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## Team Luton Swimming Club

### 2018 October Short Course Meet

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER181018

Saturday 20 & Sunday 21 October 2018

**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 21 October 2018 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: £5.00 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 22 September 2018



## Autumn Short Course Meet 2018

(Under ASA Laws and Technical Rules)

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

**Ages as at 21 October 2018**

**Saturday 20 & Sunday 21 October 2018**

**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 20 & Sunday 21 October 2018 and is licensed by Swim England at Level 3 under Licence No. 3ER181018. 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. Ages are as at 21 October 2018.
3. Awards will be available for collection to the first 3 placed swimmers in each event, in each age group.
4. 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.
5. 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 Swim England, SASA or WASA or registered in a country affiliated to FINA. Team Luton Swimming Club is affiliated to Bedfordshire County ASA and Swim England East Region.
6. Upper and lower qualifying times are provided. Entry times must have been achieved since 1 January 2017, be within the qualifying standards and be on the British Swimming rankings. Short course or converted long course times will be accepted.
7. Entries must be made via SPORTSYSTEMS Entry Manager file using the "Get Times" function or individual entry form together with entry fees and should reach the Promoter by **12 noon Saturday 22 September 2018**. The entry fee is £6.00 per event with the exception of 800/1500m freestyle at £12. Files generated by other software or systems other than Sportsystems Entry Manager will not be accepted.
8. 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.
9. Those swimmers in possession of a Swim England Certificate of Swimming Disability or those swimmers whose Swim England membership details record a disability Sport Class are welcome to enter the competition.
10. 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.
11. 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.
12. Late entries, day of meet entries, time trials and day of meet alterations will not be accepted, unless due to administrative error.
13. Paper entries and cheques should be posted to: Fiona Walmsley, 16 Roundwood Park, Harpenden,

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Hertfordshire AL5 3AB and must arrive by the closing date.

14. Accepted and rejected entries will be posted on the Team Luton website within 2 weeks of the closing date.
15. 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.
16. Entries to this meet will be processed in accordance with our privacy notice for swim meets. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers have been passed to us by a swim club rather than by the individuals themselves, we rely on the swim club to ensure that consent has been obtained. If required, the swim club should be able to provide evidence to us that such consent has been given. Please see 'Privacy Notice - Swim Meets' <https://bit.ly/2H8mAjD> for further information.
17. 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.
18. 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.
19. 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.
20. Over the top starts may be used at the referee's discretion.
21. 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.
22. Participants, spectators and coaches are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England 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.
23. Results will be supplied to British Swimming for loading to Rankings.
24. 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.
25. The Promoter of this Meet is Fiona Walmsley on behalf of Team Luton Swimming Club, e-mail



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galas@teamluton.com.

26. 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 20 October 2018

##### 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 21 October 2018

##### 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 20 October	Sunday 21 October

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 21 October 2018

### 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	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 21 October 2018

### 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

Name		DoB		ASA Reg. No.	
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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 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. I consent to the use of my personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings.

Signature of competitor ..... Date .....

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 22 September 2018, **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 22 September 2018, inclusive of payment.

Late or incomplete entries WILL NOT be accepted.

E-mail electronic entry files to: [galas@teamluton.com](mailto: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 OS18 + your Swim England Club Code as reference)

or post with a cheque to: Fiona Walmsley, 16 Roundwood Park, Harpenden, Herts AL5 3AB