



Present their Sponsored October 2010 Open Gala

(Under FINA Rules & ASA Guidance & ASA Law)

Saturday 16th and Sunday 17th October 2010

Venue: John Charles Centre for Sport
Middleton Grove
LEEDS
LS11 5DJ

Licence No: 1NE0536

Saturday 16 th October Session 1				Sunday 17 th October Session 3			
Warm-up 8.00 a.m. (start 9.00 a.m.)				Warm-up 8.00 a.m. (start 9.00 a.m.)			
1.	Girl's open	200 m	IM	17.	Boy's open	200 m	IM
2.	Boy's open	200 m	Breaststroke	18.	Girl's open	200 m	Breaststroke
3.	Girl's open	50 m	Butterfly	19.	Boy's open	50 m	Butterfly
4.	Boy's open	50 m	Freestyle	20.	Girl's open	50 m	Freestyle
5.	Girl's open	100 m	Freestyle	21.	Boy's open	100 m	Freestyle
6.	Boy's open	100 m	Backstroke	22.	Girl's open	100 m	Backstroke
7.	Girl's	Skins	14 & Over	23.	Boy's	Skins	15 & Over
8.	Girl's	Skins	13 & Under	24.	Boy's	Skins	14 & Under
Saturday 16 th October Session 2				Sunday 17 th October Session 4			
Warm-up T.B.A				Warm-up T.B.A			
9.	Girl's open	400 m	Freestyle	25.	Boy's open	400 m	Freestyle
10.	Boy's open	200 m	Backstroke	26.	Girl's open	200 m	Backstroke
11.	Girl's open	100 m	Butterfly	27.	Boy's open	100 m	Butterfly
12.	Boy's open	100 m	Breaststroke	28.	Girl's open	100 m	Breaststroke
13.	Girl's open	50 m	Breaststroke	29.	Boy's open	50 m	Breaststroke
14.	Boy's open	50 m	Backstroke	30.	Girl's open	50 m	Backstroke
15.	Girl's open	200 m	Freestyle	31.	Boy's open	200 m	Freestyle
16.	Boy's open	200 m	Butterfly	32.	Girl's open	200 m	Butterfly

- Electronic Timing
- Computer Recording
- 50m 10 Lane Anti-Wave Pool
- **Entry Fee:** Individual swims - £5.00 for disk entries

All swims are HDW
AGE GROUPS 9, 10, 11,12, 13,14, 15/over

Closing Date for Entries – 17th September 2010 ages as at 17th October 2010

FURTHER INFORMATION FROM:

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Present their Sponsored October 2010 Open Gala Information

(Under FINA Rules & ASA Guidance & ASA Law)

1. This meet is held under FINA Rules & ASA Guidance & ASA Law.
2. The pool is 50m in length having 10 lanes fitted with anti-wave lane ropes using the Omega Electronic Timing System.
3. All warm-ups will be split, having the morning warm-up starting @ 8:00 a.m. with the afternoon warm-up T.B.A.
4. The meet is cardless. All withdrawals must be presented in the control room no later than 45 minutes before the commencement of each session.
5. All events are HDW with awards being made to the first 3 in each age group as stated on the program. Ages are as at 17th October 2010.
6. Heats will be seeded by submitted entry times. The organizers reserve the right to limit entries if necessary to ensure completion within the scheduled timescale.
7. Qualification for the BOSSS Skins events will be through the 200m Individual Medley events on each morning. Overall fastest eight male 15years and over and female 14 years and over swimmers will compete in Skins, and fastest six 9-14 boys and six 9-13 girls will compete in Junior Skins. Reserves will take up any unclaimed places. Each skin will start at 3 minute intervals and the stroke for each skin will be drawn by lot. **Cash prizes will be awarded to all finalists**, the prizes being: £5, £10, £15, £20, £30, £50 in each of the Junior Skins and £5, £10, £15, £20, £25, £35, £50 and £75 in each of the Opens Skins.
8. In the event of over subscription BOSSS reserves the right to adjust the lower cut off times.
9. All heats except backstroke will use over the top starts.
10. All competitors must go through the marshalling process. If a competitor does not report to marshalling on time, the heat will proceed without the competitor concerned. **We will not call for individual swimmers.**
11. Poolside entries may be accepted depending on the amount of entries taken but will be at the discretion of BOSSS officials.
12. The order of events may be changed at the discretion of the meet organizer.
13. When swim down facilities are available, a lifeguard will be present for safety reasons. However, club coaches will be responsible for the behaviour of their own swimmers. Any swimmers found to be misbehaving or not utilizing the swim down facility appropriately will be asked to leave the swim down pool.
14. For Health & Safety reasons any swimmer wearing body paint will not be allowed to enter the water.
15. Swimmers & spectators are advised to ensure the safety of their belongings as neither the competition organizers nor pool management can accept any responsibility for loss or damage. Any property lost or found should be handed to the organizer.
16. Please be aware that we share the premises with other users. This especially applies to changing room facilities. Anyone causing a nuisance in shared areas will be required to leave the premises immediately without any refund of entries.
17. Any swimmer or spectator found vandalizing the Leisure Complex will be required to leave the premises without any refund of entries.

Borough of Stockton Open Gala 2010

Female Long Course Qualifying Time

Event	9	10	11	12	13	14	15/OVER
50 Freestyle	00:42.8	00:39.8	00:37.3	00:35.4	00:34.0	00:32.9	00:32.2
100 Freestyle	01:38.3	01:26.2	01:19.3	01:15.2	01:12.7	01:10.7	01:09.6
200 Freestyle	03:29.1	03:04.4	02:51.3	02:42.5	02:36.2	02:32.1	02:29.1
400 Freestyle	07:20.7	06:27.4	05:56.4	05:38.8	05:26.3	05:18.0	05:12.8
50 Breaststroke	00:57.0	00:51.2	00:47.8	00:45.0	00:43.1	00:41.5	00:40.6
100 Breaststroke	02:08.7	01:50.3	01:41.6	01:35.2	01:30.8	01:28.5	01:27.5
200 Breaststroke	04:27.3	03:55.5	03:36.6	03:24.9	03:15.5	03:09.5	03:06.7
50 Butterfly	00:48.2	00:44.0	00:40.7	00:38.6	00:36.7	00:35.7	00:34.8
100 Butterfly	01:47.7	01:37.1	01:27.9	01:22.6	01:19.1	01:17.2	01:15.5
200 Butterfly	03:56.6	03:34.6	03:12.6	03:01.7	02:53.5	02:48.0	02:45.7
50 Backstroke	00:50.2	00:46.0	00:43.1	00:40.9	00:39.4	00:38.0	00:37.0
100 Backstroke	01:52.0	01:37.5	01:29.9	01:24.5	01:21.7	01:19.6	01:17.9
200 Backstroke	03:52.7	03:26.3	03:11.0	03:00.6	02:54.3	02:49.8	02:45.8
200 Individual Medley	03:55.2	03:29.6	03:14.3	03:03.3	02:56.8	02:52.3	02:48.9

Male Long Course Qualifying Time

Event	9	10	11	12	13	14	15/OVER
50 Freestyle	00:42.6	00:39.0	00:37.0	00:34.9	00:33.0	00:31.3	00:29.7
100 Freestyle	01:38.2	01:24.8	01:18.8	01:13.7	01:09.8	01:06.9	01:04.4
200 Freestyle	03:23.4	03:03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:20.7
400 Freestyle	07:22.5	06:26.4	05:56.0	05:38.1	05:21.8	05:07.0	04:57.6
50 Breaststroke	00:56.8	00:51.6	00:48.2	00:44.6	00:41.8	00:39.7	00:37.8
100 Breaststroke	02:07.7	01:50.7	01:41.5	01:34.7	01:28.8	01:24.6	01:21.4
200 Breaststroke	04:20.5	03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:55.4
50 Butterfly	00:48.8	00:43.5	00:40.8	00:38.1	00:35.9	00:34.0	00:32.2
100 Butterfly	01:49.4	01:35.8	01:27.7	01:21.5	01:16.8	01:12.8	01:09.8
200 Butterfly	04:03.7	03:32.3	03:12.5	02:59.9	02:49.9	02:40.9	02:34.4
50 Backstroke	00:50.3	00:46.0	00:43.2	00:40.5	00:38.2	00:36.1	00:34.5
100 Backstroke	01:49.8	01:36.9	01:29.8	01:24.1	01:19.2	01:15.0	01:12.2
200 Backstroke	03:46.7	03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:36.0
200 Individual Medley	03:52.0	03:29.6	03:14.3	03:02.8	02:52.7	02:44.8	02:38.4

BOSSS Open Meet 2010 Skins Rules

1. This multi-stroke skins event will be a continuous competition commencing with 8 competitors in the Open Skins and 6 competitors in the Junior Skins and over a continuous series of heats over a distance of 50m. One or more competitors will be eliminated after each heat until a winner is determined.
2. The top 8 swimmers in the girls 14 & over and 15 & over in the boys 200IM events as shown on the official results sheets will be invited to take part in the skins competitions. The top 6 competitors aged 13 years and under in the girls and 14 years and under for the boys 200IM events will be invited to take part in the Junior skins competitions. Should a qualifying swimmer not wish to compete then the next highest placed swimmer in the qualifying event will be invited to compete. A swimmer may not compete in both the Open and Junior skins competitions.
3. The Girls Skins competitions will take place at the end of the morning session on Saturday and the Boys Skins competitions will take place at the end of the morning session on Sunday.
4. Each Open skins competition will run concurrently with the corresponding Junior skins competition.
5. Swimmers will be allocated lanes based on the results of the 200IM events and will remain in those same lanes for the duration of the Skins. Lanes will be allocated on the basis of spearheading in accordance with FINA swimming rule SW312 – the top qualifying swimmer occupying the centre lane.
6. Each heat of the Skins competition will be ONE length (50m) of the drawn stroke.
7. The Open swimmers will start the skins and will be given a normal race start for the first heat only. The first heat of the Junior skins will start 90 seconds after the first Open heat start and the Junior swimmers will also be given a normal race start for the first heat only. All subsequent heats will be started as follows:
A warning whistle will indicate that there are 10 seconds to go to the start of the heat. No verbal instructions will be given. The signal to go will be a single start signal (bleep). If the start signal fails, a single whistle blow will indicate GO.
8. Competitors' feet, or hands in the case of backstroke, must be in contact with the starting blocks or grips when the start signal is given. For backstroke heats competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the starting blocks.
9. Each heat of the Skins will be at THREE MINUTE INTERVALS, i.e. 90 seconds after the start of the first Open skins heat, the first Junior skins heat will start, as described at rule 7 above. The second heat of the Open skins will then start 90 seconds after the start of the first heat of the Junior skins, and this pattern will continue until after the penultimate heat of the Open skins competition when there will be a three minute interval until the Open final.
10. The slowest competitor in each heat shall be eliminated – unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition.
11. In the event that a swimmer is adjudged to have committed a false start, then that swimmer will be the "eliminated" swimmer from that heat, regardless of the finishing positions.
12. The stroke for the first heat of the Skins will be drawn out of the box by the organisers prior to the start. The stroke for each subsequent heat will be drawn from the box by the eliminated swimmer from the previous heat.
13. In all heats swimmers are required to comply with the FINA Swimming Rules regarding stroke and finish conditions – failure to do so will lead to elimination by disqualification - any competitor so eliminated will receive the prize money for the heat in which eliminated.
14. For the stroke draw, a coloured ball will determine the stroke:

Red	Freestyle
Green	Butterfly
Blue	Breaststroke
Yellow	Backstroke
15. Cash prizes will be awarded to Open Skins competitors as follows:

After Heat	1	2	3	4	5	6	7	Winner
Eliminated swimmer	£5	£10	£15	£20	£25	£35	£50	£75
Junior Heat	1	2	3	4	5	Winner		
Eliminated swimmer	£5	£10	£15	£20	£30	£50		
16. In the event of a dead heat for the last position in a heat of the Skins, both swimmers will be eliminated. They will share the cash award for that heat and the award for the following heat, e.g. if heat 3 has a dead heat for last place, both swimmers will receive £17.50 and the next heat will be that which has a prize of £25 for the eliminated swimmer.
17. Apart from the first heat, times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmer will be by the Referee utilising either Automatic Officiating Equipment (AOE) or manual finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the referee shall determine whether it operated correctly.
18. All decisions on placings will be made by the referee and any other matters not covered by these rules will be decided upon by the promoter.



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Middleton Grove
LEEDS
LS11 5DJ

Licence No: 1NE0536

Club :

Competition Secretary :

Address :

Tel No :

Email Address :

Total No of Male Entries :

Total No of Female Entries :

Individual entries entered on disk @ 5.00 £

Number of Coach Passes @ 15.00 per day £
(Includes: results, programme & meals)

Total to Pay £

Please forward all entries and a S.A.E. together with a cheque made payable to Borough of Stockton Swim Scheme to:

Kevin Bryan, 34 Grosvenor Road, Stockton on Tees, TS19 7AF

Tel: 01642 584033, Mob: 07774 627031

E-mail: kevinj.bryan@ntlworld.com

CLOSING DATE FOR ENTRIES
17th September 2010