

Team Luton Swimming Club



Sprint Meet

Licensed by the ASA at Level 3 under No. 3ER171251

Saturday 15 July 2017

Inspire: Luton Sports Village, Luton

Venue	Inspire: Luton Sports Village, Hitchin Road, Luton, LU2 8DD
Pool	8 Lane, 25m Pool, Electronic Timing, Anti-turbulence lane ropes
Events	50m, 100m All Strokes, 200 IM All age seeded heats A/B finals for 50s/100s Medley Skins (Cash Prizes)
Age Groups	Ages as at 15 July 2017
Fees	Race Entry Fee: £5.00 per event Spectator Entry: £3.00 per session or £5.00 all day. Free Parking
Closing Date for Entries	12.00 Noon on Thursday 22 June 2017
Entries & Enquiries to	galas@teamluton.com



Team Luton Swimming Club Fast & Furious IV Sprint Meet

(Held under ASA Laws and Regulations and ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria)
Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER171251
Team Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA

Saturday 15 July 2017
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 Saturday 15 July 2017 and is licensed by the ASA at Level 3 under Licence No. 3ER171251. The meet will be run in accordance with ASA Laws and Technical Rules and the rules and conditions of this competition.
2. 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. Over the top starts may be used at the referee's discretion.
3. Awards will be available for collection to the first 3 placed swimmers in each A final. Ages are as at 15 July 2017.
4. Heats will be swum with all age groups, seeded by entry time. The fastest 8 swimmers in each age group will progress to the A final for each event, and the next 8 to the B final, along with 2 reserves. Swimmers (including reserves) not wishing to compete in the final should advise the control room within 15 minutes of the results being announced/posted.
5. See separate rules below for the Medley Skins event (NOTE the skins event is not licensed).
6. 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 Category 2 members of the ASA, SASA or WASA or competitors from a country affiliated to FINA.
7. Entry shall be by an Individual Entry Form or using SPORTSYSTEMS Entry Manager and sending the Entry file to the Promoter. Use of the Entry Manager is mandatory where five or more competitors enter from the same club. 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. There are no qualifying times for this competition. Where entry times are provided they should be short course times; times converted using Sportsystems (http://www.sportsys.co.uk/?page_id=197) will be accepted
8. 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.
9. 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.
10. 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.
11. The closing date for receipt of entries, inclusive of payment, is 12 noon on Thursday 22 June 2017. Entries should be emailed to galas@teamluton.com with payment by bank transfer, or posted to Simon Gee, 15 Rueley Dell Road, Lilley, Luton LU2 8LR. Accepted and rejected entries will be posted on the Team Luton website



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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.

12. Swimmers must withdraw from events that they no longer wish to swim. Withdrawal may be made on the day, or can be e-mailed in advance. All withdrawals from heats must be made 45 minutes prior to the start of the first event in each session. Withdrawals from finals and the skins event must be made within 15 minutes of the relevant results being posted. Refunds are not available for withdrawals, other than for medical reasons.
13. Entries to this meet will be held on a computer and consent to the holding of personal information as required by the Data Protection Act 1998 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.
14. Coaches' passes will be issued at a cost of £10. This will entitle the holder to admission to both sessions, a programme, session start lists and food and refreshments between sessions. There will be no entry poolside without a pass and passes must be worn at all times.
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 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. No cameras, video or digital capturing devices (including mobile phones) may be used in the changing area. 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. Results will be provided via a live results service during the competition, and supplied to British Swimming for loading to Rankings.
19. 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 in consultation with the Lead Referee.
20. The Promoter of this Meet is Simon Gee, e-mail galas@teamluton.com.

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



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Medley Skins Rules

1. The 8 fastest swimmers from the heats of the 200 individual medley will qualify for the "Medley Skins". The 8 swimmers start in a continuous series of seven 50m sprints, with the slowest being eliminated at the end of each round until only 2 remain. These 2 then go head to head in the final round to decide the winner. Skins events will be held for girls and boys and will be swum.
2. Cash prizes of £30, £20 and £10 for the winner, runner up and third placed swimmer in each event respectively.
3. Finalists and reserves for the Medley skins events will be posted and announced following the end of the 200m IM event. Finalists should report to the control room within 15 minutes of the announcement should they wish to withdraw from the Medley Skins.
4. Lanes will be allocated on the basis of spearheading based on times achieved in the qualifying 200m individual medley event. Swimmers are required to swim each race in their allocated lane until the final race. The remaining two swimmers will occupy the centre lanes, the fastest qualifier in Lane 3 and the other in Lane 4.
5. The stroke for each individual race will be by random draw from a choice of Frontcrawl, Breaststroke, Butterfly and Backstroke. The draw for the stroke to be contested in the first round will be undertaken by a person to be nominated by the meet promoter. Draws for subsequent rounds will be by the swimmer eliminated from the previous round. If more than one swimmer is eliminated in a round, the draw will be by the first swimmer eliminated, or by decision of the Referee if eliminated at the same time.
6. The first race in each Event will commence in accordance with ASA Technical Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m.
7. Subsequent rounds will start following an interval of 3 minutes from the previous Start. Swimmers will be responsible to be at the start block for the start of their race, and will not be reinstated if they miss the start. The starter will give a 15 second warning using a whistle. No other warning will be given before the start signal.
8. In all races swimmers are required to comply with the FINA Swimming Rules regarding Start, Stroke and Finish conditions. Failure to do so will lead to elimination by disqualification.
9. The slowest competitor in each round shall be eliminated unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition. In the case of more than one swimmer being disqualified, all affected swimmers are eliminated.
10. Determination of the slowest swimmer will be by the Referee utilising the AOE report or manual timekeeping or manual Finish Judges, in accordance with ASA Technical Rules governing placing.
11. In the case of a dead heat, all affected swimmers will progress to the next round and then two or more swimmers will be eliminated from the next round (depending on how many swimmers were in the dead heat).
12. Should for any reason the competition have to be halted before its conclusion it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the ASA Technical Rules of the relevant stroke.
13. In the case of a dead heat in the final race, the race will be declared a tie, and the prize money will be divided equally between the two remaining swimmers.
14. The Medley Skins is not licensed but will be run under ASA Laws and Technical Rules

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PROGRAMME OF EVENTS

Session 1

Withdrawals & Warm Up 1300; Start 1345

Est. Finish 1645

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

A/B Finals

Session 2

Withdrawals & Warm Up TBC; Start TBC

Est. Finish TBC

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

A/B Finals

Medley Skins



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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, refreshments and a meal will be £10.00 per pass. 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

Name of Club

Cheque in favour of Team Luton Swimming Club for £

Signed

Position in Club.....

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Qualifying Standard (Short Course Times)

UPPER LIMITS		Open
50m Freestyle	Boys	23.0
	Girls	24.5
100m Freestyle	Boys	50.0
	Girls	53.0
50m Backstroke	Boys	24.5
	Girls	26.0
100m Backstroke	Boys	58.0
	Girls	1:00.0
50m Breaststroke	Boys	28.0
	Girls	30.0
100m Breaststroke	Boys	1:00.0
	Girls	1:04.0
50m Butterfly	Boys	27.0
	Girls	28.5
100m Butterfly	Boys	58.0
	Girls	1:02.0
200m Individual Medley	Boys	2:00.0
	Girls	2:15.0



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ENTRY FORM

Name			DoB		Male / Female
Age at 15 July 2017		Club			
Email					
Tel No			ASA No.		

EVENT	ENTRY TIME
50m Freestyle	
100m Freestyle	
50m Backstroke	
100m Backstroke	
50m Breaststroke	
100m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Individual Medley	
TOTAL ENTRY FEE ENCLOSED (£5 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 £5.00 for all events; Cheques made payable to: Team Luton Swimming Club

Closing date for entries is 12 noon on Thursday 22 June 2017, 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)

Club Name :

		Total
No. of entries @ £5.00		
No. of coach passes @ £10.00		
	GRAND TOTAL £	

Cheques made payable to: Team Luton Swimming Club.

Closing date for entries is 12 noon on Thursday 22 June 2017, 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 FF17 and your Club or Surname as reference)

or post with a cheque to: Simon Gee, 15 Rueley Dell Road, Lilley, Luton LU2 8LR