



**OUR CLOSING DATE: FRIDAY 23rd JULY 2010**

# **LINCOLN VULCANS SWIMMING CLUB**

(AFFILIATED TO LINCOLNSHIRE ASA AND THE ASA EAST MIDLAND REGION)

## **LONG COURSE LICENSED OPEN MEET 2010**

(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES OF SWIMMING)

THIS IS A LEVEL 1 EVENT AND IS LICENSED BY THE ASA FOR ENTRY  
INTO DISTRICT AND NATIONAL CHAMPIONSHIPS

**SATURDAY 16th OCTOBER 2010**

**PONDS FORGE INTERNATIONAL SPORTS CENTRE SHEFFIELD**

<u>ENTRY TIMES</u>	All entries must meet the published times.
<u>ENTRY FEE</u>	£5.00 PER EVENT
<u>EVENTS:</u>	50 Free, 100 and 200 all strokes plus 200 IM and 400 Free All events will be heat declared winners.
<u>AGES:</u>	10, 11, 12, 13, 14, 15, 16 and over Age at 16th October 2010
<u>SESSIONS:</u>	1 <sup>st</sup> session will commence at 9.30 am, Warm-up: 8.30am 2 <sup>nd</sup> session will commence at 1.40 pm, Warm-up: 12.45 pm 3 <sup>rd</sup> session will commence at 5.40 pm, Warm-up: 4.45 pm All warm-up sessions will be supervised.
<u>ENTRY CARDS:</u>	All cards to be posted no later than 45 minutes before the start of each session.

**No late entries will be accepted.**

**CLOSING DATE FOR ENTRIES 31<sup>st</sup> JULY 2010**

**[www.lvsc.co.uk](http://www.lvsc.co.uk)**



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### **PROGRAMME OF EVENTS**

#### **SATURDAY 16th OCTOBER 2010**

##### **PROGRAMME OF EVENTS:**

**Event**                      Session 1 – Warm-Up 8.30 am – Start 9.30 am

- 11                      Girls 200m Individual Medley
- 12                      Boys 200m Backstroke
- 13                      Girls 100m Breaststroke
- 14                      Boys 200m Freestyle
- 15                      Girls 200m Butterfly
- 16                      Boys 100m Backstroke
- 17                      Girls 400m Freestyle

**Event**                      Session 2 – Warm-Up 12.45 pm – Start 1.40 pm

- 21                      Boys 200m Individual Medley
- 22                      Girls 200m Backstroke
- 23                      Boys 100m Breaststroke
- 24                      Girls 200m Freestyle
- 25                      Boys 200m Butterfly
- 26                      Girls 100m Backstroke
- 27                      Boys 400m Freestyle

**Event**                      Session 3 – Warm-Up 4.45 pm – Start 5.40 pm

- 31                      Girls 50m Freestyle
- 32                      Boys 50m Freestyle
- 33                      Girls 100m Butterfly
- 34                      Boys 100m Butterfly
- 35                      Girls 200m Breaststroke
- 36                      Boys 200m Breaststroke
- 37                      Girls 100m Freestyle
- 38                      Boys 100m Freestyle

**AGE AT 16th OCTOBER 2010**



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### **RULES OF THE COMPETITION**

#### GENERAL

- 1 The meet will be held under current A.S.A. Laws and A.S.A. Technical Rules of swimming.
- 2 The competition is open to A.S.A. registered swimmers only.
- 3 The venue is Ponds Forge International Swimming Pool, Sheffield

#### ENTRIES

- 4 Applications for entry must be received at the published address, by the published closing time/date, on a correctly and legibly completed entry form (or photocopy), together with a stamped, self-addressed envelope and the correct payment by cheque or postal order. The promoter reserves the right to return any entry not fulfilling these requirements.
- 5 **Slowest entries in any age group or event may be rejected if the numbers designated for each event are oversubscribed.**
- 6 Full reimbursement of fees shall be made to unsuccessful applicants.
- 7 No entries will be accepted after the closing date or during the meet, unless the promoter has made an error or omission.
- 8 The individual entry form and summary entry form has provision for applying for 'coaches passes'. For reasons of Child Protection, these will not be sold on the day. All applicants should have registered with the ASA's scheme – see your Club Secretary. The Chief Warm-up Steward may request pass-holders to assist in supervising warm-ups.
- 9 Cards will be returned to the contact address as soon as possible after the closing date.

#### AGE GROUPS

- 10 Age groups are based on the **swimmer's age on the day of the competition.**
- 11 Age groups are: 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16 and over
- 12 **Please note there are no 100m events for 10 year old boys.**

#### THE COMPETITION

- 13 **Cards for all sessions must be posted ¾ hour before the times advertised for starts, late entries will not be accepted.**
- 14 It is the swimmers' responsibility to report to the Competitors' Stewards when the event is called, so that they are ready for the start of their event.
- 15 Events are to be swum in 'integrated age groups' with seeding by submitted times.
- 16 All events will have 'heat-declared winners'. There will be no finals.
- 17 Over-the-top starts will be at the promoter's discretion.
- 18 The final heat in each event will be spearheaded.
- 19 **Continual warm up and swim down facilities will be available in the diving pit.**

#### AWARDS

- 20 Awards will be presented to each of the following – Top Boy, Top Girl, Top Visiting Club.
- 21 Awards will be made to the three fastest swimmers in each age group for each event.

#### OTHER

- 22 All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
- 23 All swimmers must be able to execute a competitive racing dive as laid down in ASA law or they should start in the water. It is the swimmer's or their representative's responsibility to inform a meet official of any reason why they cannot conform to ASA technical rules; this should be done before the event in which they are taking part commences.
- 24 Coaches or team managers are responsible for the swimmers' conduct at all times.
- 25 The promoter reserves the right to refuse admission to any competitor or other personnel.
- 26 Anything not covered within these rules will be at the discretion of the meet organiser and/or the promoters of the competition, i.e. Lincoln Vulcan's Swimming Club.



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### Qualifying Times

#### BOYS

#### Long Course Pool

EVENT	10	11	12	13	14	15	16/Over
50m Freestyle	39.0	37.0	34.9	33.0	31.4	29.7	28.7
100m Freestyle		1:18.0	1:13.0	1:09.0	1:06.0	1:04.0	1:02.0
200m Freestyle	3:00.0	2:50.0	2:40.0	2:30.0	2:25.0	2:20.0	2:16.0
400m Freestyle	6:20.0	5:50.0	5:35.0	5:15.0	5:00.0	4:57.0	4:49.0
100m Breaststroke		1:40.0	1:32.0	1:28.0	1:23.0	1:21.0	1:18.0
200m Breaststroke	3:55.0	3:35.0	3:25.0	3:12.0	3:02.0	2:55.0	2:51.0
100m Butterfly		1:27.0	1:21.0	1:16.0	1:12.0	1:09.0	1:07.0
200m Butterfly	3:32.0	3:12.0	2:55.0	2:49.0	2:40.0	2:34.0	2:30.0
100m Backstroke		1:27.0	1:24.0	1:19.0	1:15.0	1:12.0	1:10.0
200m Backstroke	3:15.0	3:12.0	3:00.0	2:45.0	2:42.0	2:36.0	2:31.0
200m Individual Medley	3:20.0	3:10.0	3:02.0	2:40.0	2:42.0	2:38.0	2:33.0

#### GIRLS

#### Long Course Pool

EVENT	10	11	12	13	14	15	16/Over
50m Freestyle	39.0	37.3	35.4	34.0	32.9	32.0	31.9
100m Freestyle	1:26.0	1:19.0	1:15.0	1:12.0	1:10.0	1:09.0	1:08.0
200m Freestyle	3:00.0	2:45.0	2:40.0	2:36.0	2:30.0	2:29.0	2:27.0
400m Freestyle	6:10.0	5:45.0	5:30.0	5:20.0	4:57.0	4:50.0	4:45.0
100m Breaststroke	1:45.0	1:41.0	1:34.0	1:30.0	1:28.0	1:27.0	1:26.0
200m Breaststroke	3:45.0	3:36.0	3:24.0	3:15.0	3:08.0	3:06.0	3:05.0
100m Butterfly	1:30.0	1:27.0	1:22.0	1:19.0	1:17.0	1:15.0	1:14.0
200m Butterfly	3:20.0	3:10.0	3:01.0	2:50.0	2:48.0	2:45.0	2:43.0
100m Backstroke	1:37.0	1:28.0	1:23.0	1:21.0	1:19.0	1:17.0	1:16.0
200m Backstroke	3:05.0	3:00.0	2:50.0	2:48.0	2:45.0	2:40.0	2:35.0
200m Individual Medley	3:13.0	3:02.0	3:00.0	2:55.0	2:50.0	2:48.0	2:42.0



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### INDIVIDUAL ENTRY FORM

Please complete all details requested below in **full**\*

Name				Male / Female
Address				
Telephone No* (We require a contact No)*			E-mail	
Date of Birth			Age as at 16th October 2010	
Club				
ASA Number				
Entry No (Official Use Only)				

#### ALL TIMES TO BE 50M POOL TIMES OR 25M CONVERTED TIMES

PLEASE REFER TO QUALIFYING TIMES INFORMATION

EVENT	ENTRY TIME 50 metres	EVENT	ENTRY TIME 50 metres
50m Freestyle		100m Butterfly	
100m Freestyle		200m Butterfly	
200m Freestyle		100m Breaststroke	
400m Freestyle		200m Breaststroke	
100m Backstroke		200m I/M	
200m Backstroke			

Total No. of Entries		@ £5.00 per event = Total	£
No. of Coaches Passes Required		@ £10.00 each includes programme	£

Cheques should be made payable to LVSC

Please return entries with large SAE by **Closing Date 31<sup>st</sup> JULY 2010**

To: Dave Hendel  
35 Shearwater Road, Off Skellingthorpe Road, Lincoln, LN6 0UZ