



Falcon Amateur Swimming Club

Open Sprint Meet – Sunday 6th November 2011

Beechdale Swimming Centre, Beechdale Road, Bilborough, Nottingham, NG8 3LL
www.falconswimming.co.uk

Meet Rules and Information

1. The competition will be held under A.S.A. Laws and A.S.A. Technical Rules.
2. Heats are arranged according to submitted entry times. Swimmers who enter an event without a submitted time will swim in the first heat. **Poolside entries are not accepted under any circumstances.** The promoter reserves the right to limit the number of entries in any event.
3. Age groups are 9, 10, 11, 12, 13, 14, 15 and over. Age is on the day of the competition. Heats will be swum in age groups with a final for each age group, except for the Individual Medley event which will be heat declared.
4. As this meet is a cardless meet, it is the responsibility of the coaches/swimmers to ensure that swimmers report on time for their event. A list of swimmers and events will be posted on the club website by 22nd October 2011.
5. No outdoor shoes may be worn by the poolside, but footwear **must** be worn in the spectators' gallery and outside the marshalling area.
6. Team managers are responsible for the good behaviour and whereabouts of their swimmers at all times.
7. **Date:** Sunday 6th November 2011.
8. **Venue:** Beechdale Swimming Centre, Beechdale Road, Nottingham, NG8 3LL. Length 25m. Seating capacity – 360. There is a free car park.
9. **Session Times (approx):**
Morning Warm-up – Girls 08:30, Boys 09:00, Start 09:30.
Afternoon Warm-up – Boys 13:30, Girls 14:00 Start 14:30.
10. **Entry Fees:** £4.00 per individual per event.
11. **Coach's Pass:** £10.00 each, which includes programmes, result sheets and a buffet lunch. Passes are limited to three per club and are not transferable. Passes will be checked regularly throughout the meet.
12. **Awards:** Awards will be presented to all six finalists in each event plus overall Top Girl, Top Boy and Top Club.



Falcon Amateur Swimming Club

Open Sprint Meet – Sunday 6th November 2011

Beechdale Swimming Centre, Beechdale Road, Bilborough, Nottingham, NG8 3LL
www.falconswimming.co.uk

Meet Rules and Information

- 13 **Officials** from other clubs are welcome and should contact Wendy Pearson, 6 Cranbourne Grove, Hucknall, Nottingham, NG15 6RR if they are able to help. email address: contact@wendypearson.co.uk
- 14 **Spectator Admission Prices (includes a programme):**
£7 –full day (including programme)
£4 – afternoon session only (including programme)
15. **Closing Date for entries: Fri 7th October 2011**
16. **Entry Procedure:**
- No entry will be accepted unless the correct fee is enclosed.
 - Entries will not be accepted after the closing date – Fri 7th October.
 - **NO REFUNDS** will be made for cancellation of accepted entries after the closing date of entry.
 - Cheques should be made payable to **FALCON ASC** and should be accompanied by an entry form which can be printed off the Falcon website. Photocopies will be accepted.
 - Entry forms and fees should be sent to:
Wendy Pearson
6 Cranbourne Grove
Hucknall
Nottingham NG15 6RR
 - A stamped addressed envelope should be sent with payment if a receipt is required
17. **Withdrawals:** It is important that you inform us if you have to withdraw from an event by **7pm on Saturday 5th November at the very latest** using one of the following methods:
- **Email – contact@wendypearson.co.uk**
 - **Phone/text – 0782 1094845**

We will need your name, club, and the event that you want to withdraw from.

In the unlikely event you are unable to swim one of your events on the day; you must inform us **AS SOON AS YOU ARRIVE before** the start of the warm up session, at the competitor desk in the foyer at Beechdale Swimming Centre,

After this time it will be assumed that you are swimming the event and a lane will be allocated to you.

- 18 Any changes to the above or anything not covered will be at the discretion of the Promoters, Falcon Amateur Swimming Club.



Falcon Amateur Swimming Club

Open Sprint Meet – Sunday 6th November 2011

Beechdale Swimming Centre, Beechdale Road, Bilborough, Nottingham, NG8 3LL

www.falconswimming.co.uk

SESSION 1: START 09:30 Warm-up – (Girls 08:30, Boys 09:00)

Event			
1	Girls	4 x 25m Individual Medley	Heat declared winners
2	Boys	50m Backstroke	Finals: Events 6-12
3	Girls	50m Butterfly	Finals: Events 13-19
4	Boys	50m Breaststroke	Finals: Events 20-26
5	Girls	50m Freestyle	Finals: Events 27-33

Finals for events 2 to 5

There will be separate finals for each age group.

Event			
6 - 12	Boys	50m Backstroke	9,10,11,12,13,14,15/over
13 - 19	Girls	50m Butterfly	9,10,11,12,13,14,15/over
20 - 26	Boys	50m Breaststroke	9,10,11,12,13,14,15/over
27 - 33	Girls	50m Freestyle	9,10,11,12,13,14,15/over

Awards for events 1 to 5

SESSION 2: START 14:30 Warm-up – (Boys 13:30, Girls 14:00)

Event			
34	Boys	4 x 25m Individual Medley	Heat declared winners
35	Girls	50m Backstroke	Finals: Events 39-45
36	Boys	50m Butterfly	Finals: Events 46-52
37	Girls	50m Breaststroke	Finals: Events 53-59
38	Boys	50m Freestyle	Finals: Events 60-66

Finals for events 34 to 38

There will be separate finals for each age group.

Event			
39 - 45	Girls	50m Backstroke	9,10,11,12,13,14,15/over
46 - 52	Boys	50m Butterfly	9,10,11,12,13,14,15/over
53 - 59	Girls	50m Breaststroke	9,10,11,12,13,14,15/over
60 - 66	Boys	50m Freestyle	9,10,11,12,13,14,15/over

Awards for events 34 to 38

During the heats, with the exceptions of events 2 and 34 (50m Backstroke) 'Overhead' starts will be used. At the end of their heat, swimmers will be asked to remain in the pool until the next heat has commenced. Swimmers can then leave the pool by the side. Swimmers MUST NOT climb over the timing pads.

We would like to thank all officials from Nottinghamshire ASA who have volunteered their time over the years to help make this event a success.