

Rykneid Swimming Club

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

Sprint Open Meet Saturday 26th September 2009

(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	9 & over	50 m	Butterfly
2. Boys	9 & over	50 m	Backstroke
3. Girls	9 & over	4x25m	Freestyle relay
4. Boys	9 & over	4x25m	Medley relay
5. Girls	9 & over	50m	Breaststroke
6. Boys	9 & over	50m	Freestyle

Session 2: T B A

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1. Boys	9 & over	50 m	Butterfly
2. Girls	9 & over	50 m	Backstroke
3. Boys	9 & over	4x25m	Freestyle relay
4. Girls	9 & over	4x25m	Medley relay
5. Boys	9 & over	50m	Breaststroke
6. Girls	9 & over	50m	Freestyle

Rykneld Swimming Club
2009 Sprint 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 .

On Saturday 26/09/2009 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 26/09/2009. (9yr Must be 9 by 26/09/09)
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) Please affix the correct postage proof of posting is not proof of receipt
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". Relays will be swam as 2 year age groups.
8. Awards will be presented to the top 3 individual swimmers and top 3 relay teams in each age group.
9. Age groups for individual awards are: 9 10 11 12 13 14 15 16/OV . Relays are: 9/10, 11/12, 13/14, 15&above.
10. An award will be presented to the top Boy and Girl with the most gala points.

Points awarded as follows:

1 st place = 6 points	2 nd place = 5 points	3 rd place = 4 points
4 th place = 3 points	5 th place = 2 points	6 th 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 1st place 2nd place etc. Will occur. If this fails to find a winner a further prize will be awarded.

11. 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.
12. The top three swimmers in each event will be presented with their awards as the meet proceeds.
13. 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
14. The promoter reserves the right to refuse admission to any competitor or spectator.
15. 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 DURING WARM UP

