



Cranleigh Amateur Swimming Club

CASC SPRING MEET ASA Licence (3SE180635), Level 3 SUNDAY 4th MARCH 2018

Promoter's Conditions

Entries will be accepted from Monday 12th February 2018, 08:00 am until closing date Sunday 18th February 2018, 14:00 pm or when the meet is fully subscribed, whichever is earlier.

Cranleigh ASC members will be given priority
(Late entries may be considered)

VENUE

Cranleigh Leisure Centre, Village Way, Cranleigh, Surrey, GU6 8AF – Telephone/Fax 01483 274400
25m Pool with 6 lanes, anti-wave lane ropes, scoreboard and electronic timing.

ASA

The meet will be run to conform with current ASA Laws & ASA Technical Rules and all swimmers MUST be registered with the ASA.

SESSIONS

	Warm-Up	Competition Starts
Session 1 (Events 1 -8)	8.00am – 8.45am TBC	8.45am – 11.45am TBC
Session 2 (Events 9 - 18)	12.00pm – 12.45pm TBC	13.00pm – 3.30pm TBC
Session 3 (Events 19 - 28)	3.30pm – 4.15pm TBC	4.15pm – 6.15pm TBC

EVENTS

Session 1			
	1	Girls 9 –16+ years	200m Freestyle
	2	Boys 9 –16+ years	200m Freestyle
	3	Girls 9 –16+ years	50m Backstroke
	4	Boys 9 –16+ years	50m Backstroke
	5	Girls 9 – 16+ years	100m Fly
	6	Boys 9 – 16+ years	100m Fly
	7	Girls 9 – 16+ years	200m IM
	8	Boys 9 – 16+ years	200m IM

Session 2			
	9	Girls 9 – 16+ years	200m Backstroke
	10	Boys 9 – 16+ years	200m Backstroke
	11	Girls 9 – 16+ years	100m Freestyle
	12	Boys 9 – 16+ years	100m Freestyle
	13	Girls 9 – 16+ years	50m Breast
	14	Boys 9 – 16+ years	50m Breast
	15	Girls 9 –16+ years	200m Fly
	16	Boys 9 –16+ years	200m Fly
	17	Girls 9 – 16+ years	100m Breast
	18	Boys 9 – 16+ years	100m Breast

Session 3	19	Girls 9 – 16+ years	200m Breast
	20	Boys 9 – 16+ years	200m Breast
	21	Girls 9 – 16+ years	100m IM
	22	Boys 9 – 16+ years	100m IM
	23	Girls 9 –16+ years	50m fly
	24	Boys 9 –16+ years	50m fly
	25	Girls 9 – 16+ years	100m Backstroke
	26	Boys 9 – 16+ years	100m Backstroke
	27	Girls 9 – 16+ years	50m Freestyle
	28	Boys 9 – 16+ years	50m Freestyle

AGE GROUPS

Ages are as at 4th March 2018.

Age Groups will be 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, and 16yrs +.

AWARDS

For 13 years and older, medals will be awarded on an event declared winner basis for the 1st to 3rd positions in each age group and each level group. For under 13 years of age, medals will be awarded for 1st, 2nd and 3rd place and ribbons for 4th, 5th, and 6th positions, in each age group and each level group.

Medals and ribbons must be collected on the day of the event from the medals desk. No medals or ribbons will be posted out after the event.

QUALIFYING TIMES

There are no lower entry times, only upper qualifying times (UQT) so entries with 'No Time' are allowed at the Meet Promoter's discretion dependent on time availability.

BOYS UPPER QUALIFYING TIMES

Event	9	10	11	12	13	14	15	16+
50m Freestyle	31.5	30.5	29.5	27.0	26.3	25.4	23.8	23.0
100m Freestyle	1.12.0	1.08.0	1.04.0	1.00.3	56.5	54.7	52.4	51.4
200m Freestyle	2.40.0	2.29.5	2.21.5	2.10.8	2.03.8	1.59.5	1.55.0	1.53.8
50m Breaststroke	43.0	40.0	38.9	36.3	34.5	32.4	29.9	29.5
100m Breaststroke	1.34.0	1.27.5	1.21.5	1.17.9	1.12.5	1.10.0	1.07.8	1.07.2
200m Breaststroke	3.25.0	3.14.5	2.54.5	2.48.7	2.38.5	2.32.2	2.29.0	2.26.0
50m Butterfly	38.0	35.0	34.0	32.5	31.5	28.0	27.6	27.1
100m Butterfly	1.35.0	1.27.5	1.20.5	1.08.2	1.04.1	1.01.5	1.00.5	1.00.0
200m Butterfly	3.15.0	3.02.5	2.50.0	2.31.0	2.21.0	2.14.8	2.10.4	2.08.5
50m Backstroke	37.0	34.5	33.5	32.0	31.5	28.0	25.0	24.5
100m Backstroke	1.28.0	1.21.0	1.16.0	1.08.3	1.04.0	1.01.4	1.00.5	59.5
200m Backstroke	2.46.0	2.38.0	2.27.5	2.25.0	2.17.9	2.13.0	2.11.4	2.11.0
100m IM	1.28.0	1.20.0	1.18.0	1.15.0	1.10.3	1.05.5	1.02.5	1.00.0
200m IM	2.53.0	2.45.3	2.36.8	2.27.0	2.20.8	2.15.8	2.11.6	2.11.0

GIRLS UPPER QUALIFYING TIMES

Event	9	10	11	12	13	14	15	16+
50m Freestyle	31.5	30.2	29.0	28.7	27.5	27.0	26.0	25.0
100m Freestyle	1.12.0	1.09.1	1.04.0	1.01.9	59.9	58.9	57.9	57.4
200m Freestyle	2.40.0	2:29.5	2.21.5	2.14.1	2.09.4	2.07.1	2.06.6	2.05.0
50m Breaststroke	43.0	39.5	38.5	36.4	35.3	34.5	33.6	33.0
100m Breaststroke	1.34.0	1.29.0	1.23.5	1.19.0	1.16.2	1.15.2	1.14.8	1.14.3
200m Breaststroke	3.25.0	3:14.5	2.54.5	2.49.3	2.44.5	2.43.6	2.42.4	2.41.8
50m Butterfly	38.0	36.2	33.5	32.3	31.0	30.0	29.7	28.0
100m Fly	1.35.0	1.17.0	1.10.5	1.09.4	1.06.9	1.05.3	1.04.4	1.04.0
200m Butterfly	3.15.0	3.04.5	2.52.5	2.34.0	2.27.2	2.23.9	2.23.3	2.23.0
50m Backstroke	37.0	35.5	34.0	32.3	31.3	31.0	30.6	30.0
100m Backstroke	1.28.0	1.22.1	1.16.0	1.09.2	1.06.8	1.05.4	1.05.0	1.04.0
200m Backstroke	2.46.0	2.39.5	2.34.5	2.28.3	2.23.4	2.18.9	2.18.0	2.17.0
100m IM	1.28.0	1.19.5	1.17.5	1.15..0	1.10.5	1.06.0	1.03.5	1.01.5
200m IM	2.53.0	2:45.0	2.36.8	2.31.2	2.26.7	2.24.0	2.23.3	2.21.4

ENTRIES

Entries will be accepted on a 'first-come, first-serve' basis. Cranleigh ASC members will be given priority. Acceptance into all events applied for cannot therefore be guaranteed. All entries will be entered using Hy-tek Meet Manager Software. Entries will be accepted with payment. Payment should be made by a single BACS payment (please see details below) at the same time that the entry file is submitted. Individual entries may be accepted if there is space available and at the discretion of the Meet Promoter. They will attract a surcharge of £5 per entry plus race fee. If there is space and time permits, we may be able to take entries and fees on the day after discussion with the Meet Promoter.

Entry forms and Hy-Tek files are available on Cranleigh ASC website: www.cranleighsc.org. Any queries should be sent to the Meet Promoter (Matthew Whittenham) at cranleighsc@gmail.com.

Please note that some events may become fully subscribed sooner than others and the Promoters reserve the right not to accept entries at their discretion. Acceptance into all events applied for cannot be guaranteed.

SIGN OUT SYSTEM

We will be using Hy-Tek Meet Manager software and operating a "Sign Out" system. Sign out sheets with a list of the swimmers for each session will be handed out to the coaches in the coach's packs. It is the coach's responsibility to let us know before the warm up of each session which swimmers will not be swimming.

Official results will be posted on our web site during the week following the meet.

COST

Entry fees for all events are £5.00 per 50m/100m event / £7.00 per 200m event**.

A Coach Pass is £15.00 per day per coach to include refreshments and lunch.

Adult Spectators are charged £2.50 per session or £6.00 all day to include programme.

Payment for entries and coaches passes must be made by BACS:
Cranleigh Amateur Swimming Club
Sort Code: 20-35-35
Account Code: 50275506.

No refunds will be given unless supporting medical certification is provided for swimmers needing to pull out before the meet day due to illness. No refunds can be given for withdrawal on the day.

** Cranleigh Club swimmers are eligible for a club swimmer discount on this price.

OFFICIALS

All clubs submitting entries are requested to assist in the running of the meet by supplying details of any licensed officials who are willing to assist at this meet. This assistance should be notified in advance using the CASC Open Meet Officials Reply Form which should be emailed to our Meet Promoter at cranleighasc@gmail.com

TRIALS AND OLDER SWIMMERS

Entries will also be accepted from any swimmers, for all events, on an Exhibition swim/Time trial basis in advance of the day **subject to space if room within the meet programme permits**. These swims must be requested in advance of the day. Acceptance of these types of swims will be at the discretion of the meet manager. No team points or awards will however be given for these swims. Entry fees for this type of swim will be £6.00 per event.

Entry times are as of 18th February 2018. If a swimmer's time has improved after the closing date and their entry time is faster than the UQT then their swim will be deemed an "exhibition" swim and not eligible for an award, but obviously still an official licensed time.

SEEDING

Seeding will be undertaken slowest to fastest with the fastest heat swum in arrowhead formation.

GENERAL INFORMATION AND COMPETITION RULES

1. No persons, other than coaches, chaperones, swimmers and officials will be allowed on to the poolside without a pass. No outdoor shoes will be worn on poolside.
2. Over the top starts will be used except for Backstroke events. The one start rule will apply. Results are on a HDW basis.
3. Competitors are advised not to leave any articles unattended in the changing rooms. The Organisers and the Pool Management can accept no responsibility for loss or damage to personal property. Lockers are available in the changing village at a cost of £1.00 which is refundable.
4. Snacks and drinks will be available in the Leisure Centre's cafe throughout the Meet.
5. A Swim Shop may also be present throughout the Meet.
6. A photographer may be present throughout the Meet.
7. Ample free parking for cars and coaches is provided adjacent to the Leisure Centre.
8. Any conditions not covered in the above Rules and Information will be at the discretion of the Meet Manager.
9. Entries and results are managed on a computer. The requirements of the Data Protection act are deemed accepted by each entrant on the basis of their application, to hold personal information on a computer which may be made public during the meet.
10. The organisers reserve the right to add non-scoring swimmers at their sole discretion and to amend the running order of events as necessary.

STARTS

Coaches and clubs must be responsible for ensuring that all of their swimmers are competent to perform a shallow racing dive to the standards of the ASA competitive starts award. In the event of a false start, competitors should continue with a safe shallow racing dive and not fall into the water. Swimmers are permitted to start in the water but must advise the referee prior to the start of their heat.

WARM UP

Coaches (and their swimmers) must take no action that would endanger themselves or others. Any instructions given by Pool Lifeguards or others in authority must be obeyed immediately.

SAFETY

Everyone attending the meet must familiarise themselves with the location of the Emergency Exits, which must be kept clear at all times. Everyone is asked to observe all normal precautions in the poolroom and when moving around the Leisure Centre, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to one of the Leisure Centre management or the meet Manager. The pool depths are 3.0 metres at the starting end and 0.9 metres at the shallow end of the pool. Swimmers must not leave the poolside unless wearing shoes and having dried themselves.

BEHAVIOUR

Cranleigh Amateur Swimming Club and the Leisure Centre Management reserve the right to remove any swimmer, coach or spectator from the pool area whose behaviour is either against the Leisure Centre rules or the efficient running of the meet. Stewards will be patrolling the Leisure Centre and anyone found causing damage or seriously misbehaving, will be banned from the remainder of the meet and asked to leave the Leisure Centre, forthwith.

SECURITY

Competitors and spectators are advised not to leave their belongings unattended and to ensure valuables are placed in a locked locker. Neither Cranleigh Amateur Swimming Club nor Cranleigh Leisure Centre Management can accept any responsibility for property lost or stolen.

PHOTOGRAPHY

Photography should only be carried out with reference to the ASA wavepower document available on the ASA website (www.swimming.org).

LITTER

All attendees of the meet are asked to place all litter in the rubbish sacks provided and not to leave it on the floor, particularly in the spectator gallery, where it may become a safety hazard.

Any situation not covered by the above matters, will be at the discretion of the Meet Manager, who also reserves the right to make any changes that may be considered necessary for the smooth running and discipline of the meet.

Meet Manager: Erica Reilly (Erica.reilly@gmail.com)