



# CITY OF BRISTOL AQUATICS

## City of Bristol L2 Short Course Christmas Cracker

Dec 15<sup>th</sup> / 16<sup>th</sup> 2018

### AT THE HENGROVE PARK LEISURE CENTRE

(Held under ASA Laws and Technical Rules - Licence Number 2SW182681)

Licensed Level 2 for entry into local and regional competitions.

25m, 10 lane pool with anti-wave ropes and electronic timing.

Large spectator seating area and spacious Cafeteria.

### Age as on 16<sup>th</sup> Dec 20th

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 close midnight Friday 30th November 2018**

In partnership with



BATH DOLPHIN



# PROGRAMME OF EVENTS

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park  
Bristol, United Kingdom, BS14 0JZ

**Licence Number 2SW182681**

**Saturday 15<sup>th</sup> Dec 2018**

**Session 1 – Warm Up 7.50 am – Start 8.30am**

Event 1	Girls	9 and over	400 Freestyle	HDW
Event 2	Boys	9 and over	400 IM	HDW
<b>Session 2 – Warm Up 10:00am – Start 11:00am</b>				
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
<b>Session 3 – Warm Up 2.15pm – Start 3.15pm</b>				
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 16th Dec 2018**

<b>Session 4 – Warm Up 7.50am – Start 08.30am</b>				
Event 16	Boys	9 and over	400 Freestyle	HDW
Event 17	Girls	9 and over	400IM	HDW
<b>Session 5 – Warm Up 10:00am – Start 11:00am</b>				
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
<b>Session 6 – Warm Up 2.15pm – Start 3.15pm</b>				
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 L2 SC Christmas Cracker 15/16<sup>th</sup> December 2018

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

**All times are 25m pool times - Licence Number 2SW182681**  
**Entry times to be no SLOWER than**

Events	Boys								
	9	10	11	12	13	14	15	16	17/Ov
50m Freestyle	0:42.10	0:39.30	0:37.20	0:35.10	0:33.10	0:31.30	0:29.90	0:29.00	0:28.80
100m Freestyle	1:29.80	1:23.00	1:20.60	1:15.70	1:11.10	1:07.30	1:04.60	1:02.60	1:00.00
200m Freestyle	3:22.80	3:06.00	2:54.80	2:44.70	2:35.00	2:26.60	2:20.80	2:16.30	2:12.00
400m Freestyle	7:20.60	6:31.80	6:06.00	5:46.00	5:26.80	5:10.40	4:57.50	4:48.70	4:23.00
50m Backstroke	0:48.60	0:45.10	0:42.50	0:40.30	0:37.60	0:35.80	0:33.90	0:32.60	0:32.00
100m Backstroke	1:39.90	1:39.90	1:30.50	1:25.20	1:19.70	1:15.00	1:11.50	1:09.30	1:01.80
200m Backstroke	3:43.80	3:26.70	3:13.30	3:02.60	2:51.10	2:41.40	2:34.30	2:29.80	2:16.00
50m Breaststroke	0:55.10	0:51.30	0:48.00	0:45.10	0:41.90	0:39.60	0:37.70	0:36.40	0:34.00
100m Breaststroke	1:55.70	01:48.5	1:43.40	1:36.90	1:30.10	1:25.10	1:21.00	1:18.40	1:12.50
200m Breaststroke	4:17.80	3:59.00	3:42.40	3:29.20	3:15.30	3:03.90	2:55.80	2:50.70	2:36.00
50m Butterfly	0:47.40	0:43.80	0:41.00	0:38.80	0:36.40	0:34.30	0:32.50	0:31.50	0:29.90
100m Butterfly	1:40.00	1:34.50	1:30.40	1:24.60	1:19.10	1:14.40	1:10.70	1:08.80	1:03.00
200m Butterfly	4:08.30	3:37.30	3:18.20	3:06.60	2:54.70	2:44.70	2:35.50	2:31.70	2:18.00
200m Ind. Med.	3:49.70	3:32.20	3:17.60	3:06.80	2:55.80	2:45.30	2:38.20	2:33.70	2:22.00
400m Ind. Med.			6:59.70	6:34.30	6:12.00	5:50.30	5:34.60	5:25.40	4:55.00
Events	GIRLS								
	9	10	11	12	13	14	15	16	17/Ov
50m Freestyle	0:42.60	0:39.90	0:37.70	0:35.70	0:34.30	0:33.30	0:32.50	0:32.00	0:32.00
100m Freestyle	1:30.60	1:27.60	1:21.30	1:16.60	1:13.50	1:11.30	1:09.90	1:08.70	1:06.00
200m Freestyle	3:24.50	3:06.80	2:55.40	2:44.90	2:38.00	2:33.50	2:30.20	2:28.00	2:18.00
400m Freestyle	7:25.40	6:35.70	6:04.90	5:43.70	5:29.80	5:20.80	5:13.80	5:10.20	4:45.00
50m Backstroke	0:48.90	0:45.30	0:42.70	0:40.50	0:38.70	0:37.50	0:36.80	0:36.10	0:35.00
100m Backstroke	1:45.50	1:38.50	1:31.00	1:25.30	1:21.40	1:19.00	1:17.10	1:16.10	1:12.50
200m Backstroke	3:46.20	3:28.70	3:12.50	3:01.70	2:54.30	2:49.20	2:44.80	2:42.40	2:38.00
50m Breaststroke	0:55.90	0:51.70	0:48.30	0:45.40	0:43.20	0:41.80	0:40.80	0:40.30	0:39.80
100m Breaststroke	1:59.90	1:52.50	1:43.50	1:37.30	1:32.30	1:28.70	1:27.10	1:26.20	1:22.50
200m Breaststroke	4:20.00	3:59.50	3:42.10	3:28.80	3:18.20	3:11.50	3:07.90	3:05.80	2:58.00
50m Butterfly	0:47.90	0:43.90	0:41.30	0:39.10	0:37.30	0:36.10	0:35.20	0:34.70	0:33.00
100m Butterfly	1:47.90	1:39.30	1:30.90	1:24.90	1:21.20	1:18.30	1:16.90	1:15.80	1:12.00
200m Butterfly	4:11.00	3:40.00	3:20.20	3:06.40	2:57.30	2:51.00	2:46.90	2:44.80	2:40.40
200m Ind. Med.	3:51.60	3:32.70	3:17.90	3:06.30	2:58.80	2:53.10	2:49.50	2:47.20	2:44.50
400m Ind. Med.			6:57.30	6:32.00	6:14.40	6:03.10	5:55.80	5:50.50	5:45.00

# City of Bristol L2 SC Christmas Cracker 15/16<sup>th</sup> December 2018

## CONDITIONS

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

### Licence Number 2SW182681

- The meet will be held under ASA Laws and Regulations and ASA Technical Rules of Racing and has been Licensed Level 2 by the ASA for entry into District Competitions.
- 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 30th November 2018** – No late entries will be accepted.
- All swimmers must be members of a club affiliated to the A.S.A, Welsh ASA and Scottish Swimming .
- All swimmers must be registered with the ASA (etc) at Category 2 and should be able to substantiate this should they be required.
- 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 fastest time basis.
- 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.
- Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date.
- The age groups are: 9, 10, 11, 12, 13, 14, 15 and over - **ages as at 16<sup>th</sup> December 2018**
- The pool is 25m and the meet will be swum short course. Anti-wave devices will be in place and electronic timing/placing will be used.
- Entry fees are £7.00 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.
- BACs payment :
  - Sort Code: 40-14-12
  - Account number: 71093894
  - Please reference CoB L2 – Club Name or coherent abbreviation
- Weekend Event programme £4.00 : Adult spectator entry fee (per session) £3.00, all weekend pass £10.00
- 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.
- 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.
- The meet will be run without cards. Heats will be pre-seeded. Swimmers will be required to sign in for 400m events

- Swimmers must report to the competitors' stewards' eight heats prior to their own.
- 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.
- All events are HDW.
- Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- 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.
- In extenuating circumstances and due to situations out of the clubs control during the competition the referee reserves the right to make changes to the running of the meet.
- Any swimmer breaking these conditions will be liable to disqualification from any or all events.
- There will be medals in every event for the first three overall swimmers in each age group. Any disqualified swimmer will not receive awards.
- 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
- Refunds will also be given for medical reasons on production of a Doctor's note **only**.
- The promoters reserve the right to refuse admission to any competitor or spectator. (example abusive or unacceptable behaviour)
- City of Bristol Swimming Club uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Bill 2018 (GDPR), to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet. All Personal Data will be retained in a confidential manner and access to such Data will be restricted by the Meet Promoter and limited to only those operating the Meet Software in order to process results. All supporting paper entry details will be destroyed within 3 months of the completion of the Meet results. Further information on City of Bristol Swimming Club Data Protection and GDPR compliance and policy can be requested by contacting the Club Data Protection Officer, Mike Riggall.
- **Coaches Passes will not be sold on the day. No pass - no admission to poolside**
- In order to assist with the running of the meet Teams are requested to provide one licensed official for every 5 swimmers entered if possible. Any team who is unable to provide officials will not see their entries impacted because of this.
- Entry times shall be those for 25m pool times, converted if necessary. All times submitted must be truthful and correct as define by the ASA Code of Conduct.
- 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 07.00 on both days, Parkwood will not allow earlier entry.**

## Further Meets or your calendars

**2019**

**5th / 6th / 7th April – Level 1 - City of Bristol City of Bristol International Open Meet**

**13<sup>th</sup> / 14<sup>th</sup> July – Level 3 – City of Bristol Summer Festival**

**26<sup>th</sup> / 27<sup>th</sup> October – Level 2 – Early Bird Open Meet**

**21<sup>st</sup> / 22<sup>nd</sup> December – Level 3 – Christmas Cracker**

### In partnership with



**City of Bristol L2 SC Christmas Cracker 15/16<sup>th</sup> December 2018**

**Licence Number 2SW182681**

## 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 @ £7.00 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)**



## 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

**2019**

**5th / 6th / 7th April – Level 1 - City of Bristol City of Bristol International  
Open Meet**



## In partnership with

