

Team Luton Swimming Club

2014 Development Meet

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER14555

Sunday 14 December 2014

Inspire: Luton Sports Village, Luton

Venue	Inspire: Luton Sports Village, Hitchin Road, Luton, LU2 8DD
Pool	8 Lane, 50m Pool, Electronic Timing, Anti-turbulence lane ropes
Events	50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM
Age Groups	9, 10, 11, 12, 13, 14, 15/over 9 year olds may not enter the 400m IM Ages as at 14 December 2014
Fees	Race Entry Fee: £6.00 per event Spectator Entry: £3.00 per session or £6.00 all day. Free Parking
Entries To	Mary Pelling, 24 Elm Tree Avenue, Cockernhoe, Herts., LU2 8QA Enquiries to Tel: 01582 613240 after 4pm or e-mail galas@teamluton.com
Closing Date for Entries	12.00 Noon on Thursday 13 November 2014



Team Luton Swimming Club 2014 Development Meet

(Under ASA Laws and Technical Rules)

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Team Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA

Ages as at 14 December 2014

Sunday 14 December 2014

at Inspire: Luton Sports Village

Butterfield Green Road, off Hitchin Road, Luton, LU2 8DD

COMPETITION RULES AND CONDITIONS

1. The meet will take place at Inspire: Luton Sports Village on Sunday 14 December 2014 and is licensed by the ASA at Level 3 under Licence No. 3ER14555. The meet will be run in accordance with ASA Laws and Technical Rules and the rules and conditions of this competition.
2. Age bands for awards are 9, 10, 11, 12, 13, 14, 15/over (**Note** that age restrictions apply to some events). Awards will be available for collection to the first 3 placed swimmers in each event, in each age group. Ages are as at 14 December 2014.
3. The competition pool will be configured as 25m and the competition will be swum short course. Anti-wave devices will be in place, starting platforms have an adjustable setting back plate (Omega OSB11) and electronic timing/placing will be used wherever possible. Over the top starts may be used at the promoter's discretion.
4. Competitors must be members of an affiliated club, eligible to compete and registered in accordance with ASA laws and technical rules, and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of the ASA, SASA or WASA or competitors from a country affiliated to FINA. Team Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA.
5. Upper limit qualifying times are provided; swimmers may enter with no recorded time.
6. Where entry times are provided they must be within the qualifying standards, and should be short course times; converted times will be accepted. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In the event that entries are rejected, fees will be refunded by a single cheque made payable to club in question.
7. Those swimmers in possession of an ASA Certificate of Swimming Disability or those swimmers whose ASA membership details record a disability Sport Class are welcome to enter the competition.
8. Entry shall be by an Individual Entry Form. Where five or more competitors enter from the same club, entry shall additionally be made using SPORTSYSTEMS Entry Manager and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the SPORTSYSTEMS website <http://www.sportsys.co.uk/entry/index.php> and the required Entry File Set for this competition will be available on the Team Luton website. Electronic entries should be supported with a manual entry form.
9. Valid entries (which must include payment) will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are required together with a single cheque. Later individual entries may not be accepted. Late entries, day of meet entries and day of meet alterations will not be accepted, unless due to administrative error.
10. The closing date for entries is 12 noon on Thursday 13 November 2014. All entries to be returned to the Promoter: Mary Pelling, 24 Elm Tree Avenue, Cockernhoe, Herts LU2 8QA. Accepted and rejected entries will be posted on the Team Luton website within 2 weeks of the closing date. No individual notification will be made unless a stamped address envelope is provided for accepted entries to be posted back.



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11. The meet will be cardless; swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a schedule of their accepted entries. Withdrawal may be made on the day, or can be e-mailed in advance. All withdrawals must be made 45 minutes prior to the start of the first event in each session. Refunds are not available for withdrawals, other than for medical reasons.
 12. Entries to this meet will be held on a computer and consent, as required by the Data Protection Act 1998, to the holding of personal information will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.
 13. Coaches' passes will be issued at a cost of £20. This will entitle the holder to admission to all sessions, a programme, session start lists, refreshments and meals between sessions. There will be no entry poolside without a pass and passes must be worn at all times.
 14. Clubs entering more than 8 swimmers are requested to supply at least two licensed officials for the relevant sessions.
 15. All participants must observe the safety precautions in operation at Inspire: Luton Sports Village. Neither the Promoter nor Team Luton Swimming Club will be responsible for any loss or damage occurring during this Meet.
 16. Warm up protocol: Each warm up session will be divided into two equal length sessions. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. Odd lanes (1, 3, 5, 7) will swim clockwise and even lanes (2, 4, 6, 8) will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads. Coaches are responsible for managing the lanes that their swimmers use during the warm up sessions.
 17. Under ASA child protection guidelines all spectators wishing to use cameras, video or digital capturing devices (including mobile phones) must first register their details on the form provided at the spectator entrance. An identification label will be issued which must be on show at all times. This policy will be vigorously enforced and any person found to be contravening this policy will be asked to leave the gala without refund.
 18. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Promoter. The Promoter reserves the right to amend the Meet Conditions at their discretion.
 19. The Promoter of this Meet is Team Luton Swimming Club, e-mail: galas@teamluton.com

Information regarding this meet can also be obtained from Team Luton Swimming Club's website:

www.teamluton.com



Team Luton Swimming Club 2014 Short Course Open Meet

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PROGRAMME OF EVENTS

Sunday 14 December 2014

Session 1: Start 0900

Boys	All Ages	400m Freestyle
Girls	All Ages	400m Freestyle
Boys	All Ages	100m Breaststroke
Girls	All Ages	100m Breaststroke
Boys	All Ages	50m Backstroke
Girls	All Ages	50m Backstroke
Boys	All Ages	100m Butterfly
Girls	All Ages	100m Butterfly
Boys	All Ages	200m Backstroke
Girls	All Ages	200m Backstroke

Session 2: Start TBA

Boys	All Ages	200m Freestyle
Girls	All Ages	200m Freestyle
Boys	All Ages	200m Butterfly
Girls	All Ages	200m Butterfly
Boys	All Ages	50m Breaststroke
Girls	All Ages	50m Breaststroke
Boys	All Ages	200m Ind Medley
Girls	All Ages	200m Ind Medley
Boys	All Ages	50m Freestyle
Girls	All Ages	50m Freestyle

Session 3: Start TBA

Boys	10/over	400m Ind Medley
Girls	10/over	400m Ind Medley
Boys	All Ages	200m Breaststroke
Girls	All Ages	200m Breaststroke
Boys	All Ages	100m Backstroke
Girls	All Ages	100m Backstroke
Boys	All Ages	50m Butterfly
Girls	All Ages	50m Butterfly
Boys	All Ages	100m Freestyle
Girls	All Ages	100m Freestyle



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PASSES FOR ENTRY TO POOLSIDE

**PLEASE NOTE THAT PASSES MUST BE ORDERED IN ADVANCE AND WILL BE ISSUED ON THE DAY
PASSES MUST BE WORN AT ALL TIMES AS ENTRY TO THE POOLSIDE WILL NOT BE PERMITTED WITHOUT THEM**

The cost of a pass including a programme, a full set of results and lunch will be £20. Requests for passes should be sent with entries with a cheque for the relevant amount made payable to Team Luton Swimming Club.

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REQUEST FOR POOLSIDE PASSES – PLEASE COMPLETE DETAILS AND TICK BOXES FOR PASSES REQUIRED

Name of pass holder	Sunday 14 December

Name of Club

Cheque in favour of Team Luton Swimming Club for £

Signed

Position in Club.....

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Qualifying Times

Ages as at 14 December 2014

SHORT COURSE TIMES: CONVERSIONS ACCEPTED

BOYS		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/ov
50m Freestyle	Upper	33.0	31.5	30.0	28.5	27.0	26.0	25.0
	Lower	-	-	-	-	-	-	-
100m Freestyle	Upper	1:16.0	1:11.3	1:06.5	1:01.2	57.2	55.5	53.8
	Lower	-	-	-	-	-	-	-
200m Freestyle	Upper	2:42.0	2:30.0	2:19.0	2:10.8	2:04.5	2:00.2	1:57.2
	Lower	-	-	-	-	-	-	-
400m Freestyle	Upper	6:06.0	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:15.2
	Lower	-	-	-	-	-	-	-
50m Backstroke	Upper	35.9	34.8	33.5	32.8	31.6	30.8	29.5
	Lower	-	-	-	-	-	-	-
100m Backstroke	Upper	1:25.0	1:19.4	1:12.5	1:09.0	1:04.7	1:02.4	1:00.3
	Lower	-	-	-	-	-	-	-
200m Backstroke	Upper	2:57.8	2:46.7	2:35.9	2:26.4	2:19.0	2:14.0	2:10.1
	Lower	-	-	-	-	-	-	-
50m Breaststroke	Upper	38.9	37.8	36.7	35.8	34.7	33.6	32.8
	Lower	-	-	-	-	-	-	-
100m Breaststroke	Upper	1:32.0	1:27.3	1:20.5	1:17.7	1:13.0	1:10.7	1:08.2
	Lower	-	-	-	-	-	-	-
200m Breaststroke	Upper	3:29.0	3:15.0	3:01.0	2:48.5	2:39.2	2:33.4	2:28.7
	Lower	-	-	-	-	-	-	-
50m Butterfly	Upper	35.1	34.0	32.9	31.8	30.4	29.3	28.1
	Lower	-	-	-	-	-	-	-
100m Butterfly	Upper	1:24.0	1:18.1	1:11.0	1:08.5	1:04.1	1:01.6	59.4
	Lower	-	-	-	-	-	-	-
200m Butterfly	Upper	3:10.3	2:56.3	2:43.2	2:31.9	2:22.8	2:16.3	2:12.0
	Lower	-	-	-	-	-	-	-
200m Individual Medley	Upper	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1
	Lower	-	-	-	-	-	-	-
400m Individual Medley	Upper		6:13.3	5:40.5	5:17.1	5:00.6	4:51.1	4:37.2
	Lower		-	-	-	-	-	-

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Qualifying Times

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SHORT COURSE TIMES: CONVERSIONS ACCEPTED

GIRLS		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/ov
50m Freestyle	Upper	34.0	32.9	31.7	30.7	29.3	27.9	27.6
	Lower	-	-	-	-	-	-	-
100m Freestyle	Upper	1:16.0	1:12.1	1:07.2	1:02.3	1:01.0	59.4	58.8
	Lower	-	-	-	-	-	-	-
200m Freestyle	Upper	2:37.5	2:28.8	2:20.4	2:13.9	2:10.2	2:07.5	2:06.4
	Lower	-	-	-	-	-	-	-
400m Freestyle	Upper	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
	Lower	-	-	-	-	-	-	-
50m Backstroke	Upper	37.9	36.3	35.7	34.5	33.7	32.4	32.0
	Lower	-	-	-	-	-	-	-
100m Backstroke	Upper	1:29.0	1:24.1	1:15.4	1:09.6	1:07.6	1:06.0	1:05.4
	Lower	-	-	-	-	-	-	-
200m Backstroke	Upper	2:54.2	2:45.7	2:36.1	2:28.5	2:24.5	2:21.4	2:19.9
	Lower	-	-	-	-	-	-	-
50m Breaststroke	Upper	41.9	40.7	39.3	38.4	37.2	36.3	35.6
	Lower	-	-	-	-	-	-	-
100m Breaststroke	Upper	1:41.0	1:33.5	1:25.9	1:19.3	1:16.8	1:15.1	1:14.4
	Lower	-	-	-	-	-	-	-
200m Breaststroke	Upper	3:22.0	3:10.5	2:58.7	2:49.4	2:44.8	2:41.4	2:40.7
	Lower	-	-	-	-	-	-	-
50m Butterfly	Upper	36.9	35.9	34.3	33.1	32.3	31.1	30.2
	Lower	-	-	-	-	-	-	-
100m Butterfly	Upper	1:34.0	1:24.5	1:15.7	1:09.7	1:07.6	1:05.8	1:05.2
	Lower	-	-	-	-	-	-	-
200m Butterfly	Upper	3:05.0	2:54.0	2:43.4	2:33.9	2:27.8	2:24.0	2:22.4
	Lower	-	-	-	-	-	-	-
200m Individual Medley	Upper	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:26.2
	Lower	-	-	-	-	-	-	-
400m Individual Medley	Upper		6:12.5	5:38.2	5:20.2	5:11.0	5:00.4	5:00.0
	Lower		-	-	-	-	-	-



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ENTRY FORM

Full Name			DoB		Male / Female
Age at 14 December 2014		Club			
Address					
Tel No			ASA No.		

EVENT	ENTRY TIME
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m Ind Medley	
400m Ind Medley (10/ovr)	
TOTAL ENTRY FEE ENCLOSED @ £6 per Event	£.....

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

Signature of competitor Date

I certify that the above information is correct Club Official

Entry Fee is £6.00 for all events
Cheques made payable to: Team Luton Swimming Club.

Closing date for entries is 12 noon on Thursday 13 November 2014, inclusive of payment.

Late or incomplete entries WILL NOT be accepted.

In the event of over-subscription entries will be accepted on a first come, first served basis.



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SUMMARY OF ENTRIES

(to be submitted with club entries)

		Total
No. of entries @ £6.00		
No. of coach passes @ £20.00		
	GRAND TOTAL £	

Cheques made payable to: Team Luton Swimming Club.

Closing date for entries is 12 noon on Thursday 13 November 2014, inclusive of payment.

Late or incomplete entries WILL NOT be accepted.

E-mail electronic entry files to: galas@teamluton.com

Payment by BACS to: Co-op bank, 2-6 Alma Street, Luton LU12PL

Team Luton Swimming Club, Sort Code 08-90-13, Account number 50352724

(Please use Your Club as reference)

or post with a cheque to: Mary Pelling, 24 Elm Tree Avenue, Cockernhoe, Herts LU2 8QA