   | <b>Girls</b> |           |           |           |           |           |           |           |            |  |
|                           |                   | <b>9</b>     | <b>10</b> | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17+</b> |  |
| 50m                       | Freestyle         | 0:49.47      | 0:46.41   | 0:43.35   | 0:40.70   | 0:38.45   | 0:36.92   | 0:35.90   | 0:35.19   | 0:34.99    |  |
| 100m                      | Freestyle         |              | 1:42.10   | 1:33.64   | 1:27.41   | 1:22.72   | 1:19.36   | 1:17.42   | 1:15.68   | 1:15.07    |  |
| 200m                      | Freestyle         | 3:57.46      | 3:38.28   | 3:22.16   | 3:08.39   | 2:57.79   | 2:50.95   | 2:46.46   | 2:43.00   | 2:40.85    |  |
| 400m                      | Freestyle         | 8:35.71      | 7:42.26   | 7:01.16   | 6:32.80   | 6:11.59   | 5:57.41   | 5:47.72   | 5:41.80   | 5:37.62    |  |
| 50m                       | Backstroke        | 0:56.61      | 0:52.73   | 0:49.06   | 0:46.00   | 0:43.45   | 0:41.62   | 0:40.60   | 0:39.68   | 0:39.27    |  |
| 100m                      | Backstroke        |              | 1:54.44   | 1:44.55   | 1:37.10   | 1:31.49   | 1:27.82   | 1:25.27   | 1:23.74   | 1:22.93    |  |
| 200m                      | Backstroke        | 4:21.73      | 4:03.07   | 3:41.54   | 3:27.06   | 3:16.04   | 3:08.19   | 3:02.48   | 2:58.60   | 2:56.36    |  |
| 50m                       | Breaststroke      | 1:04.67      | 0:59.98   | 0:55.39   | 0:51.61   | 0:48.55   | 0:46.41   | 0:45.08   | 0:44.27   | 0:43.86    |  |
| 100m                      | Breaststroke      |              | 2:10.56   | 1:58.73   | 1:50.67   | 1:43.63   | 1:38.63   | 1:36.39   | 1:34.76   | 1:33.23    |  |
| 200m                      | Breaststroke      | 5:00.80      | 4:38.15   | 4:14.80   | 3:57.56   | 3:42.56   | 3:32.98   | 3:27.77   | 3:24.31   | 3:21.96    |  |
| 50m                       | Butterfly         | 0:55.39      | 0:50.90   | 0:47.43   | 0:44.37   | 0:41.82   | 0:40.09   | 0:38.86   | 0:38.15   | 0:37.84    |  |
| 100m                      | Butterfly         |              | 1:54.85   | 1:44.14   | 1:36.49   | 1:31.09   | 1:26.90   | 1:24.97   | 1:23.23   | 1:22.11    |  |
| 200m                      | Butterfly         | 4:47.13      | 4:14.29   | 3:49.50   | 3:31.96   | 3:19.00   | 3:10.13   | 3:04.62   | 3:01.25   | 2:58.70    |  |
| 100m                      | Individual Medley | 2:06.17      | 1:54.95   | 1:48.32   | 1:41.39   | 1:35.27   | 1:31.90   | 1:29.45   | 1:27.21   | 1:26.50    |  |
| 200m                      | Individual Medley | 4:28.77      | 4:07.96   | 3:48.17   | 3:32.47   | 3:21.04   | 3:12.68   | 3:07.68   | 3:04.21   | 3:01.97    |  |
| 400m                      | Individual Medley |              | 8:49.07   | 8:00.11   | 7:26.96   | 7:01.16   | 6:44.43   | 6:33.82   | 6:25.97   | 6:22.40    |  |

# Flitwick Dolphins Swimming Club

(Affiliated to ASA East Region and Bedfordshire ASA)

## OPEN MEET

(Under ASA Laws and Technical Rules)

**Level 3 – 3ER0566**

**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> October 2010**

Saxon Pool, Saxon Drive, Biggleswade. SG18 8SU



### Club Summary / Coach Pass Application Form

Club: ..... ASA Abbreviation: .....

Contact Name: .....

Contact Address: .....

Contact Phone: .....

Contact E-mail: .....

Number of Individual Entry Forms enclosed: .....

Total of Entry Fees (£4.50 per event): £.....

Number of Coaches' / Poolside Passes required:

| Type of Pass     | Saturday Only         | Sunday Only | Saturday and Sunday | Saturday Only            | Sunday Only |
|------------------|-----------------------|-------------|---------------------|--------------------------|-------------|
|                  | ( With Refreshments ) |             |                     | ( Without Refreshments ) |             |
| Cost             | £15.00                | £15.00      | £25.00              | £10.00                   | £10.00      |
| Number of Passes |                       |             |                     |                          |             |
| Total Cost       |                       |             |                     |                          |             |

**Total amount enclosed:** £.....

(cheque payable to Flitwick Dolphins Swimming Club)

Completed entry forms and cheque should be sent to:

Philip Abbott  
% Flitwick Dolphins,  
3 Byron Crescent,  
Flitwick,  
Bedfordshire MK45 1PY

**Closing date for entries is midnight Monday 6<sup>th</sup> September 2010.**

# Flitwick Dolphins Swimming Club

(Affiliated to ASA East Region and Bedfordshire ASA)

## OPEN MEET

(Under ASA Laws and Technical Rules)

**Level 3 – 3ER0566**

**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> October 2010**

Saxon Pool, Saxon Drive, Biggleswade. SG18 8SU



### Officials Form

**Club:** ..... **ASA Abbreviation:** .....

**Contact Name:** .....

**Contact Address:** .....

**Contact Phone:** .....

**Contact E-mail:** .....

**Qualification:** (Tick as applicable)

| Referee | Starter | Judge Level 2 | Judge Level 1 | Timekeeper |
|---------|---------|---------------|---------------|------------|
|         |         |               |               |            |

**Availability:**

| Date         | Saturday 16 <sup>th</sup> October 2010 |     | Sunday 17 <sup>th</sup> October 2010 |      |
|--------------|--|-----|--------------------------------------|------|
| Session      | One                                    | Two | Three                                | Four |
| Availability |  |     |                                      |      |

Refreshments will be provided to all officials who attend both sessions in a day.

Completed forms should be sent to:

Philip Abbott  
c/o Flitwick Dolphins,  
3 Byron Crescent,  
Flitwick,  
Bedfordshire MK45 1PY

Alternatively email [officials@flitwickdolphins.com](mailto:officials@flitwickdolphins.com)

Trainee officials are welcome, but they **MUST** organise their own Mentors.

**Closing date for entries is Midnight, Monday 6<sup>th</sup> September 2010.**

# Flitwick Dolphins Swimming Club

(Affiliated to ASA East Region and Bedfordshire ASA)

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**Level 3 – 3ER0566**

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Saxon Pool, Saxon Drive, Biggleswade. SG18 8SU



## Electronic Entry

This process shall be undertaken by a single person in each club.

Download and install the SPORTSYSTEMS Entry Manager V2.0 from [www.sportsys.co.uk](http://www.sportsys.co.uk)

The website also has several webcasts (videos) which can be viewed to help you get started.

Once installed, this application may be retained on your computer for future competitions that also use the SPORTSYSTEMS Entry Manager V2.0 system. You will only need to download the Entry File Set for the specific competition being entered.

Full instructions can also be found within the program under Help.

The Entry File Set for the 2010 Flitwick Dolphins Open Meet can be downloaded from our website [www.flitwickdolphins.com](http://www.flitwickdolphins.com).

You will find using this system makes entering your entries very easy. One click to enter a swimmers personal details and any entry time entered is dynamically checked against the entry standards for the meet. If a time is entered, automatically from rankings or manually, that does not satisfy the entry standard, the Y (green) / N (red) button adjacent to the time will be Y (yellow). These times will not be accepted for the Meet. You should ensure only Y (green) times are submitted. This feature will NOT apply to Disability entries.

You can use the report feature to calculate the total cost of your entries. This sum should be paid to Flitwick Dolphins Swimming Club either by cheque or bank transfer. If you require the Clubs bank details please contact the Entry Manager.

After completing your entries e-mail the single export file to the Entry Manager. Your e-mail will be acknowledged.

Closing date for entries is Midnight, Monday 6th September 2010.

Please send the paper originals, just in case we have any queries, together with the summary form and payment.

Following the closing date, an accepted entry listing and draft entry listing by event will be posted on the FDSC website for review.