



Blyth Lifeguard and Swimming Club

# *Christmas Cracker*

*Licensed Level 4 Meet*

**Blyth Sports Centre**

**Sunday 6<sup>th</sup> December 2009**

## **MORNING SESSION**

### **Warm up 8.30 for 9.30 start**

Boys 9 & 10 years 50m Backstroke  
Boys 11 and over 100m Backstroke  
Girls 9 & 10 years 50m Butterfly  
Girls 11 and over 100m Butterfly  
Boys 9 & 10 years 50m Breaststroke  
Boys 11 and over 100m Breaststroke  
Girls 9 & 10 years 50m Freestyle  
Girls 11 and over 100m Freestyle

Boys 12/under 4x50m Medley Team  
Girls 12/under 4x50m Freestyle Team  
Boys 13/over 4x50m Medley Team  
Girls 13/over 4x50m Freestyle Team

## **AFTERNOON SESSION**

### **Warm up & Start Time TBA**

Girls 9 & 10 years 50m Backstroke  
Girls 11 and over 100m Backstroke  
Boys 9 & 10 years 50m Butterfly  
Boys 11 and over 100m Butterfly  
Girls 9 & 10 years 50m Breaststroke  
Girls 11 and over 100m Breaststroke  
Boys 9 & 10 years 50m Freestyle  
Boys 11 and over 100m Freestyle

Girls 12/under 4x50m Medley Team  
Boys 12/under 4x50m Freestyle Team  
Girls 13/over 4x50m Medley Team  
Boys 13/over 4x50m Freestyle Team

Meet Administrator Nick Power email [BlythGalaEntries@hotmail.co.uk](mailto:BlythGalaEntries@hotmail.co.uk)

Meet Manager: Maureen Harrison, 10 Jubilee Road, Blyth, Northumberland, NE24 2RY. email: [doug@doug68.freeserve.co.uk](mailto:doug@doug68.freeserve.co.uk)

The meet will be held under ASA Laws and Technical Rules.

The pool length is 25m variable depth with 6 lanes and anti-wave lane ropes; a separate swim down facility is available.

All entry times must be converted to 25m SC.

Swiss Electronic Timing will be in operation with scoreboard display. Times and places shown on the electronic scoreboard are for information only.

The age groups will be: male & female: 9, 10, 11, 12, 13, 14, 15/over. Age on Sunday, 6<sup>th</sup> December 2009.

Closing date for entries: Friday, 13<sup>th</sup> November 2009.

Entry Fee: £4.00 disc entries, £4.50 paper entries for Individual Events.

**Entry Fee: £10.00 disc entries, £10.50 paper entries for Team Events.**

All Events Heat Declared Winners basis.

Medals will be issued to first six places for each event in age groups listed above.

Qualifying Times: Upper limits will apply. Swimmers with entry times outside the QT for their age and event will be excluded

### Meet Conditions

1. ALL INDIVIDUAL HEAT WINNERS WIN A CHOCOLATE SANTA!!
2. The meet will be held under ASA Laws and Technical Rules.
3. The meet is licensed Level 4, to give swimmers the opportunity to obtain County Championship Qualifying Times and Entry Times for Level 3 Meets
4. The pool length is 25m of variable depth with 6 lanes and anti-wave lane ropes; a separate swim down facility is available. All entry times must be converted to 25m SC.
5. Swiss Electronic Timing will be in operation with scoreboard display. Times and places shown on the electronic score board are for information only and are not necessarily the official result. The referee's decision is final.
6. Competitor numbers in the programme are for guidance only. Copies of results will be available over the duration of the meet.
7. Individual Age Groups will be: male & female: 9, 10, 11, 12, 13, 14, 15/over. Age at 6<sup>th</sup> December 2009.
8. Team Age Groups will be 12 and Under and 13 and Over. Age at 6<sup>th</sup> December 2009. Each club can only enter one team per age group
9. Swimmers must not have swum faster than the published qualifying times prior to the date entries are submitted (refer to event list for details of cut off times).
10. To preserve the ethos of Graded Swimming, team members must be eligible to compete in at least 2 individual events.
11. **Closing date: Friday 13<sup>th</sup> November 2009.** Entries may be limited to comply with Session limits. Should events be over subscribed entries will be accepted on a first come first served basis. There will be no poolside entries.
12. All events are Heat Declared Winner (HDW), heats being seeded, slowest to fastest based on submitted entry times.
13. Awards will be made to the first six in each individual age category. These awards will be available for collection after the winners are announced for each event.
14. Awards will be made to the first three in each team category. These awards will be available for collection after the winners are announced for each event.
15. No entry cards will be issued. Seeded heat start lists will be produced prior to the start of each session. If a swimmer is not swimming an event we request that the recorders are informed no later than 45 minutes prior to the session start time. Complying with this request will keep the number of empty lanes to a minimum and this courtesy is appreciated. Entries may be limited to comply with session limits.
16. Individual Entry Fees £4.00 per event using Sports Systems, £4.50 using entry form. **Team Entry Fees £10.00 per team using Sports Systems, £10.50 using entry form.** Coaches passes £10.00 to include refreshments. Cheques should be made payable to Blyth Lifeguard and Swimming Club. Payments should be returned to: Maureen Harrison, 10 Jubilee Road, Blyth, Northumberland, NE24 2RY. email: [doug@doug68.freeserve.co.uk](mailto:doug@doug68.freeserve.co.uk) Please enclose an SAE/email address, if you require confirmation of your entry being received. All club entries to be paid for by one club cheque.
17. Entries are to be submitted electronically using Sports Systems or entry form and should be emailed to the meet administrator email: [BlythGalaEntries@hotmail.co.uk](mailto:BlythGalaEntries@hotmail.co.uk)
18. Coaches/Team Managers are responsible for ensuring competitors report to the marshalling area at the required time. Failure to report to marshalling in good time may result in elimination from the event.

- 19 Blyth Lifeguard and Swimming Club will not be responsible for any unaccompanied swimmers on the poolside. The responsibility falls with the club entering the swimmer, who should appoint a responsible individual to be on poolside.
- 20 Blyth Lifeguard and Swimming Club can not be held responsible for loss or damage to spectators' or swimmers' property.
- 21 Access to poolside will be restricted to swimmers, coaches, officials and authorized helpers in line with ASA Child Protection Policy. Poolside access will be restricted to those people wearing official identification passes which will be distributed by Blyth Lifeguard and Swimming Club. Under ASA guidelines, Club officials to swimmer ratio should be no greater than 10:1.
- 22 **The Lead Referee for this event will be Moira Foster.**
- 23 **Spectator admission and programme will be £3.00 per session or £5.00 for the day.**
- 24 Any last minute changes will be available from the Meet Manager
- 25 The use of any photographic equipment (still, video or digital, incl. mobile phones with photo facilities) will only be allowed on completion of photo registration form. Mobile phones must be on silent or turned off completely.
- 26 Any points not covered above will be at the discretion of the Meet Manager.



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### CONSIDERATION TIMES

Swimmers must not have swum faster than the Upper Time Limits shown below at the date entries are submitted

#### BOYS

EVENT	9	10	11	12	13	14	15+
50m Freestyle	40.0	37.3					
100m Freestyle			1:16.6	1:12.0	1:07.9	1:04.6	1:02.3
50m Breaststroke	52.5	48.8					
100m Breaststroke			1:38.5	1:32.3	1:26.0	1:21.7	1:18.2
50m Butterfly	45.2	41.7					
100m Butterfly			1:26.3	1:20.7	1:15.6	1:11.4	1:08.2
50m Backstroke	46.2	42.9					
100m Backstroke			1:26.2	1:21.2	1:16.2	1:12.1	1:09.0

Swimmers must not have swum faster than the Upper Time Limits shown below at the date entries are submitted

#### GIRLS

EVENT	9	10	11	12	13	14	15+
50m Freestyle	40.5	37.9					
100m Freestyle			1:17.5	1:13.2	1:10.5	1:08.6	1:07.5
50m Breaststroke	53.4	49.2					
100m Breaststroke			1:38.7	1:33.0	1:28.6	1:25.4	1:24.1
50m Butterfly	45.8	41.8					
100m Butterfly			1:26.7	1:21.2	1:18.0	1:15.4	1:14.2
50m Backstroke	46.6	43.2					
100m Backstroke			1:26.7	1:21.5	1:18.2	1:16.1	1:14.4