

# Rykneld Swimming Club

(Affiliated to East Midland Region & Derbyshire A.S.A)

## AGE ON THE DAY "C GRADE" OPEN MEET SUNDAY 5<sup>TH</sup> OCTOBER 2008

(Under A.S.A Laws & A.S.A Technical Rules)

**Session 1: Warm up 8:30am      Start 9:30am**

EVENT No.	AGE	Dist	DESCRIPTION
1. Girls	12 & Over	100 m	Individual Medley
2. Boys	12 & Over	100 m	Individual Medley
3. Girls	9/10/11	50 m	Backstroke
4. Boys	9/10/11	50 m	Backstroke
5. Girls	12 & Over	100 m	Breaststroke
6. Boys	12 & Over	100 m	Breaststroke
7. Girls	9/10/11	50 m	Butterfly
8. Boys	9/10/11	50 m	Butterfly
9. Girls	12 & Over	100 m	Freestyle
10. Boys	12 & Over	100 m	Freestyle

## **Session 2: T B A**

EVENT No.	AGE	Dist	DESCRIPTION
11. Girls	9/10/11	100 m	Individual Medley
12. Boys	9/10/11	100 m	Individual Medley
13. Girls	12 & Over	100 m	Butterfly
14. Boys	12 & Over	100 m	Butterfly
15. Girls	9/10/11	50 m	Breaststroke
16. Boys	9/10/11	50 m	Breaststroke
17. Girls	12 & Over	100 m	Backstroke
18. Boys	12 & Over	100 m	Backstroke
19. Girls	9 & Over	50 m	Freestyle
20. Boys	9 & Over	50 m	Freestyle

RYKNELD SWIMMING CLUB  
2008 "C GRADE OPEN MEET" INFORMATION SHEET  
AFFILIATED TO EAST MIDLAND REGION & DERBYSHIRE A.S.A

The meet will be held under A.S.A. Laws & A.S.A Technical Rules . (With a 1 start rule ) On Sunday 05/10/2008

At Sharley Park Leisure centre Clay Cross, Derbyshire. The pool is 6 lane anti-wave, 25m, electronic timing will be in use. The competition is open to amateurs only, as defined by A.S.A Law

1. Age Groups are based on ages at 05/10/2008. (9yr Must be 9 by 05/10/08)
2. A competitor may compete in the name of 1 club only
3. Officials from the County and Regional list as applicable.
4. Application for entry must have been correctly submitted by the specified date and accepted by the Promoter. The Promoter reserves the right to reject any entry. (THE PROMOTER BEING RYKNELD S.C)
5. All starts will be into deep water.
6. Events are seeded on submitted times. All events are on a first come basis.
7. All events are Heat Declared Winners. Swimmers will compete in 1 age group only "Age on day".
8. The 6 fastest times of the swimmers not exceeding the time limits in each age group will receive an award. Swimmers exceeding the time limits will receive speeding tickets.
9. Age groups for awards are : 9 10 11 12 13 14 15/OV

An award will be presented to the top Boy and Girl with the most gala points.

Points awarded as follows:

1 <sup>st</sup> place = 6 points	2 <sup>nd</sup> place = 5 points	3 <sup>rd</sup> place = 4 points
4 <sup>th</sup> place = 3 points	5 <sup>th</sup> place = 2 points	6 <sup>th</sup> place = 1 points

The winner of top boy and girl will be the ones achieving highest points total throughout the "meet". In the event of a tie count back on 1<sup>st</sup> place 2<sup>nd</sup> place etc. Will occur. If this fails to find a winner a further prize will be awarded.

10. Entry cards must be posted in boxes provided at least 60 minutes before first event in each session. Swimmers not reporting on time may be excluded from the event.
11. The top six swimmers in each event will be presented with their awards as the meet proceeds.
12. ALL swimmers must abide by the Health and Safety rules that are on display at poolside. Any swimmer contravening these rules may be excluded from the remainder of the meet. No glass bottles on poolside. Shoes to be worn when leaving poolside
13. The promoter reserves the right to refuse admission to any competitor or spectator.
14. Anything not covered within these meet rules to be at the discretion of the meet organiser and/or the Promoter RYKNELD SWIMMING CLUB.

Coaches, You are responsible for your swimmers at all times. Warm up will not commence until both ends of each lane are covered. NO DIVING AT SHALLOW END AT ANY TIME.

## Cut off times

**BOYS**

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15/over
50 fly	48.0	45.0	41.0	n/a	n/a	n/a	n/a
50 back	48.0	45.0	41.0	n/a	n/a	n/a	n/a
50 bst	56.0	52.0	50.0	n/a	n/a	n/a	n/a
50 free	42.0	40.0	38.0	36.0	34.0	32.0	30.0
100 fly	n/a	n/a	n/a	1.29.0	1.26.0	1.21.0	1.17.0
100 bk	n/a	n/a	n/a	1.29.0	1.26.0	1.21.0	1.17.0
100 bst	n/a	n/a	n/a	1.36.0	1.32.0	1.29.0	1.26.0
100 free	n/a	n/a	n/a	1.19.0	1.15.0	1.12.0	1.07.0
100 IM	1.45.0	1.41.0	1.37.0	1.32.0	1.27.0	1.22.0	1.17.0

**Speeding tickets awarded if above times are exceeded**

**GIRLS**

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15/over
50 fly	48.0	45.0	41.0	n/a	n/a	n/a	n/a
50 back	48.0	45.0	41.0	n/a	n/a	n/a	n/a
50 bst	56.0	52.0	50.0	n/a	n/a	n/a	n/a
50 free	42.0	40.0	38.0	36.0	34.0	33.0	32.0
100 fly	n/a	n/a	n/a	1.30.0	1.27.0	1.24.0	1.21.0
100 bk	n/a	n/a	n/a	1.30.0	1.26.0	1.23.0	1.22.0
100 bst	n/a	n/a	n/a	1.36.0	1.34.0	1.32.0	1.30.0
100 free	n/a	n/a	n/a	1.19.0	1.17.0	1.15.0	1.12.0
100 IM	1.45.0	1.41.0	1.37.0	1.33.0	1.29.0	1.25.0	1.21.0

**Speeding tickets awarded if above times are exceeded**