



# Plymouth Leander Swimming



www.plymouthleander.co.uk

## The Plymouth (Level 1) Long Course Open 2008 Millfield School, Somerset: Friday 5<sup>th</sup> – Sunday 7<sup>th</sup> December 2008

Under ASA Laws & Technical Rules

- Venue** : Millfield School (50m), Street, Somerset
- Pool** : 8 Lane Long Course Racing Pool  
: Constantly Available Swim Down Pool  
: Electronic Timing & 8-Lane Display  
: Free Parking  
: **This is a Level 1 Licensed Meet (1SW8450)  
for Entry into National Competitions & Championships**
- Age Groups** : 9/10yrs ; 11/12yrs ; 13/14yrs ; 15/16 yrs ; 17 yrs & Over, Open  
: Championship Finals in All 100m & 200m Events  
: Ages as at 7<sup>th</sup> December 2008
- Awards** : Medals to 1<sup>st</sup> 3 in all Events, All Age Groups, (except open)  
: Top Male Athlete & Top Female Athlete Awards  
: Top Visiting Club Award  
: Prize Money to Head Coach of Top Visiting Team  
: Most Festive Club Award (Coach Fancy Dress on Sunday)
- Events** : 50m Open Events All Strokes,  
: 100m & 200m All Strokes  
: 400m, 800m & 1500m Freestyle  
: 200m & 400m IM
- Fees** : Race Entry Fee £7.00 for 1500m and 800m Freestyle  
: Race Entry Fee £6.50 for all other Events
- Entries To** : Phil & Nicki Chivers  
Fordors Down  
Fordton, Crediton  
Devon EX17 3DB
- Enquiries can be e-mailed to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk) or Call  
0044 1363 777001
- Closing** : 12.00 Midnight on 25<sup>th</sup> October 2008



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## The Plymouth (Level 1) Long Course Open 2008 Millfield School, Somerset: Friday 5<sup>th</sup> – Sunday 7<sup>th</sup> December 2008

### Meet Conditions

1. The event will be held at Millfield School, Somerset (50m pool) on 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> December 2008
2. The event will be held under ASA Laws and ASA Technical Rules. All British swimmers must be registered ASA members of an ASA affiliated club and amateurs as defined by ASA Law
3. Competitors age groups shall be defined as at **7<sup>th</sup> December 2008**
4. A competitor may enter all events in his/her age group and open events
5. All submitted entry times must either be:
  - Times achieved in a 50m pool
  - Times which have been converted to a 50m pool(Meet Qualification times have been set at 'A' Grade standard from ASA Graded Swimming Tables)
6. Entries of 10 or more swimmers from the same Club must be made electronically. Entries of 9 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Manager, entries not adhering to this condition will be rejected without consideration
7. If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted to enable the competition to meet ASA licensing requirements. Any deletions made will be equally proportionate from each age year, and will endeavour to ensure an equal balance of swimmers across the age groups
8. In the case of events with limited entries, priority will be given to swimmers entering the meet from **International, Scotland, Northern Ireland and/or Channel Island** teams. However, these competitors must still enter with the stated qualification times, and meet the all other conditions.
9. No refunds for entries will be given after the entries have been processed, except in the case of:
  - a swimmer being subsequently selected to swim for their country on the same day
  - the production of a Doctor's note confirming the athlete is unfit to compete
10. There will be no entry cards for this meet. Swimmers must sign in prior to the Warm Up of the session in which they are competing. **Swimmers not signing in will be scratched from that session's events.** Swimmers are reminded that if they intend to withdraw from an event they should do so prior to the start of the session in which they are competing
11. Competitors must report to stewards two events prior to their own where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from the remainder of the competition
12. Swimmers withdrawing from finals should do so as soon as possible to enable the notification of reserve finalists. Reserve finalists will be expected to compete in finals unless they have notified the meet management of such non-intent. Swimmers who do not comply with this request may be deemed to have withdrawn from the remainder of the competition



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13. Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded
14. Age group winners within each event will be decided from the heats. Championship Finals will be held in all 100m and 200m events.
15. 9 year old competitors may not swim 100m events.  
10 year old competitors swimming in 100m events must have entered and competed in the equivalent 200m event. Failure to do so may result in the time achieved being deleted from the results of the competition
16. Competitors may enter **EITHER** the 1500m Freestyle **OR** 800m Freestyle, but not both.
17. The top three swimmers in each age group will receive an award, except for open events where the top three swimmers overall will receive an award. A competitor who has been disqualified will not receive an award.
18. Additional awards will be made to the:
  - Top Male Athlete (excluding 50m events)
  - Top Female Athlete (excluding 50m events)
  - Top Visiting Club (including 50m events)- A Trophy to the Club and £150 to the Head Coach
  - Most Festive Club (athletes, coaches & spectators) who have made the greatest effort to enter into a Christmas spirit throughout the meet (Fancy Dress on Sunday for Coaches and Team Managers)
19. The promoters reserve the right to refuse admission to any competitor or spectator
20. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings
21. All Clubs will be permitted to purchase up to 3 Coach Passes per Club (regardless of entrant numbers) and one additional Coach Pass per 10 athletes over 30 swimmers. Coach Passes will not be sold on the day. Admission to pool deck will be refused to non pass holders
22. Plymouth Leander Swimming uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet
23. Closing date for entries is **12.00 Midnight on 25<sup>th</sup> October 2008**
24. Charges as follows
  - **Race Entry Fee:**
    - £7.00 for 1500m or 800m Freestyle
    - £6.50 per race for all other Events
  - **Full Weekend Programme of Events/Entries:** £5.00 per Programme
  - **Three-Day Coaches Pass:** £15.00 per Pass
  - **One-Day Coaches Pass:** £8.00 per Pass
  - **Spectator Entry** £5.00 Weekend or £3.00 per day



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25. All persons wishing to use photographic equipment, including mobile phones with photographic capacity, must register such equipment at the entrance desk
26. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter
27. Any swimmer unable to execute a safe dive from the starting blocks into shallow water are reminded that they should start from the side of the pool
28. The promoters reserve the right to make alterations to the above conditions if necessary. All participants will be informed of any such changes

We hope you have an enjoyable meet. Look out for our evaluation questionnaire in the back of the programme and let us know how we can improve the meet in the future

**PLEASE DO NOT USE RECORDED DELIVERY OR SPECIAL DELIVERY. If you are concerned about your entry reaching the destination on time, please obtain a certificate of posting and telephone the Meet Manager or e-mail [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk) informing of dispatch**

**Entries Returned to:** Nicki Chivers, Fordors Down, Fordton, Crediton, Devon EX17 3DB  
Cheques payable to 'PLSA'. Enquiries can be emailed to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk) or call **0044 1363 777001**

### Meet Warm-Up & Swim Down Procedures

- Coaches and athletes are asked to cooperate with these procedures to give every competitor the best opportunity to prepare for their event/s
- In the interest of swimmer safety, the following pool procedures must be observed throughout the warm-up periods. Warm-ups to be split into two distinct periods:

#### Period 1 – Generic

Entrance End			Scoreboard End	
No Entry	1	Clockwise	1	Feet First
No Entry	2	Anticlockwise	2	Feet First
No Entry	3	Clockwise	3	Feet First
No Entry	4	Anticlockwise	4	Feet First
No Entry	5	Clockwise	5	Feet First
No Entry	6	Anticlockwise	6	Feet First
No Entry	7	Clockwise	7	Feet First
No Entry	8	Anticlockwise	8	Feet First

1. All 8 lanes to be used for generic swimming purposes for the designated length of Period 1
2. Pool entry must be 'feet first' from the Scoreboard end only. There is no diving during this period
3. Swimmers must observe the alternate 'clockwise – anticlockwise' lane circling
4. Paddles are not permitted in the pools during warm-up or swim down periods







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## Meet Programme of Events contd.

Saturday 6 <sup>th</sup> December			Sunday 7 <sup>th</sup> December		
<b>SESSION 2</b>			<b>SESSION 5</b>		
Warm Up 8.00am – Start 9.00am			Warm Up 11.00pm – Start 11.45pm		
No	M/F	Event	No	M/F	Event
3	F	200m IM	21	M	400m Freestyle
4	M	200m IM	22	F	400m IM
5	F	200m Butterfly	23	M	400m IM
6	M	100m Butterfly	24	F	400m Freestyle
7	F	100m Freestyle			
8	M	50m Freestyle			
9	F	50m Backstroke			
10	M	50m Butterfly			
11	F	50m Breaststroke			
<b>SESSION 3</b>			<b>SESSION 6</b>		
Warm Up 1.00pm – start 2.00pm*			Warm Up 2.45pm – start 3.45pm*		
12	M	50m Backstroke	25	M	200m Butterfly
13	F	50m Butterfly	26	F	100m Butterfly
14	M	50m Breaststroke	27	M	100m Freestyle
15	F	50m Freestyle	28	F	200m Freestyle
16	M	200m Freestyle	29	M	100m Breaststroke
17	F	100m Breaststroke	30	F	200m Breaststroke
18	M	200m Breaststroke	31	M	200m Backstroke
19	F	200m Backstroke	32	F	100m Backstroke
20	M	100m Backstroke			
<b>SESSION 4</b>			<b>SESSION 7</b>		
Warm Up 5.30pm – start 6.00pm*			Warm Up 6.15pm – start 6.45pm*		
Championship Finals			Championship Finals		
3f	F	200m IM	25f	M	200m Butterfly
4f	M	200m IM	26f	F	100m Butterfly
5f	F	200m Butterfly	27f	M	100m Freestyle
6f	M	100m Butterfly	28f	F	200m Freestyle
7f	F	100m Freestyle	29f	M	100m Breaststroke
16f	M	200m Freestyle	30f	F	200m Breaststroke
17f	F	100m Breaststroke	31f	M	200m Backstroke
18f	M	200m Breaststroke	32f	F	100m Backstroke
19f	F	200m Backstroke			
20 f	M	100M Backstroke			

\*Warm Up times will not be earlier than published, and will be confirmed on the day.





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### Meet Qualification Times

#### MALE

Event	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs+	Open
50m Freestyle										29.6
100m Freestyle		1:28.8 *	1:21.1	1:14.4	1:09.4	1:06.4	1:04.3	1:03.3	1:02.4	
200m Freestyle	3:48.6	3:11.9	2:56.0	2:43.1	2:31.1	2:24.6	2:19.9	2:17.8	2:16.2	
400m Freestyle	8:04.5	6:44.5	6:06.0	5:39.8	5:18.1	5:05.7	4:54.8	4:49.9	4:48.2	
800m Freestyle	16:51.2	14:04.2	12:59.3	12:59.3	11:12.7	11:47.2	10:53.6	10:41.1	10:22.6	
1500m Freestyle	32:04.7	27:17.4	26:02.5	22:33.7	21:01.8	20:03.7	19:27.3	19:14.8	18:59.8	
50m Breaststroke										37.5
100m Breaststroke		1:55.7*	1:44.2	1:35.0	1:27.9	1:23.7	1:20.9	1:19.9	1:19.0	
200m Breaststroke	4:50.4	4:08.3	3:45.6	3:26.7	3:11.3	3:00.9	2:55.0	2:52.8	2:50.8	
50m Butterfly										32.1
100m Butterfly		1:40.1*	1:30.5	1:22.8	1:16.5	1:12.3	1:09.8	1:08.6	1:07.7	
200m Butterfly	4:16.9	3:50.00	3:21.9	3:03.7	2:49.7	2:39.8	2:34.2	2:31.3	2:30.2	
50m Backstroke										34.4
100m Backstroke		1:42.0 *	1:31.9	1:24.7	1:18.5	1:14.6	1:12.1	1:11.2	1:10.5	
200m Backstroke	4:20.6	3:37.4	3:17.3	3:02.1	2:49.7	2:40.9	2:35.0	2:33.2	2:32.3	
200m IM	4:23.6	3:38.8	3:19.6	3:03.8	2:50.9	2:43.2	2:38.0	2:35.5	2:33.8	
400m IM	9:21.3	8:11.9	7:08.7	6:31.5	6:03.8	5:47.3	5:35.2	5:30.2	5:28.7	

#### FEMALE

Event	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs+	Open
50m Freestyle										32.1
100m Freestyle		1:28.0*	1:19.4	1:14.6	1:11.5	1:10.1	1:09.4	1:09.1	1:08.8	
200m Freestyle	3:48.0	3:08.4	2:52.5	2:41.3	2:33.7	2:31.0	2:29.1	2:27.9	2:27.2	
400m Freestyle	7:57.6	6:38.2	5:59.4	5:36.6	5:21.3	5:15.6	5:12.0	5:10.4	5:08.9	
800m Freestyle	16:14.6	13:36.1	12:25.7	11:35.2	11:01.4	10:46.9	10:41.1	10:38.6	10:38.2	
1500m Freestyle	31:06.0	26:02.5	23:52.9	22:15.2	21:11.7	22:15.2	21:46.5	22:29.8	21:51.3	
50m Breaststroke										40.3
100m Breaststroke		1:52.3*	1:41.1	1:34.2	1:29.7	1:28.0	1:27.0	1:26.9	1:26.8	
200m Breaststroke	4:47.8	3:59.9	3:37.9	3:24.1	3:12.8	3:08.4	3:07.4	3:07.1	3:06.9	
50m Butterfly										34.5
100m Butterfly		1:40.1*	1:28.3	1:22.4	1:18.5	1:16.3	1:15.7	1:15.6	1:14.7	
200m Butterfly	4:08.2	3:43.1	3:16.9	3:02.4	2:51.5	2:48.0	2:45.5	2:45.0	2:43.3	
50m Backstroke										36.38
100m Backstroke		1:39.9*	1:29.9	1:24.4	1:20.8	1:18.6	1:17.7	1:17.5	1:17.0	
200m Backstroke	4:21.9	3:29.4	3:12.7	2:59.8	2:52.7	2:48.0	2:45.5	2:44.4	2:43.9	
200m IM	4:21.6	3:33.3	3:14.3	3:02.2	2:54.2	2:50.3	2:48.7	2:47.9	2:46.8	
400m IM	9:12.9	7:48.7	6:56.6	6:25.6	6:07.6	5:59.1	5:54.7	5:54.7	5:52.4	

\*10 year old competitors swimming in 100m events must enter and compete in the equivalent 200m event.





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## The Plymouth (Level 1) Long Course Open 2008 Millfield School, Somerset: Friday 5<sup>th</sup> – Sunday 7<sup>th</sup> December 2008

### Entry Form

COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL

Club					
Surname		First Name		Middle Initial	
Preferred Name (for Programme)					
Date of Birth		Age as at 7 <sup>th</sup> December 2008		M/F	
Address and Postcode					
Telephone Number / Mobile Number (Parent*)					
e-Mail Address					
ASA Registration Number					

EVENT	Female (Circle)	Male (Circle)	ENTRY TIME
50m Freestyle	15	8	
100m Freestyle	7	27	
200m Freestyle	28	16	
400m Freestyle	24	21	
1500m   800m Freestyle	1 / 2	1 / 2	
50m Butterfly	13	10	
100m Butterfly	26	6	
200m Butterfly	5	25	
50m Breaststroke	11	14	
100m Breaststroke	17	29	
200m Breaststroke	30	18	
50m Backstroke	9	12	
100m Backstroke	32	20	
200m Backstroke	19	31	
200m Individual Medley	3	4	
400m Individual Medley	22	23	

**Individual Payment Details** (see Summary Sheet for Grouped Payment and Coaches Pass Details)

Total No of Entries	Description	Cost per Event	Total
	Individual Entries	<b>£6.50</b>	
	800m/1500m Entries	<b>£7.00</b>	
Cheques Payable to PLSA. <b>Entries Close 25<sup>th</sup> October 2008</b> : Amount Due £			
I DECLARE THAT THE ABOVE DETAILS ARE CORRECT & THAT I AM ELIGIBLE TO COMPETE IN ACCORDANCE WITH ASA LAW & THAT I UNDERSTAND & ACCEPT THE MEET CONDITIONS			
Signature of Competitor .....			
Signature of Parent*(if under 18).....			





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## The Plymouth (Level 1) Long Course Open 2008 Millfield School, Somerset: Friday 5<sup>th</sup> – Sunday 7<sup>th</sup> December 2008 Team Entry Summary Sheet

Cheques should be made payable to 'PLSA'. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek entry file for this meet will be available on [www.plymouthleander.co.uk](http://www.plymouthleander.co.uk) We would appreciate this method of entry and this is **mandatory** for 10 or more entries from the same Club. Please note that we are using Meet Manager 2.0. PLEASE NOTE: Coach Passes CANNOT be purchased on the day of meet and must be bought in advance.

<b>Club</b>	
<b>Contact Name</b>	
<b>Address</b>	
<b>Telephone (Day)</b>	
<b>Telephone (Evening)</b>	
<b>Mobile</b>	
<b>E-Mail</b>	

Total No. of Entries		@	£6.50 each	=	
Total No. of Entries		@	£7.00 each	=	
Weekend Coach Pass		@	£15.00 each	=	
1 Day Coach Pass Saturday / Sunday *		@	£8.00 each	=	
*Delete as Appropriate					
<b>Closing Date: 25<sup>th</sup> October 2008</b>			<b>Total Cheque Enclosed</b>	<b>£</b>	

**Entries To: Nicki Chivers, Fordors Down, Fordton, Crediton, Devon EX17 3DB**

- Enquiries can be emailed to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk) or call **0044 1363 777001**. Cheques to 'PLSA'
- Electronic entries can be on Disk/CD or e-mailed but please also submit a printout with this form

I certify that all the above details are correct and that I understand and will abide by the meet conditions. Signed on behalf of all swimmers:	
(Team Manager) .....	Date .....

Please **do not** use recorded delivery or special delivery. If you are concerned about your entry reaching the destination on time please e-mail or call the contact and obtain a certificate of posting

