

CITY OF  
**BRISTOL**  
AQUATICS

**City of Bristol L3 Long Course Summer Meet**

**July 8<sup>th</sup> / 9<sup>th</sup> 2017**

**AT THE HENGROVE PARK LEISURE CENTRE**

(Held under ASA Laws and Technical Rules - Licence Number 3SW171112)

Licensed Level 3 for entry into local and regional competitions.

50m, 10 lane pool with anti-wave ropes and electronic timing.

Large spectator seating area and spacious Cafeteria.

**All events from 50m to 400m**

**All events are heat declared winners**

**All events are subject to entry times being achieved.**

**All entries are to be electronic, via HY-TEK entry file (see website for details) where possible**

**Clubs will be requested to supply one qualified official for every 5 swimmers entered.**

**Age as on 9<sup>th</sup> July 2017**

Awards will be given in the following age groups:-

9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15/over.

There will also be awards for top girl and top boy.

Open meet information/entry pack can be downloaded from the website [www.cobswimmingclub.co.uk](http://www.cobswimmingclub.co.uk)  
or e-mail us at

meetmanager@cobaquatics.club

Entries will be on a "first come, first served" basis.

**Entries close midnight Friday 9<sup>th</sup> June 2017**

**In partnership with**



**BATH DOLPHIN**



# PROGRAMME OF EVENTS

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park  
Bristol, United Kingdom, BS14 0JZ  
Licence Number 3SW171112

## Saturday 8<sup>th</sup> July 2017

### Session 1 – Warm Up 8:15am – Start 09:00am

Event 1	Girls	9 and over	400 Freestyle	HDW
Event 2	Boys	9 and over	400 IM	HDW

### Session 2 – Warm Up 10:00am – Start 11:00am

Event 3	Girls	9 and over	200 IM	HDW
Event 4	Boys	9 and over	100 Backstroke	HDW
Event 5	Girls	9 and over	100 Breaststroke	HDW
Event 6	Boys	9 and over	200 Freestyle	HDW
Event 7	Girls	9 and over	50 Breaststroke	HDW
Event 8	Boys	9 and over	50 Backstroke	HDW

### Session 3 – Warm Up 2.15pm – Start 3.15pm

Event 9	Girls	9 and over	200 Backstroke	HDW
Event 10	Boys	9 and over	200 Breaststroke	HDW
Event 11	Girls	9 and over	200 Freestyle	HDW
Event 12	Boys	9 and over	100 Freestyle	HDW
Event 13	Girls	9 and over	100 Butterfly	HDW
Event 14	Boys	9 and over	50 Butterfly	HDW
Event 15	Girls	9 and over	50 Freestyle	HDW

## Sunday 9<sup>th</sup> July 2017

### Session 4 – Warm Up 8:15am – Start 09:00am

Event 16	Boys	9 and over	400 Freestyle	HDW
Event 17	Girls	9 and over	400 IM	HDW

### Session 5 – Warm Up 10:00am – Start 11:00am

Event 18	Boys	9 and over	200 IM	HDW
Event 19	Girls	9 and over	100 Backstroke	HDW
Event 20	Boys	9 and over	100 Breaststroke	HDW
Event 21	Girls	9 and over	200 Butterfly	HDW
Event 22	Boys	9 and over	200 Butterfly	HDW
Event 23	Girls	9 and over	50 Backstroke	HDW
Event 24	Boys	9 and over	50 Breaststroke	HDW

### Session 6 – Warm Up 2.15pm – Start 3.15pm

Event 25	Girls	9 and over	200 Breaststroke	HDW
Event 26	Boys	9 and over	200 Backstroke	HDW
Event 27	Girls	9 and over	100 Freestyle	HDW
Event 28	Boys	9 and over	100 Butterfly	HDW
Event 29	Girls	9 and over	50 Butterfly	HDW
Event 30	Boys	9 and over	50 Freestyle	HDW

# City of Bristol L3 Long Course XXX – 8<sup>th</sup> /9<sup>th</sup> July 2017

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park,  
Bristol, United Kingdom, BS14 0JZ

**All times are 50m pool times - Licence Number 3SW171112**

<b>MENS</b>	<b>Event</b>	<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15+yrs</b>
No faster than	<b>50 Free</b>	34.00	34.00	31.50	30.00	28.00	26.50	25.29
No faster than	<b>100 Free</b>	1.02.86	1.02.86	1.02.86	1.02.86	59.46	57.18	54.95
No faster than	<b>200 Free</b>	2.20.00	2.20.00	2.17.38	2.17.38	2.10.00	2.04.27	1.58.63
No faster than	<b>400 Free</b>	4.58.00	4.58.00	4.50.12	4.50.12	4.34.71	4.23.78	4.14.31
No faster than	<b>50 Breast</b>	46.50	46.50	42.00	39.00	37.00	34.50	29.72
No faster than	<b>100 Breast</b>	1.22.86	1.22.86	1.22.86	1.22.86	1.17.41	1.13.20	1.10.22
No faster than	<b>200 Breast</b>	3.02.00	3.02.00	2.57.21	2.57.21	2.45.53	2.38.80	2.32.38
No faster than	<b>50 Fly</b>	38.00	38.00	35.00	33.00	31.00	29.00	25.93
No faster than	<b>100 Fly</b>	1.09.53	1.09.53	1.09.53	1.09.53	1.06.44	1.03.26	55:12.0
No faster than	<b>200 Fly</b>	2.48.00	2.48.00	2.35.37	2.35.37	2.27.40	2.21.07	2.13.19
No faster than	<b>50 Back</b>	40.00	40.00	37.00	34.50	33.00	30.50	28.78
No faster than	<b>100 Back</b>	1.11.99	1.11.99	1.11.99	1.11.99	1.08.18	1.03.86	1.01.55
No faster than	<b>200 Back</b>	2.38.00	2.38.00	2.32.86	2.32.86	2.26.02	2.18.89	2.13.38
No faster than	<b>200 IM</b>	2.40.00	2.40.00	2.34.79	2.34.79	2.28.13	2.21.46	2.15.90
No faster than	<b>400 IM</b>	5.42.00	5.42.00	5.26.09	5.26.09	5.13.30	5.01.28	4.51.45
<b>WOMENS</b>	<b>Event</b>	<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15+yrs</b>
No faster than	<b>50 Free</b>	34.00	34.00	31.50	30.00	29.50	28.50	28.08
No faster than	<b>100 Free</b>	1.04.63	1.04.63	1.04.63	1.04.63	1.02.09	1.00.92	43:12.0
No faster than	<b>200 Free</b>	2.20.00	2.20.00	2.18.46	2.18.46	2.13.82	2.11.36	2.08.91
No faster than	<b>400 Free</b>	5.00.00	5.00.00	4.51.89	4.51.89	4.41.55	4.37.79	4.32.29
No faster than	<b>50 Breast</b>	45.00	45.00	41.00	39.00	37.50	36.50	35.91
No faster than	<b>100 Breast</b>	1.21.72	1.21.72	1.21.72	1.21.72	1.18.50	1.17.43	1.16.42
No faster than	<b>200 Breast</b>	3.04.00	3.04.00	2.56.79	2.56.79	2.48.14	2.47.37	2.46.94
No faster than	<b>50 Fly</b>	38.00	38.00	35.00	33.00	31.50	30.50	29.58
No faster than	<b>100 Fly</b>	1.11.21	1.11.21	1.11.21	1.11.21	1.08.19	1.06.71	1.05.37
No faster than	<b>200 Fly</b>	2.50.00	2.50.00	2.37.59	2.37.59	2.30.53	2.29.50	2.26.60
No faster than	<b>50 Back</b>	40.00	40.00	37.00	34.50	33.50	32.50	31.96
No faster than	<b>100 Back</b>	1.13.02	1.13.02	1.13.02	1.13.02	1.09.80	1.07.87	1.06.33
No faster than	<b>200 Back</b>	2.40.00	2.40.00	2.35.35	2.35.35	2.28.63	2.25.67	2.22.44
No faster than	<b>200 IM</b>	2.42.00	2.42.00	2.37.45	2.37.45	2.30.53	2.29.50	2.26.60
No faster than	<b>400 IM</b>	5.54.00	5.54.00	5.33.56	5.33.56	5.18.15	5.14.19	5.11.76

# City of Bristol L3 Long Course Early Bird – 8<sup>th</sup> / 9<sup>th</sup> July 2017

## CONDITIONS

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park,  
Bristol, United Kingdom, BS14 0JZ

### Licence Number 3SW171112

- 1 The meet will be held under ASA Laws and Regulations and ASA Technical Rules of Racing and has been Licensed Level 3 by the ASA for entry into District Competitions.
- 2 Qualifying and cut off times will be applied to all events. Entries of 6 or more swimmers from the same Club must be made electronically (HY Tek). Entries of 5 or less swimmers from the same club may be made using the official meet entry form. Entries (including summary and cheque) must reach the Meet Secretary (B Bennett, 13 Oakfield Rd, Keynsham, BS31 1JQ) on or before midnight on **Saturday Friday 9<sup>th</sup> June 2017** – No late entries will be accepted.
- 3 All swimmers must be members of a club affiliated to the A.S.A, Welsh ASA and Scottish Swimming .
- 4 All swimmers must be registered with the ASA (etc) at Category 2 and should be able to substantiate this should they be required.
- 5 The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a **first come first served** basis.
- 6 As soon as possible after the closing date, club list sheets will be emailed to club secretary for accepted entries, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or available for collection by Clubs on the day.
- 7 Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date.
- 8 The age groups are: 9, 10, 11, 12, 13, 14, 15 and over - **ages as at 9<sup>th</sup> July 2017**
- 9 The pool is 50m and the meet will be swum long course. Anti-wave devices will be in place and electronic timing/placing will be used.
- 10 Entry fees are £6.00 per event and include the levy per accepted entry made by the ASA for licensed events. Coach/team manager passes (maximum of 4 per club) are £15 each and entitle the holder to admission to all sessions, a programme plus a full set of results per club.
- 11 BACs payment :
  - Sort Code: 40-14-12
  - Account number: 71093894
  - Please reference CoB L3 – Club Name or coherent abbreviation
- 12 Weekend Event programme £3.00 : Adult spectator entry fee (per session) £2.00, all day pass £5.00
- 13 Video and Photography : Following updated guidance from the ASA the use of all photographic equipment is no longer controlled. Spectators / coaches and swimmers are reminded that if such equipment is used they should STOP AND THINK the guidelines on consent & decency must always apply. Photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording devices. Social media guidance will apply if those images or recordings are being shared through any social media platform [all club welfare officers have a copy of wavepower where full guidelines can be found]. You are reminded that FLASH PHOTOGRAPHY should not be used at the start of any race.
- 14 Entries and results for this meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.
- 15 The meet will be run without cards. Heats will be pre-seeded. Swimmers will be required to sign in for the '400m'events **ONLY**
- 16 Swimmers must report to the competitors' stewards' eight heats prior to their own.
- 17 Wet swimmers are not allowed in the spectator areas. The small pool may be used at the discretion of the lifeguards and is for swim down only.
- 18 All events are HDW. Swimmers who perform more than 5% quicker than the upper cut off time will not be eligible for medals but will receive a 'speeding' certificate.
- 19 In accordance with recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance.

- 20 Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- 21 Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoters discretion.
- 22 In extenuating circumstances and due to situations out of the clubs control during the competition the promoter reserves the right to make changes to the running of the meet.
- 23 Any swimmer breaking these conditions will be liable to disqualification from any or all events.
- 24 There will be medals in every event for the first three overall swimmers in each age group. Any disqualified swimmer will not receive awards.
- 25 Awards will be made to the top boy and top girl swimmer using a points system based on swimmers achieving 1<sup>st</sup> to 10<sup>th</sup> places in each event
- 26 Refunds will also be given for medical reasons on production of a Doctor's note **only**.
- 27 The promoters reserve the right to refuse admission to any competitor or spectator. (example abusive or unacceptable behaviour)
- 28 **Coaches Passes will not be sold on the day. No pass - no admission to poolside**
- 29 Teams are requested to **provide one licensed official for every 5 swimmers entered**. Any team that may be unable to meet this we would appreciate an email the meet secretary (details below) as soon as possible so we can ensure the meet is adequately staffed
- 30 Entry times shall be those for 50m pool times, converted if necessary. All times submitted must be truthful and correct as define by the ASA Code of Conduct.
- 31 Over the top starts may be used at the promoter's discretion.

Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags (lockers are available in the changing village -£1 refundable) and report any issues immediately to a member of the pool staff or to the Open Meet Promoter

### **WARNING TO ALL COACHES, TEAM MANAGERS & SWIMMERS**

ANY SWIMMER UNABLE TO EXECUTE A SAFE DIVE FROM THE BLOCKS INTO SHALLOW WATER ARE REMINDED THAT THEY MAY START FROM THE SIDE OF THE POOL OR IN THE WATER

**Hengrove Park will be open from 08.00 on both days, Parkwood will not allow earlier entry.**

## Further Meets

**2017**

**16<sup>th</sup>/17<sup>th</sup> December – Level 3 - City of Bristol Christmas Cracker**

**2018**

**6th / 7th / 8th April – Level 1 - City of Bristol City of Bristol International Open Meet**

### In partnership with



# City of Bristol L3 Long Course Early Bird – 8<sup>th</sup> / 9<sup>th</sup> July 2017

Licence Number 3SW171112

## Clerical Entry Form

Name \_\_\_\_\_ Club \_\_\_\_\_

Male / Female Date of Birth \_\_\_\_\_ Age at 9.07.2017 \_\_\_\_\_ ASA Member Id \_\_\_\_\_

### Saturday

#### Session 1

#	Sex	Event	Entry Time (LC)
1	Female	400m Freestyle	
2	Male	400m Individual Medley	

#### Session 2

3	Female	200m Individual Medley	
4	Male	100m Backstroke	
5	Female	100m Breaststroke	
6	Male	200m Freestyle	
7	Female	50m Breaststroke	
8	Male	50m Backstroke	

#### Session 3

9	Female	200m Backstroke	
10	Male	200m Breaststroke	
11	Female	200m Freestyle	
12	Male	100m Freestyle	
13	Female	100m Butterfly	
14	Male	50m Butterfly	
15	Female	50m Freestyle	

### Sunday

#### Session 4

#	Sex	Event	Entry Time (LC)
16	Male	400m Freestyle	
17	Female	400m Individual Medley	

#### Session 5

18	Male	200m Individual Medley	
19	Female	100m Backstroke	
20	Male	100m Breaststroke	
21	Female	200m Butterfly	
22	Male	200m Butterfly	
23	Female	50m Backstroke	
24	Male	50m Breaststroke	

#### Session 6

25	Female	200m Breaststroke	
26	Male	200m Backstroke	
27	Female	100m Freestyle	
28	Male	100m Butterfly	
29	Female	50m Butterfly	
30	Male	50m Freestyle	

Total number of entries @ £6 = No: \_\_\_\_\_ Total £'s: \_\_\_\_\_

Note: This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 6 swimmers are being entered. Entry forms should be sent with a completed payment form as per the payment form instruction.

## Payment Form

<b>CLUB</b>	
<b>CONTACT ADDRESS</b>	
<b>TEL: NO:</b>	
<b>E-MAIL</b>	

Total Number of Swimmer Entries \_\_\_\_\_

Total Cost of Entries @ £6.00 each \_\_\_\_\_

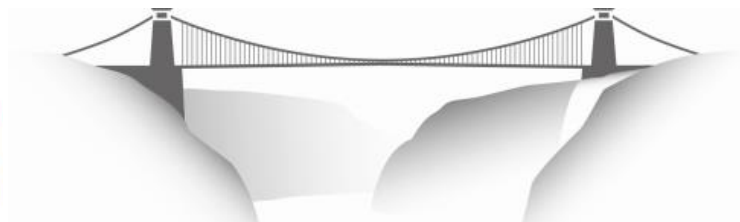
Total Cost of Coaches Passes @ £15.00 each \_\_\_\_\_

Total Cheque enclosed \_\_\_\_\_

(All Cheques should be made payable to 'City of Bristol Swimming Club' or BACS payment to :

- Sort Code: 40-14-12
- Account number: 71093894
- Please reference CoB L3 – Club Name or coherent abbreviation

**Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to [meetmanager@cobaquatics.club](mailto:meetmanager@cobaquatics.club)**



# CITY OF BRISTOL AQUATICS

## Open Meet Entry Checklist

Your entry envelope should contain the following:-

- ✓ Summary sheet completed
- ✓ HyTek reports (fees and event entries)

Post to Meet Secretary by first class mail **DO NOT** send by recorded delivery as this can delay your entry reaching the secretary if no-one is available to sign for it!

This completes the entry. Acknowledgement of receipt of paperwork will be sent by email.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries are NOT accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.

## Further Meets

**2017**

**16<sup>th</sup>/17<sup>th</sup> December – Level 3 - City of Bristol Christmas Cracker**

**2018**

**6th / 7th / 8th April – Level 1 - City of Bristol City of Bristol International Open Meet**

## In partnership with



**BATH DOLPHIN**

