



# Team Luton Swimming Club

## March Long Course Meet 2019

(Level 1 Licence No. 1ER190183)

**Inspire: Luton Sports Village, Luton**  
**Saturday 30 & Sunday 31 March 2019**

Under ASA Laws & Technical Rules

<b>Venue</b>	Inspire: Luton Sports Village, Hitchin Road, Luton, LU2 8DD
<b>Pool</b>	8 Lane, 50m Pool, Electronic Timing, Anti-turbulence lane ropes
<b>Age Groups</b>	11, 12, 13, 14, 15, and 16/over Ages as at 31 December 2019
<b>Awards</b>	Top 3 in each age band, each event
<b>Events</b>	50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM 800m and 1500m Freestyle (Male and Female)
<b>Fees</b>	Race Entry Fee: £7.50 per event (800m/1500m at £16) Spectator Entry: £5.00 per session or £10.00 all day. Free Parking
<b>Entries To</b>	Fiona Walmsley. 16 Roundwood Park, Harpenden, Herts AL5 3AB Enquiries to <a href="mailto:galas@teamluton.com">galas@teamluton.com</a>
<b>Closing Date for Entries</b>	12.00 Noon on Saturday 23 February 2019

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(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional and National Championships at Level 1 under No. 1ER190183

**Saturday 30 & Sunday 31 March 2019**  
**at Inspire: Luton Sports Village**  
**Hitchin Road, Luton, LU2 8DD**

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### COMPETITION CONDITIONS

1. The meet will take place at Inspire: Luton Sports Village on Saturday 30 & Sunday 31 March 2019 and is licensed by Swim England at Level 1 under Licence No. 1ER190183 for entry into Regional and National Championships. The meet will be run in accordance with ASA Laws and Technical Rules and these conditions.
2. Ages are as at 31 December 2019. Age bands for awards are 11, 12, 13, 14, 15, and 16/over.
3. The pool is 50m and the competition will be swum long course
4. Over the top starts may be used at the referee's discretion.
5. All competitors must be members of an affiliated club, eligible to compete and registered in accordance with ASA laws and ASA 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 Swim England, SASA or WASA or competitors from a country affiliated to FINA.
6. All events will be Timed Finals. Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded on entry time
7. Medals will be available for collection for the first 3 placed swimmers in each age band and event.
8. Entry times must have been achieved since 1 January 2018, be on the British Swimming Rankings and should be short course times; times converted using Sportsystems will be accepted. Entries must be equal to or faster than the published qualifying times.
9. 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 23 February 2019**. The entry file can be downloaded from [teamluton.com](http://teamluton.com) or supplied on request. The entry fee is £7.50 per event with the exception of 800/1500m freestyle at £16.
10. Swimmers in possession of a Swim England Certificate of Swimming Disability or whose Swim England membership record details a disability Sport Class are welcome to enter the competition with a time slower than the lower limit standard. An entry time from Rankings must be provided.
11. Complete entries from clubs should be submitted with a single cheque. Individual entries will only be accepted at the Promoter's discretion. Late entries, day of meet entries and day of meet alterations will not be accepted, unless due to administrative error.
12. The meet promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In particular, in the event of over-subscription, the meet promoter reserves the right to limit the total number of 800m heats to 5 in Session 2 (with a minimum of one heat for males), and to 3 heats of 1500m in Session 5 (with a minimum of one heat for females).
13. Entry will be accepted based on quickest times by age group and event. In the event that entries are rejected, fees will be refunded by a single cheque made payable to club in question. The promoter reserves the right to give preference to complete entries from a maximum of two overseas clubs where swimmers need to pre-book flights.
14. Swimmers must withdraw from events that they no longer wish to swim. Accepted and rejected entries will be

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posted on the Team Luton website within 2 weeks of the closing date. Withdrawal slips will be available from the control room on the day, or may be e-mailed in advance. All withdrawals must be made 45 minutes prior to the start of the first event in each session. Swimmers failing to attend the start of a heat without withdrawing will incur a £10 penalty, which will be deducted from any refunds or invoiced to the club. Refunds are not available for withdrawals, other than for medical reasons.

15. 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.
16. Coaches' passes will be issued at a cost of £20 per day or £35 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 shown at all times.
17. 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.
18. 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.
19. 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 may be asked to leave the gala without refund.
20. 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.
21. Results will be provided via a live results service at [results.teamluton.com](http://results.teamluton.com) during the competition, and supplied to British Swimming for loading to Rankings.
22. 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.
23. The Promoter of this Meet is Fiona Walmsley on behalf of Team Luton Swimming, e-mail [galas@teamluton.com](mailto:galas@teamluton.com).

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## PROGRAMME OF EVENTS

### Saturday 30 March 2019

### Sunday 31 March 2019

1 hour warm up

#### Session 1

Start 0930

Girls	400m Ind Medley
Boys	100m Butterfly
Girls	50m Backstroke
Boys	50m Breaststroke
Girls	100m Breaststroke
Boys	400m Freestyle
Girls	100m Freestyle

#### Session 4

Start 0930

Boys	400m Ind Medley
Girls	100m Butterfly
Boys	50m Backstroke
Girls	50m Breaststroke
Boys	100m Breaststroke
Girls	400m Freestyle
Boys	100m Freestyle

1 hour warm up

#### Session 2

Start TBA

Boys	100m Backstroke
Girls	200m Butterfly
Boys	200m Freestyle
Girls	800 Freestyle
Boys	800 Freestyle

#### Session 5

Start TBA

Girls	100m Backstroke
Boys	200m Butterfly
Girls	200m Freestyle
Boys	1500m Freestyle
Girls	1500m Freestyle

1 hour warm up

#### Session 3

Start TBA

Boys	200m Ind Medley
Girls	200m Backstroke
Boys	200m Breaststroke
Girls	50m Freestyle
Boys	50m Butterfly

#### Session 6

Start TBA

Girls	200m Ind Medley
Boys	200m Backstroke
Girls	200m Breaststroke
Boys	50m Freestyle
Girls	50m Butterfly



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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, start lists, a full set of results, breakfast, lunch and refreshments will be £20.00 per day per pass, or £35 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 30 March	Sunday 31 March

Name of Club .....

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

Signed .....

Position in Club.....

**Please send to: Fiona Walmsley, 16 Roundwood Park, Harpenden, Hertfordshire. AL5 3AB**



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## ENTRY FORM

Full Name			DoB		Male / Female
Age at 31 December 2019		Club			
e-mail					
Tel No			ASA Reg. No.		

EVENT	ENTRY TIME
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
800m Freestyle @ £16	
1500m Freestyle @ £16	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m Ind Medley	
400m Ind Medley	
<b>TOTAL ENTRY FEE @£7.50 per EVENT 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 .....

Cheques made payable to: Team Luton Swimming Club

Closing date for entries: 12 noon Saturday 23 February 2019. Late or incomplete entries WILL NOT be accepted.

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

Payment by BACS to: Team Luton Swimming Club, Co-op bank, Sort Code 08-90-13, Account No. 50352724  
Please use "ML19" and swimmer/club name as a reference

Or post to: Fiona Walmsley. 16 Roundwood Park, Harpenden. Herts. AL5 3AB



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## SUMMARY OF ENTRIES

(to be submitted with club entries)

Club .....

		Total
No. of entries @ £7.50		
No. of entries @ £16.00		
No. of coach passes @ £20.00 (1 day)		
No. of coach passes @ £35.00 (2 day)		
	GRAND TOTAL £	

Cheques made payable to: Team Luton Swimming Club.

Closing date for entries is 12 noon Saturday 23 February 2019. Late or incomplete entries may 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 "ML19" and your ASA Club Code as reference)

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



## Team Luton Swimming Club: March Long Course Meet 2019

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**Minimum Qualifying Standard (25m)**

Ages are as at 31 December 2019

BOYS						EVENT	GIRLS					
11	12	13	14	15	16/ov		11	12	13	14	15	16/ov
00:38.4	00:36.2	00:34.2	00:32.2	00:30.4	00:28.7	Freestyle 50m	00:40.8	00:38.5	00:36.3	00:34.3	00:32.3	00:30.5
01:25.8	01:18.8	01:13.7	01:09.8	01:06.9	01:02.5	Freestyle 100m	01:26.2	01:19.3	01:15.2	01:12.7	01:09.1	01:07.3
03:03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:16.2	Freestyle 200m	03:04.4	02:51.3	02:42.5	02:36.2	02:29.1	02:25.8
06:26.4	05:56.5	05:38.1	05:21.8	05:07.0	04:49.0	Freestyle 400m	06:27.4	05:56.4	05:38.8	05:26.3	05:12.8	05:06.3
13:00.0	12:00.0	11:39.0	10:45.1	10:26.5	10:22.1	Freestyle 800m	13:04.0	12:19.6	11:39.0	11:10.8	10:56.0	10:50.0
26:13.8	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	Freestyle 1500m	25:30.2	24:30.1	22:20.5	21:57.00	21:19.0	21:00.0
00:51.5	00:48.6	00:45.9	00:43.3	00:40.8	00:38.5	Breaststroke 50m	00:53.5	00:50.5	00:47.6	00:44.9	00:42.4	00:40.0
01:50.2	01:41.5	01:34.7	01:28.8	01:24.6	01:18.8	Breaststroke 100m	01:50.3	01:41.6	01:35.2	01:30.8	01:27.5	01:23.6
03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:51.5	Breaststroke 200m	03:55.5	03:36.6	03:24.9	03:15.5	03:06.7	02:59.8
00:43.4	00:40.9	00:38.6	00:36.4	00:34.3	00:32.4	Butterfly 50m	00:45.5	00:42.9	00:40.5	00:38.2	00:36.0	00:34.0
01:36.9	01:27.7	01:21.5	01:16.8	01:12.8	01:07.7	Butterfly 100m	01:38.1	01:28.8	01:23.4	01:19.9	01:16.3	01:14.3
03:23.3	03:12.5	02:59.9	02:49.9	02:40.9	02:30.3	Butterfly 200m	03:34.6	03:23.4	03:12.6	03:01.7	02:53.5	02:47.1
00:44.3	00:41.8	00:39.4	00:37.2	00:35.1	00:33.1	Backstroke 50m	00:47.2	00:44.6	00:42.0	00:39.7	00:37.4	00:35.3
01:37.3	01:29.8	01:24.1	01:19.2	01:15.0	01:10.2	Backstroke 100m	01:37.5	01:29.9	01:24.5	01:21.7	01:17.9	01:14.6
03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:30.3	Backstroke 200m	03:26.3	03:11.0	03:00.6	02:54.3	02:45.8	02:39.9
03:29.6	03:14.3	03:02.8	02:52.7	02:44.8	02:33.8	Ind Medley 200m	03:29.6	03:14.3	03:03.3	02:56.8	02:48.9	02:43.7
07:26.3	06:50.8	06:26.7	06:06.4	05:49.3	05:27.5	Ind Medley 400m	07:26.2	06:47.3	06:24.9	06:10.6	05:55.2	05:43.9