

# CITY OF COVENTRY SWIMMING CLUB

(affiliated to ASA West Midlands Region)

## November Open Meet

Licence 1

Designated for Entry into National and Regional Events  
(Under ASA law and ASA Technical rules)

Saturday 27<sup>th</sup> November 2010



### INFORMATION AND CONDITIONS

The meet is designated by the ASA West Midlands Region and will be held at the Coventry Sports and Leisure Centre, Fairfax Street, Coventry CV1 5RY.

The competition is open to:

#### Male Swimmers

9yrs/10yrs  
11,12,13,14,15/over

50, 200 and 400 Metre Events  
50, 100, 200 & 400 Metre Events

#### Female Swimmers

9yrs  
10,11,12,13,14/over

Age at the 27<sup>th</sup> November 2010

### Programme of Events

<u>Session One</u>	<u>Warm up 8.00 am Start – 9.00</u>		<u>Session Two</u>	<u>TBA when entries have been processed</u>		<u>Session Three</u>	<u>TBA</u>	
Event 101	Boys	400 Free	Event 201	Boys	200 IM	Event 301	Boys	200 Free
Event 102	Girls	400 Free	Event 202	Girls	200 IM	Event 302	Girls	200 Free
Event 103	Boys	100 Back	Event 203	Boys	50 Fly	Event 303	Boys	50 Breast
Event 104	Girls	100 Back	Event 204	Girls	50 Fly	Event 304	Girls	50 Breast
Event 105	Boys	200 Fly	Event 205	Boys	200 Breast	Event 305	Boys	200 Back
Event 106	Girls	200 Fly	Event 206	Girls	200 Breast	Event 306	Girls	200 Back
Event 107	Boys	50 Free	Event 207	Boys	50 Back	Event 307	Boys	100 Fly
Event 108	Girls	50 Free	Event 208	Girls	50 Back	Event 308	Girls	100 Fly
Event 109	Boys	100 Breast	Event 209	Boys	100 Free			
Event 110	Girls	100 Breast	Event 210	Girls	100 Free			

### Awards

1. Top visiting club trophy
2. Three fastest swimmers in each event, in each age group.
3. Top Girl and Top Boy in each age group

No presentations other than for the top awards

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*The Coventry pool is 50m long with 8 lanes, anti-wave lane lines and electronic timing. Over the top starts will be used where possible and side by side starts for backstroke*

*A warm up marshall will be in overall control of warm up time, but each club will be responsible for overseeing their own swimmers.*

*All events will be heat declared winners. Entry times submitted must be within the qualifying times as advertised, organisers reserve the right to restrict the number of entries per event.*

*This meet will be run without competitor cards, but it would be appreciated if any withdrawals prior to the day of meet could be reported to the organizers by e-mail to [georgina.holtom@coventry-swimming.org.uk](mailto:georgina.holtom@coventry-swimming.org.uk), by texting to 07856602352 or on the day of meet by using the withdrawal form attached to this information.*

*Entries should be made on the consolidated entry forms, using separate forms for boys and girls or on line at the City of Coventry Swimming Club website [www.coventry-swimming.org.uk](http://www.coventry-swimming.org.uk). An ASA identification number must be included for every swimmer. Entries will close on the 31<sup>st</sup> October 2010.*

*The Entry fee is £4.75 per event; Cheques should be made payable to "City of Coventry Swimming Club".*

*Mrs Georgina Holtom  
27 Deronda Close  
Bedworth  
Warks CV12 8QY*

*Poolside passes cost £6.00 for the day. These will provide admission to the poolside, a meet programme and a set of results sheets. Completed application forms (attached) should be sent with entries and the passes collected on the day of meet.*

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*In accordance with the conditions of the Coventry Sportscentre Trust and the Child Protection policy no photographic equipment may be used during this event.*

*If any adults attending the Gala are qualified officials and are willing to help on the day, their assistance would be appreciated by the City of Coventry Swimming Club.*

*For maps and directions to the pool please visit our website [www.coventry-swimming.org.uk](http://www.coventry-swimming.org.uk)*

*For any additional information please contact [georgina.holtom@coventry-swimming.org.uk](mailto:georgina.holtom@coventry-swimming.org.uk)*

*For offers of help please contact [kevin.sherwood@coventry-swimming.org.uk](mailto:kevin.sherwood@coventry-swimming.org.uk)*

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## Qualifying Times

*All entry times submitted should have been achieved in 25m Pool*

Qualifying Times (Entry Times should be no slower than)

Boys

Girls

### Level 1 Licensed Meet - Minimum Permitted Qualifying Times - Long Course Pool

#### BOYS

EVENT	9	10	11	12	13	14	15/OVER
50m Freestyle	42.6	39	37	34.9	33	31.3	29.7
100m Freestyle			1:18.8	1:13.7	1:09.8	1:06.9	1:04.4
200m Freestyle	3:23.4	3:03.6	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7
400m Freestyle	7:22.5	6:26.4	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6
50m Breaststroke	56.8	51.6	48.2	44.6	41.8	39.7	37.8
100m Breaststroke			1:41.5	1:34.7	1:28.8	1:24.6	1:21.4
200m Breaststroke	4:20.5	3:57.2	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4
50m Butterfly	48.8	43.5	40.8	38.1	35.9	34	32.2
100m Butterfly			1:27.7	1:21.5	1:16.8	1:12.8	1:09.8
200m Butterfly	4:03.7	3:32.3	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4
50m Backstroke	50.3	46	43.2	40.5	38.2	36.1	34.5
100m Backstroke			1:29.8	1:24.1	1:19.2	1:15.0	1:12.2
200m Backstroke	3:46.7	3:25.8	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0
200m Individual Medley	3:52.00	3:29.6	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4

#### GIRLS

EVENT	9	10	11	12	13	14	15/OVER
50m Freestyle	42.8	39.8	37.3	35.4	34	32.9	32.2
100m Freestyle		1:26.2	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6
200m Freestyle	3:29.1	3:04.4	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1
400m Freestyle	7:20.7	6:27.4	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8
50m Breaststroke	57	51.2	47.8	45	43.1	41.5	40.6
100m Breaststroke		1:50.3	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5
200m Breaststroke	4:27.3	3:55.5	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7
50m Butterfly	48.2	44	40.7	38.6	36.7	35.7	34.8
100m Butterfly		1:37.1	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5
200m Butterfly	3:56.6	3:34.6	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7
50m Backstroke	50.2	46	43.1	40.9	39.4	38	37
100m Backstroke		1:37.5	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9
200m Backstroke	3:52.7	3:26.3	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8
200m Individual Medley	3:55.2	3:29.6	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9

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**APPLICATION FOR POOLSIDE PASS**

<b>Club:</b>		
<b>No Required:</b>		@ £6.00 each
<b><u>Position in Club</u></b>	<b><u>Names of Applicant</u></b>	
<b>Coach:</b>		
<b>Team Manager:</b>		
<b>Chaperone:</b>		

I confirm that the above listed applicants for Poolside Passes have been CRB checked and are currently registered with the ASA.

Signed:..... Club Secretary

Dated:.....