

## Team Luton Swimming Club

### 2017 November Short Course Meet

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER172383

Saturday 18 & Sunday 19 November 2017

**Inspire: Luton Sports Village, Luton**

<b>Venue</b>	Inspire: Luton Sports Village, Hitchin Road, Luton, LU2 8DD
<b>Pool</b>	8 Lane, 25m Pool, Electronic Timing, swim down pool
<b>Events</b>	50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM 800m Freestyle Female, 1500m Freestyle Male
<b>Age Groups</b>	9, 10, 11, 12, 13, 14, 15/over Ages as at 19 November 2017 9 year olds may not enter 100m events, 800m/1500m Freestyle
<b>Fees</b>	Race Entry Fee: £6.00 per event (800m/1500m at £12) Spectator Entry: £4.00 per session or £10.00 all day. Free Parking
<b>Entries To</b>	<a href="mailto:galas@teamluton.com">galas@teamluton.com</a>
<b>Closing Date for Entries</b>	12.00 Noon on Saturday 28 October 2017



## November Short Course Meet 2017

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER172383

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

**Ages as at 19 November 2017**

**Saturday 18 & Sunday 19 November 2017**

**at Inspire: Luton Sports Village**

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

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### COMPETITION RULES AND CONDITIONS

1. The meet will take place at Inspire: Luton Sports Village on Saturday 18 & Sunday 19 November 2017 and is licensed by the ASA at Level 3 under Licence No. 3ER172383. 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 19 November 2017.
3. The competition pool will be configured as 25m and 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 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.
5. Upper and lower qualifying times are provided. Entry times must have been achieved since 1 January 2016, be within the qualifying standards and be on the British Swimming rankings. Short course or converted long course times will be accepted.
6. Entries should be made via SPORTSYSTEMS Entry Manager file using the "get times" button (or individual entry form if applicable) and backed up with the individual entry form together with entry fees and should reach the Promoter by **12 noon Saturday 28 October 2017**. The entry fee is £6.00 per event with the exception of 800/1500m freestyle which 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 with a time slower than the lower limit standard. An entry time must be provided.
9. Entry shall be by an Individual Entry Form. 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. Electronic entries should be supported with a club summary entry form.
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.



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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. 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. Swimmers failing to attend the start of a heat without withdrawing may incur a £5 penalty, which must be paid by the swimmer or their club before the swimmer is allowed to participate further in the meet. 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. 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.
  20. The Promoter of this Meet is Simon Gee on behalf of Team Luton Swimming Club, e-mail [galas@teamluton.com](mailto:galas@teamluton.com).

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

[www.teamluton.com](http://www.teamluton.com)

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### PROGRAMME OF EVENTS

#### Saturday 18 November 2016

##### 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 Ind Medley
Boys	10/over	100m Butterfly
Girls	All Ages	50m Backstroke
Boys	All Ages	50m Backstroke

#### Sunday 19 November 2016

##### Session 4

Warm up 0830; Start 0915

Girls	All Ages	400m Freestyle
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 Breaststroke

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.

☐.....

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

Name of pass holder	Saturday 18 November	Sunday 19 November

Name of Club .....

Cheque in favour of Team Luton Swimming Club for £ .....

Signed .....

Position in Club.....

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### Saturday 18 & Sunday 19 November 2017

### Qualifying Times

### Ages as at 19 November 2017

#### SHORT COURSE TIMES

<b>BOYS</b>		<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15yrs/ov</b>
50m Freestyle	Upper	33.0	31.5	30.0	28.5	27.0	26.0	25.0
	Lower	58.3	53.3	49.3	45.7	42.0	40.4	38.4
100m Freestyle	Upper		1:11.3	1:06.5	1:01.2	57.2	55.5	53.8
	Lower		1:58.5	1:48.7	1:41.7	1:35.6	1:25.1	1:16.1
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	4:13.4	3:57.4	3:41.9	3:28.9	3:15.9	3:03.6	2:55.0
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	8:38.1	7:56.0	7:29.7	7:08.8	6:55.4	6:37.5	6:37..5
1500m Freestyle	Upper		20:00.0	20:00.0	18:00.5	17:08.2	16:35.7	16:09.7
	Lower		31:00.0	31:00.0	29:21.7	27:56.3	27:03.4	26:21.1
50m Backstroke	Upper	35.9	34.8	33.5	32.8	31.6	30.8	29.5
	Lower	1:04.8	58.8	54.2	50.4	46.9	44.2	42.7
100m Backstroke	Upper		1:19.4	1:12.5	1:09.0	1:04.7	1:02.4	1:00.3
	Lower		2:09.6	2:02.5	1:52.2	1:44.9	1:38.4	1:33.6
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	4:38.1	4:20.1	4:02.4	3:48.4	3:33.4	3:19.5	3:09.5
50m Breaststroke	Upper	38.9	37.8	36.7	35.8	34.7	33.6	32.8
	Lower	1:10.8	1:04.8	59.5	55.8	51.8	48.5	46.9
100m Breaststroke	Upper		1:27.3	1:20.5	1:17.7	1:13.0	1:10.7	1:08.2
	Lower		2:22.5	2:15.0	2:05.4	1:56.7	1:49.5	1:44.0
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	5:19.4	4:57.4	4:35.1	4:18.4	4:00.3	3:44.2	3:32.7
50m Butterfly	Upper	35.1	34.0	32.9	31.8	30.4	29.3	28.1
	Lower	1:03.3	57.3	53.5	49.8	45.6	42.6	41.2
100m Butterfly	Upper		1:18.1	1:11.0	1:08.5	1:04.1	1:01.6	59.4
	Lower		2:06.3	1:59.5	1:51.5	1:44.3	1:37.7	1:32.7
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	5:15.1	4:51.1	4:17.8	4:12.8	3:57.1	3:43.0	3:30.8
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	4:45.7	4:40.0	4:19.2	4:04.2	3:51.3	3:43.8	3:32.4
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	10:48.5	10:08.7	9:15.2	8:37.1	8:10.1	7:54.6	7:31.9

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### Qualifying Times

Ages as at 19 November 2017

#### 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	59.3	54.3	50.3	46.7	44.0	41.4	41.4
100m Freestyle	Upper		1:12.1	1:07.2	1:02.3	1:01.0	59.4	58.8
	Lower		1:51.4	1:46.6	1:43.7	1:40.6	1:30.1	1:30.1
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	4:21.4	4:05.4	3:49.9	3:36.9	3:32.9	3:11.6	3:11.6
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	8:45.2	7:59.0	7:37.9	7:26.1	7:09.8	7:09.8	7:08.9
800m Freestyle	Upper		9:58.5	9:58.5	9:26.9	9:10.6	8:57.9	8:57.9
	Lower		16:15.8	16:15.8	15:24.3	14:57.7	14:37.0	14:37.0
50m Backstroke	Upper	37.9	36.3	35.7	34.5	33.7	32.4	32.0
	Lower	1:05.8	59.8	56.2	53.4	49.9	47.2	47.2
100m Backstroke	Upper		1:24.1	1:15.4	1:09.6	1:07.6	1:06.0	1:05.4
	Lower		2:08.5	1:59.8	1:57.2	1:49.9	1:43.4	1:43.4
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	4:51.1	4:35.1	4:15.4	4:01.4	3:46.4	3:32.5	3:32.5
50m Breaststroke	Upper	41.9	40.7	39.3	38.4	37.2	36.3	35.6
	Lower	1:11.8	1:06.8	1:02.5	58.8	54.8	51.5	51.5
100m Breaststroke	Upper		1:33.5	1:25.9	1:19.3	1:16.8	1:15.1	1:14.4
	Lower		2:24.1	2:16.3	2:10.4	2:02.7	1:55.5	1:55.5
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	5:31.4	5:09.4	4:47.1	4:30.4	4:12.3	3:56.2	3:56.2
50m Butterfly	Upper	36.9	35.9	34.3	33.1	32.3	31.1	30.2
	Lower	1:07.3	58.3	54.5	51.8	48.6	45.6	45.6
100m Butterfly	Upper		1:24.5	1:15.7	1:09.7	1:07.6	1:05.8	1:05.2
	Lower		2:25.9	2:16.0	1:57.5	1:50.3	1:43.7	1:43.7
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	5:27.1	5:03.1	4:29.8	4:24.8	4:09.1	3:55.0	3:55.0
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	4:48.6	4:42.7	4:19.6	4:07.5	4:01.1	3:52.9	3:52.9
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	10:47.3	10:07.4	9:11.4	8:42.1	8:27.1	8:09.7	8:09.1



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## ENTRY FORM

Full Name		DoB		Male / Female
Age at 19/11/17		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	
<b>TOTAL ENTRY FEE ENCLOSED</b>	<b>£.....</b>

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 28 October 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 28 October 2017, inclusive of payment.

Late or incomplete entries WILL NOT be accepted.

E-mail electronic entry files to: [galas@teamluton.com](mailto:galas@teamluton.com)

Please email [treasurer@teamluton.com](mailto:treasurer@teamluton.com) for BACS Payment details

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