

TREVOR'S CLOSING DATE: MONDAY 10th MARCH 2008

ECKINGTON SWIMMING CLUB

(Affiliated to ASA Midland District & Derbyshire ASA)

Welcomes you to their 24th Open Meet

(Under ASA Laws & ASA Technical Rules)

Sunday 11th May 2008

Meet Information

Pool	6 lanes: 25 metres: Anti Turbulence: Electronic Timing
Situation	M1 Junction 30: 3 miles West on A6135 to Sheffield
Entries	£3.00 per event. Entry times submitted (25m) will be used for seeding purposes only.
Age	As at 31st December 2008
Closing Date for Entries 1st April 2008	
Awards	Awards to first six in each event: Awards to Top Boy and Girl.
Team Award	Stan Nichols Memorial Trophy awarded to club gaining the most points.
Facilities	Car Parking available at the pool. LIMITED spectator seating for 200 Spectator tickets £2.00 per session, to be purchased on the day. Programmes - £2.00.
Coaches	Passes limited to one for under 10 swimmers from any club and two Passes for over 10 swimmers – costing £9.00 for the full day, please order when sending entries
Entry Forms	Available from Graeme Clark 16 Ferndale Close Coal Aston Dronfield S18 3BR Tel. 01246 290630. Please send S.A.E. Or e-mail gk.clark@btinternet.com or via Club website: www.Eckingtonswimmingclub.co.uk. Entries will not be accepted unless received with the correct fee and entry form including the ASA registration number and S.A.E for return of entry cards. Entries not accepted will be refunded prior to the event. Please make cheques payable to Eckington Swimming Club. The gala secretary reserves the right to close entries before the official closing date if oversubscribed. Entries will be accepted on a strictly first come basis.

TREVOR'S CLOSING DATE: MONDAY 10th MARCH 2008

GENEARL INFORMATION & MEET RULES

1. The meet will be held under ASA Laws & ASA Technical Rules
2. Age as on 31st December 2008.
3. Order of swimming will be on submitted times.
4. All events will be HEAT DECLARED WINNERS.
5. Entry cards must be posted in the boxes in the foyer not later than:-
Session 1 : 09.00 am
Session 2 : 12.45 pm
Session 3 : 04.45 pm
Failure to do so will deny that swimmer the right to compete in that event
6. The poolside will be accessible only to swimmers having entry cards for that session.
7. Coaches will be admitted to the poolside on production of a coaches pass available on the day if not purchased before, costing £9.00 including a programme and results sheets.
8. No outdoor shoes on the poolside or glass bottles or containers.
9. Competitors to use lockers available in changing areas for large sports bags.
10. Competitors must report to the stewards at least TWO events before their event is due to start.
11. Trophies will be presented to the first six swimmers in each event; an announcement will be made as to when they will be available for collection. There will also be a trophy for Top Boy and Top Girl.
12. The STAN NICHOLS MEMORIAL TOPHY will be presented to the Top Club of the meet, the Club scoring the most points over the 3 sessions. A replica plaque will be awarded by Eckington Swimming Club.
13. Points scored in all events will be 1ST – 6 points down to 6TH – 1 point.
14. Disqualified swimmers and non starters shall not count.
15. In the event of a tie on points for the Top Club trophy, it will be awarded to each Club and each will retain the trophy for an equal period.
16. Results sheets will be available after each session.
17. You are advised not to leave any clothes or other valuable items lying around as neither the promoter nor the pool management can accept any responsibility for loss or damage.
18. Any lost property should be taken to the announcer's table.
19. The promoter reserves the right to refuse admission to any competitor or spectator.
20. No poolside entries will be accepted.
21. Anything not covered in the above conditions will be at the discretion of the organisers.
22. Any queries should be directed to the Open Meet Organiser.

TREVOR'S CLOSING DATE: MONDAY 10th MARCH 2008

INFORMATION FOR COACHES

1. Heat declared winner events.
2. Poolside seating
Seating space is "tight". Please try to ensure that your team don't spread out excessively and please try to keep your area tidy.
3. Warm-up arrangements
The following arrangements will apply to ensure safety and to allow space for effective warm-up

Each warm-up will be split into three sections

Each section will consist of **5 minutes** general warm up followed by **5 minutes** as follows:-

LANES 1 & 6	SPRINT ONLY, DEEP TO SHALLOW
LANE 5	BACKSTROKE ONLY
LANES 2, 3 & 4	CONTINUE AS GENERAL WARM-UP

NO DIVING DURING GENERAL WARM-UP, LANES WILL OPERATE CLOCKWISE & ANTI-CLOCKWISE

LANE ALLOCATION

SESSION 1

1ST 10 MINUTES LANES 1 – 6 AGES 10 & 11 YEARS GIRLS & BOYS

2ND 10 MINUTES LANES 1 – 6 AGES 12 & 13 YEARS GIRLS & BOYS

3RD 10 MINUTES LANES 1 – 6 AGES 14 & 15+ YEARS GIRLS & BOYS

SESSION 2

1ST 10 MINUTES LANES 1 – 6 AGES 12 & 13 YEARS GIRLS & BOYS

2ND 10 MINUTES LANES 1 – 6 AGES 14 & 15+ YEARS GIRLS & BOYS

3RD 10 MINUTES LANES 1 – 6 AGES 10 & 11 YEARS GIRLS & BOYS

SESSION 3

1ST 10 MINUTES LANES 1 – 6 AGES 14 & 15+ YEARS GIRLS & BOYS

2ND 10 MINUTES LANES 1 – 6 AGES 10 & 11 YEARS GIRLS & BOYS

3RD 10 MINUTES LANES 1 – 6 AGES 12 & 13 YEARS GIRLS & BOYS

PLEASE ENSURE THAT YOUR SWIMMERS ARE SUPERVISED THROUGHOUT THE WARM-UPS.

PLEASE ENSURE THAT **NO-ONE CLIMBS OUT OVER THE TIMING PADS OR SWINGS ON THE LANE ROPES.**

THANK YOU FOR YOUR ASSISTANCE

TREVOR'S CLOSING DATE: MONDAY 10th MARCH 2008

ECKINGTON SWIMMING CLUB

(Affiliated to ASA Midland District & Derbyshire ASA)

24th Open Meet

Sunday 11th May 2008

At Eckington Swimming Baths, Gosber St, Eckington, Sheffield.

(Under ASA Laws & ASA Technical Rules)

All Events are Heat Declared Winner



Stan Nichols Trophy for Top Club

SESSION 1 09.00 am WARM UP FOR 09.30 am START

Event 1	Girls	Event 2	Boys	10yrs 4 x 1L IM
Event 3	Girls	Event 4	Boys	11yrs 4 x 1L IM
Event 5	Girls	Event 6	Boys	12yrs 100m Freestyle
Event 7	Girls	Event 8	Boys	13yrs 100m Breaststroke
Event 9	Girls	Event 10	Boys	14yrs 100m Backstroke
Event 11	Girls	Event 12	Boys	15+yrs 100m Butterfly
Event 13	Girls	Event 14	Boys	10yrs 50m Freestyle
Event 15	Girls	Event 16	Boys	11yrs 50m Backstroke
Event 17	Girls	Event 18	Boys	12yrs 100m Butterfly
Event 19	Girls	Event 20	Boys	13yrs 100m Backstroke
Event 21	Girls	Event 22	Boys	14yrs 100m Freestyle

SESSION 2 01.00 pm WARM UP FOR 01.30 pm START

Event 23	Girls	Event 24	Boys	12yrs 4 x 1L IM
Event 25	Girls	Event 26	Boys	13yrs 4 x 1L IM
Event 27	Girls	Event 28	Boys	15+yrs 100m Breaststroke
Event 29	Girls	Event 30	Boys	10yrs 50m Butterfly
Event 31	Girls	Event 32	Boys	11yrs 50m Freestyle
Event 33	Girls	Event 34	Boys	12yrs 100m Backstroke
Event 35	Girls	Event 36	Boys	13yrs 100m Freestyle
Event 37	Girls	Event 38	Boys	14yrs 100m Butterfly
Event 39	Girls	Event 40	Boys	15+yrs 100m Backstroke
Event 41	Girls	Event 42	Boys	10yrs 50m Breaststroke
Event 43	Girls	Event 44	Boys	11yrs 50m Breaststroke

SESSION 3 05.00 pm WARM UP FOR 05.30 pm START

Event 45	Girls	Event 46	Boys	14yrs 4 x 1L IM
Event 47	Girls	Event 48	Boys	15+yrs 4 x 1L IM
Event 49	Girls	Event 50	Boys	10yrs 50m Backstroke
Event 51	Girls	Event 52	Boys	11yrs 50m Butterfly
Event 53	Girls	Event 54	Boys	12yrs 100m Breaststroke
Event 55	Girls	Event 56	Boys	13yrs 100m Butterfly
Event 57	Girls	Event 58	Boys	14yrs 100m Breaststroke
Event 59	Girls	Event 60	Boys	15+yrs 100m Freestyle

ECKINGTON SWIMMING CLUB

(Affiliated to ASA Midland District & Derbyshire ASA)

24th Open Meet

Sunday 11th May 2008

ENTRY FORM

- Age as at 31st December 2008
- Entry Fee £3.00 per event
- Coaches pass £9.00
- All events are heat declared winner
- Closing date for entries 1st April 2008

Entries to be returned to:
 Graeme Clark
 16 Ferndale Close
 Coal Aston
 Dronfield
 S18 3BR

Club _____
Name _____ Male <input type="checkbox"/> Female <input type="checkbox"/> Date of Birth _____
Age Group _____ ASA Registration N ^o _____
Address _____ _____
Telephone N ^o _____

EVENT N ^o	SESSION	EVENT	ENTRY TIME	FEE
		50/100m FREESTYLE		
		50/100m BACKSTROKE		
		50/100m BREASTSTROKE		
		50/100m BUTTERFLY		
		4 x 11 IM		
			Number of entries	
Cheques payable to Eckington Swimming Club			Total entry fee	£
			Coaches pass @ £9.00	
			Total enclosed	£