
Team Luton Swimming Club

2017 Autumn Short Course Meet

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER171628

Saturday 23 & Sunday 24 September 2017

Inspire: Luton Sports Village, Luton

Venue	Inspire: Luton Sports Village, Hitchin Road, Luton, LU2 8DD
Pool	8 Lane, 25m Pool, Electronic Timing, swim down pool
Events	50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM 800m Freestyle Female, 1500m Freestyle Male
Age Groups	9, 10, 11, 12, 13, 14, 15/over Ages as at 23 September 2017 9 year olds may not enter 100m events, 800m/1500m Freestyle
Fees	Race Entry Fee: £6.00 per event (800m/1500m at £12) Spectator Entry: £5.00 per session or £10.00 all day. Free Parking
Entries To	galas@teamluton.com
Closing Date for Entries	12.00 Noon on Saturday 26 August 2017

Autumn Short Course Meet 2017

(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 23 September 2017

Saturday 23 & Sunday 24 September 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 23 & Sunday 24 September 2017 and is licensed by the ASA at Level 3 under Licence No. 3ER171628. The meet will be run in accordance with ASA Laws and Technical Rules, Licensing Criteria 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 23 September 2017.
3. The competition pool will be configured as 25m; the competition will be swum short course. Over the top starts may be used at the referee's discretion.
4. Competitors must be members of an affiliated club, eligible to compete 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 registered in a country affiliated to FINA. Team Luton Swimming Club is affiliated to Bedfordshire County ASA and East Region ASA.
5. Upper cut-off times are provided; there are no lower limit times and entry will be accepted without entry times.
6. Entries should be made via SPORTSYSTEMS Entry Manager file or individual entry form together with entry fees and should reach the Promoter by 12 noon Saturday 26 August 2017. The entry fee is £6.00 per event with the exception of 800/1500m freestyle at £12.
7. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. Entries for the Boys 1500m Freestyle and the Girls 800m Freestyle may be limited to a maximum of 24 and 40 respectively. In the event that entries are rejected, fees will be refunded by a single cheque made payable to club in question.
8. 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.
9. Where five or more competitors enter from the same club, entry shall 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. NOTE. Entries for the 1500.800 freestyle are made under Men's/Women's events as these attract a different entry fee.
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. Individual entries will only be accepted at the Promoter's discretion. Late entries, day of meet entries, time trials and day of meet alterations will not be accepted, unless due to administrative error.
11. Paper entries and cheques should be posted to: Simon Gee, 15 Rueley Dell Road, Lilley, Luton LU2 8LR and must arrive by the closing date.

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12. 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.
 13. Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a schedule of their accepted entries with their coaches' pack. Withdrawal may be made on the day, or can be e-mailed in advance, but must be made at least 45 minutes prior to the start of the first event in each session. Refunds are not available for withdrawals after the accepted entries have been posted, other than for medical reasons.
 14. 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.
 15. Coaches' passes will be issued at a cost of £20 per day or £30 for a two day pass. This will entitle the holder to admission to all sessions, a programme, session start lists, meals and refreshments. There will be no entry to poolside without a pass and passes must be worn at all times.
 16. 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.
 17. 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.
 18. 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.
 19. Participants and spectators are requested to follow the ASA guidelines for photography and use of photographs on social media. The ASA Child Safeguarding Policy and Procedures, Wavepower 2016-19 Section 2 provides guidance on the use of social networking (page 72-75) and guidance on photography (page 76-77). <http://www.swimming.org/asa/clubs-and-members/safeguarding-children/>. Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.
 20. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.
 21. The Promoter of this Meet is Simon Gee on behalf of 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

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PROGRAMME OF EVENTS

Saturday 23 September 2017

Session 1

Warm up 0830; Start 0915

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

Sunday 24 September 2017

Session 4

Warm up 0830; Start 0915

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

45 minute warm up

Session 2

Start TBA

Girls	All Ages	200m Butterfly
Boys	All Ages	200m Backstroke
Girls	All Ages	200m Ind Medley
Boys	10/over	1500 Freestyle

Session 5

Start TBA

Boys	All Ages	200m Butterfly
Girls	All Ages	200m Backstroke
Boys	All Ages	200m Ind Medley
Girls	10/over	800m Freestyle

45 minute warm up

Session 3

Start TBA

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

Session 6

Start TBA

Boys	All Ages	200m Freestyle
Girls	10/over	100m Freestyle
Boys	All Ages	200m Breaststroke
Girls	All Ages	50m Butterfly
Boys	All Ages	50m 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 and meals between sessions will be £20.00 per day per pass, or £30 for the weekend. 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	Saturday 23 September	Sunday 24 September

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 23 September 2017

SHORT COURSE TIMES

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		1:11.3	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							
1500m Freestyle	Upper		20:00.0	20:00.0	18:00.5	17:08.2	16:35.7	16:09.7
	Lower							
50m Backstroke	Upper	35.9	34.8	33.5	32.8	31.6	30.8	29.5
	Lower							
100m Backstroke	Upper		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		1:27.3	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		1:18.1	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	6:45.5	6:13.3	5:40.5	5:17.1	5:00.6	4:51.1	4:37.2
	Lower							

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SHORT COURSE TIMES

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		1:12.1	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							
800m Freestyle	Upper		9:58.5	9:58.5	9:26.9	9:10.6	8:57.9	8:57.9
	Lower							
50m Backstroke	Upper	37.9	36.3	35.7	34.5	33.7	32.4	32.0
	Lower							
100m Backstroke	Upper		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		1:33.5	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		1:24.5	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	6:36.7	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 23/09/17		Club		
Address				
Tel No		ASA No.		

EVENT	ENTRY TIME
50m Freestyle	
100m Freestyle (10/ov)	
200m Freestyle	
400m Freestyle	
800m Freestyle (10/ov) (@£12)	
1500m Freestyle (10/ov) (@£12)	
50m Backstroke	
100m Backstroke (10/ov)	
200m Backstroke	
50m Breaststroke	
100m Breaststroke (10/ov)	
200m Breaststroke	
50m Butterfly	
100m Butterfly (10/ov)	
200m Butterfly	
200m Ind Medley	
400m Ind Medley	
TOTAL ENTRY FEE ENCLOSED	£.....

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 EXCEPT 800m/1500m freestyle at £12.
Cheques made payable to: Team Luton Swimming Club.

Closing date for entries is 12 noon on Saturday 26 August 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 (inclusive of payment).



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SUMMARY OF ENTRIES

(to be submitted with ALL club entries)

CLUB NAME.....

		Total
No. of entries @ £6.00		
No. of entries @ £12.00		
No. of coach passes @ £20.00 (1 day)		
No. of coach passes @ £30.00 (2 day)		
	GRAND TOTAL £	

Cheques made payable to: Team Luton Swimming Club.

Closing date for entries is 12 noon on Saturday 26 August 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 SS17 + your ASA Club Code as reference)

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