



**United Bristol & Bristol Henleaze National Qualifier Level 1 Open Meet**  
**10<sup>th</sup> & 11<sup>th</sup> March 2018 @ Hengrove Park Leisure Centre**  
**Licence Number: 1SW180292**

**PROGRAMME OF EVENTS**

**SATURDAY 10<sup>th</sup> March 2018**

<b>Session 1</b>	<b>Warm up 8.30</b>	<b>Start 9.00</b>	<b>Finish 10.00</b>
1) Female	10/over	400m Freestyle	HDW
2) Male	10/over	400m I.M.	HDW
<b>Session 2</b>	<b>Warm up 10.15</b>	<b>Start 11.00</b>	<b>Finish 14.00</b>
3) Female	9/over	200m Butterfly	HDW
4) Male	9/over	200m Backstroke	HDW
5) Female	9/over	100m Breaststroke	HDW
6) Male	9/over	100m Butterfly	HDW
7) Female	9/over	50m Backstroke	HDW
8) Male	9/over	50m Breaststroke	HDW
9) Female	11/over	800m Freestyle	HDW
<b>Session 3</b>	<b>Warm up 14.15</b>	<b>Start 15.15</b>	<b>Finish 18.15</b>
10) Male	9/over	200m Freestyle	HDW
11) Female	9/over	200m I.M.	HDW
12) Male	9/over	200m Breaststroke	HDW
13) Female	9/over	100m Freestyle	HDW
14) Male	9/over	100m Backstroke	HDW
15) Female	9/over	50m Butterfly	HDW
16) Male	9/over	50m Freestyle	HDW

All timings are approximate and subject to change



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**PROGRAMME OF EVENTS**

**SUNDAY 11<sup>th</sup> March 2018**

<b>Session 1</b>	<b>Warm up 8.30</b>	<b>Start 9.00</b>	<b>Finish 10.00</b>
17)	Male 10/over	400m Freestyle	HDW
18)	Female 10/over	400m I.M.	HDW
<b>Session 2</b>	<b>Warm up 10.15</b>	<b>Start 11.00</b>	<b>Finish 14.00</b>
19)	Male 9/over	200m Butterfly	HDW
20)	Female 9/over	200m Backstroke	HDW
21)	Male 9/over	100m Breaststroke	HDW
22)	Female 9/over	100m Butterfly	HDW
23)	Male 9/over	50m Backstroke	HDW
24)	Female 9/over	50m Breaststroke	HDW
25)	Male 11/over	1500m Freestyle	HDW
<b>Session 3</b>	<b>Warm up 14.15</b>	<b>Start 15.15</b>	<b>Finish 18.15</b>
26)	Female 9/over	200m Freestyle	HDW
27)	Male 9/over	200m I.M.	HDW
28)	Female 9/over	200m Breaststroke	HDW
29)	Male 9/over	100m Freestyle	HDW
30)	Female 9/over	100m Backstroke	HDW
31)	Male 9/over	50m Butterfly	HDW
32)	Female 9/over	50m Freestyle	HDW

All timings are approximate and subject to change



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QUALIFYING TIMES – EQUAL TO OR FASTER THAN (LONG COURSE ONLY)

<b>Female</b>								
Event / Age	9	10	11	12	13	14	15	16+
50m Free	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90
100m Free	1.38.30	1.26.20	1.19.30	1.15.20	1.12.70	1.10.70	1.09.60	1.08.10
200m Free	3.29.10	3.04.40	2.51.30	2.42.50	2.36.20	2.32.10	2.29.10	2.25.80
400m Free		6.27.40	5.56.40	5.38.80	5.26.30	5.18.00	5.12.80	5.06.30
800m Free			12.19.60	11.39.00	11.10.80	10.56.00	10.45.50	10.35.10
50m Back	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60
100m Back	1.52.00	1.37.50	1.29.90	1.24.50	1.21.70	1.19.60	1.17.90	1.16.30
200m Back	3.52.70	3.26.30	3.11.00	3.00.60	2.54.30	2.49.80	2.45.80	2.42.80
50m Breast	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10
100m Breast	2.08.70	1.50.30	1.41.60	1.35.20	1.30.80	1.28.50	1.27.50	1.25.20
200m Breast	4.27.30	3.55.50	3.36.60	3.24.90	3.15.50	3.09.50	3.06.70	3.04.00
50m Fly	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20
100m Fly	1.47.70	1.37.10	1.27.90	1.22.60	1.19.10	1.17.20	1.15.50	1.14.00
200m Fly	3.56.60	3.34.60	3.12.60	3.01.70	2.53.50	2.48.00	2.44.70	2.41.30
200m I.M.	3.55.20	3.29.60	3.14.30	3.03.30	2.56.80	2.52.30	2.48.90	2.45.50
400m I.M.		7.26.20	6.47.30	6.24.30	6.10.60	6.02.00	5.55.20	5.48.70
<b>Male</b>								
Event / Age	9	10	11	12	13	14	15	16+
50m Free	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.40
100m Free	1.38.20	1.24.80	1.18.80	1.13.70	1.09.80	1.06.90	1.04.40	1.01.50
200m Free	3.23.40	3.03.60	2.52.30	2.40.80	2.32.60	2.25.60	2.20.70	2.13.70
400m Free		6.26.40	5.56.00	5.38.10	5.21.80	5.07.00	4.57.60	4.44.60
1500m Free			24.44.70	22.20.50	21.16.60	20.19.00	19.37.10	18.49.00
50m Back	50.30	46.00	43.20	40.50	38.20	36.10	34.50	32.70
100m Back	1.49.80	1.36.90	1.29.80	1.24.10	1.19.20	1.15.00	1.12.20	1.09.30
200m Back	3.46.70	3.25.80	3.12.00	3.00.70	2.50.30	2.42.30	2.36.00	2.28.60
50m Breast	56.80	51.60	48.20	44.60	41.80	39.70	37.80	35.80
100m Breast	2.07.70	1.50.70	1.41.50	1.34.70	1.28.80	1.24.60	1.21.40	1.17.00
200m Breast	4.20.50	3.57.20	3.39.10	3.25.20	3.12.50	3.02.50	2.55.40	2.47.00
50m Fly	48.80	43.50	40.80	38.10	35.90	34.00	32.20	30.60
100m Fly	1.49.40	1.35.80	1.27.70	1.21.50	1.16.80	1.12.80	1.09.80	1.06.50
200m Fly	4.02.70	3.32.30	3.12.50	2.59.90	2.49.90	2.40.90	2.34.40	2.27.60
200m I.M.	3.52.00	3.29.60	3.14.20	3.02.80	2.52.70	2.44.80	2.38.40	2.31.00
400m I.M.		7.26.30	6.50.80	6.26.70	6.06.40	5.49.30	5.36.20	5.22.60

**Age on day: as at 11th March 2018**



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**PROMOTERS' CONDITIONS**

1. The Meet will be held under ASA Laws and Regulations and Technical Rules of Racing, and has been licensed Level 1 (Licence No ) by the ASA for entry into National Competitions and Championships.
2. All entries must be made on the understanding that the promoters' conditions are accepted.
3. Qualifying times will be applied to all events. Entries should be made by Hy-Tek file and reach the Meet Secretary on or before midnight on **Friday 9<sup>th</sup> February 2018** – no late entries will be accepted.
4. All competitors must be members of an affiliated club, registered with the ASA, and may compete in the name of one club only. It is important that swimmers enter under the exact name by which they are known to by the ASA, so that our computer software identifies the correct swimmers.
5. Teams are asked to **provide one licensed official for every 10 swimmers entered**. No club will be penalised or have entries rejected if they cannot meet this requirement.
6. In the case of oversubscription, the promoters reserve the right to limit entries in order that the meet can be run within the allotted time frame and that all licensing requirements are met. A list of rejected swimmers and refund cheque will be sent.
7. Incorrect or incomplete entries will be rejected and entry fees will not be refunded. There will be no refunds for withdrawals after the closing date, except in the case of:
  - A swimmer being selected to represent their country on that day
  - The production of a doctor's note confirming the athlete is unfit to compete.
8. The meet is designated as 9 years and over and will be age as at 11<sup>th</sup> March 2018. There are separate qualifying times for age groups as follows: **9, 10, 11, 12, 13, 14, 15, 16 years and over**. Medals will be given to the top 3 in each age group on a heat declared winner basis.
9. Entry times shall be those for 50m pool times, converted if necessary. All times submitted must be from the ASA rankings database.
10. Over the top starts may be used at the promoter's discretion.
11. Entry fees are £7.00 per event, and include the levy per accepted entry made by the ASA for licensed events. Coach passes are £15.00 each and include programme. Coach accreditation will not be available on the day and entry to poolside will not be allowed without a valid pass. Entry fees should be paid on **one** consolidated

cheque, made payable to **Bristol Henleaze Swimming Club**, or via bank transfer to: Account – 02134619, Sort Code – 30-94-80

12. 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.
13. There will be no entry cards or sign in for this Meet. Entries will be seeded into heats based on entry times, the slowest heats will be swum first.
14. Swimmers must report to the competitor stewards' eight heats prior to their own.
15. Only coaches' in possession of a coaches' pass are allowed on poolside. Wet swimmers are not allowed in the spectator areas. There will be a swim down pool available throughout the meet.
16. The promoters do not accept any liability for any loss or damage to personal belongings.
17. The promoters in consultation with the referee reserves the right to alter these conditions if necessary, any alterations being announced during the Meet. Any matter not covered by these conditions shall be at the referee's discretion if not covered by ASA Laws or Technical Rules.

A copy of the Hy-Tek entry file can be obtained by emailing [jonfalco@hotmail.com](mailto:jonfalco@hotmail.com) or from [bristolhenleazesc.net](http://bristolhenleazesc.net)  
Completed entry files should also be sent to this email address. Cheques should be sent along with entry summary sheet to:

***Jon Falco, 34 Buckingham Gardens, Downend, Bristol, BS16 5TW.***



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**Individual Entry Form**

Name:

Club:

DoB:

ASA Number:

Male/Female:

Event	Entry Time	Cost per Event	Cost
50m Freestyle		£7.00	
100m Freestyle		£7.00	
200m Freestyle		£7.00	
400m Freestyle		£7.00	
800m Freestyle		£7.00	
1500m Freestyle		£7.00	
50m Backstroke		£7.00	
100m Backstroke		£7.00	
200m Backstroke		£7.00	
50m Breaststroke		£7.00	
100m Breaststroke		£7.00	
200m Breaststroke		£7.00	
50m Butterfly		£7.00	
100m Butterfly		£7.00	
200m Butterfly		£7.00	
200m I.M.		£7.00	
400m I.M.		£7.00	
Total Cost			£

Signed:

Club Official:

***Note: Please send all entries via the Hy Tek software – paper entries should be for club use only***

United Bristol / Bristol Henleaze National Qualifier Open Meet Pack Mar-18



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**Summary Sheet**

**Number of Boys Entries.....@ £7.00 per entry = £.....**

**Number of Girls Entries.....@ £7.00 per entry = £.....**

**Number of Coach Passes.....@ £15.00 per pass = £.....**

**Total Amount Payable = £.....**

*Cheques payable to "United Bristol Swimming Club"*

Name of Official	Qualification	ASA Number	Sessions Available