

Affiliated to Cambridgeshire ASA and the ASA East Region

City of Cambridge 2011

Winter Short Course Meet

Level 2 Licensed Meet held under ASA Laws & Technical Rules

14th, 15th, 16th January 2011

- 100m and 200m of all strokes and medley
 - 400m freestyle and 400m IM
 - 50m Freestyle skins
 - Ages 9 and upwards
- All events HDW : Age as at 16/01/2011



- Full Omega Electronic Timing
- Anti Turbulence Lane Ropes
- Continuous Swim-Down Facility
- 8-Lane 25 metre Deck Level Pool
- Balcony seating for 300 spectators
- Swim shop and Cafe

Closing date for entries: 1st December 2010

**City of Cambridge Swimming Club
2011 Short Course Meet (2ER0048)
Friday, Saturday and Sunday the 14th, 15th & 16th January 2011**

Rules & Information 2011

1. The competition will be held under ASA Law and Technical Rules.
2. This event is licensed Level 2 by the ASA for entry into National and Regional Championships.
3. Ages shall be as at 16th January 2011.
4. Age groups are: 9, 10, 11, 12, 13, 14, 15, 16 and over.
5. Entrants must be ASA Registered and have an ASA number, belong to an affiliated club and enter in the name of one club only.
6. Qualification times must have been achieved in the twelve months prior to the event, converted to 25m pool if necessary.
7. Entry forms and payment must be received by the Promoters before the 1st December 2010 and be fully and correctly completed, or else they may be rejected. If the event is oversubscribed the Promoters reserve the right to return entries. The Promoters' decision is final.
8. All entries of 3 or more swimmers must be made electronically. Electronic entry files are available on request by e-mail to swimmers@cocsc.org.uk. There will be an administration charge of £20 for group entries not submitted electronically.
9. The Entry Fee will be £5 per event. Cheques should be made payable to "The City of Cambridge Swimming Club" and competitor names and event numbers written on the back if it relates to an individual entry. Refunds will not be given for 'no swims' for whatever reason, unless a swimmer is rejected.
10. Coaches' Passes are available free of charge for the Friday evening session, or at £10 for Saturday or Sunday, which includes a meal at lunchtime, a programme and a full set of results. In accordance with ASA Guidelines for Child Protection, **Coach Passes cannot be purchased on the day of the meet.** Passes can only be obtained by completing an application form with **named persons** and submitting it to the Promoters. Passes must be displayed at all times.
11. A maximum of two Coach Passes per visiting Club will be allowed. If you have a particularly large team and require additional passes please contact the Promoters to discuss your requirements.
12. All events except 50m races will be Heat Declared Winners (HDW). Finals of 50m races will be swum as SKINS. Awards will be made for the top three in each age group in each event, except for 50m races which will be Open. Cash prizes (no medals) will be awarded to SKINS finalists. First place £50, 2nd £40, 3rd £30, 4th £10, 5th to 8th places £5.
13. **Entries for the 50m freestyle will only be accepted from swimmers who have entered 2 or more other events.**
14. The one start rule will apply. Over the top starts will be used where appropriate.
15. The Promoters reserve the right to pre-seed any or all of the events depending on session time limitations.
16. The meet will be cardless. Acceptance / rejection lists will be posted at www.cocsc.org.uk as soon as possible after the closing date and e-mailed to club organisers if requested.
17. The swim-down pool is not to be used during warm ups, unless instructed by the Chief Warm Up Steward.
18. The pool length is 25m, 8 lanes, with Omega electronic timing and AOE. The depth of the water at the shallow end is 1.2 metres and at the deep end is 1.8 metres.
19. Spectators, Coaches and Competitors will not be allowed into the Parkside Pools building until 8.00am on each day of competition.
20. A charge will be made for Spectator entry and for Programmes, which will be available on the day.
21. For health and safety reasons only small rucksack bags will be allowed poolside. Lockers are available with a refundable £1 coin deposit. Pool staff will remove any large obtrusive bags.
22. Any person wishing to take pictures of any kind must register at the entry desk in accordance with ASA guidelines on Child Protection. Any person who takes a mobile phone with camera onto the balcony must register, whether or not photos are intended to be taken.
23. All persons on poolside must display their pass. No person will be allowed on poolside without a pass.
24. No glass items are allowed on poolside.
25. The Promoters reserve the right to refuse admission to any competitor, coach, participant or spectator or to ask any person to leave during the event.
26. The Queen Anne Car Park with 540 spaces is located adjacent to the pool. Guideline costs are £1 per hour Saturday and 80p per hour on Sunday. We cannot guarantee that any concessions will be available. [Parking is allowed free of charge on local streets on Sundays.](#)
27. Anything not covered in the above information and rules will be at the discretion of the Promoters. The Promoters' decision relating to the interpretation of these conditions will be final.
28. By submitting an entry, Competitors and Coaches agree to be bound by these rules.

Closing date for entries: 1st December 2010

City of Cambridge Swimming Club
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Disability Swimming Conditions

The conditions outlined above shall apply to the Disability Swimming events except where varied by any of the following conditions.

Eligibility

1. Swimmers with S1- S15 classifications will be accepted.
2. All swimmers must have an internationally authorised classification and a Functional Ability Card (FAC), a copy of which must be submitted with their entry. This FAC must also be presented to the referee **before** the start of each session in which the competitor is entered.
3. An FAC can be obtained via an application to the FAC co-ordinator, who can be contacted via British Swimming.
4. Competitors must be registered members of the ASA.
5. The meet does not have disability consideration times, however the organisers reserve the right to reject swimmers after the closing date if demand exceeds the time available in the galas.

Personal Care Attendants

1. Personal care attendants will be permitted for swimmers in all disability classes.
2. A swimmer may have both a coach and a personal care attendant present.

Competition Format

1. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.
2. Positions will be determined by each swimmer's times relative to the world record in their own classification.
3. Disability swimmers will be included but not placed within the results for the appropriate age group in the able-bodied competition unless their entry times meet the qualifying times for the able-bodied competition. They will also be included in the Multi Disability results and placed within those results according to their equivalent times.
4. Winners of all events will be heat declared.
5. Competition to be run under IPC Swimming swim rules.
6. An official who holds the qualification of ASA Disability Official will act as a technical advisor in each of the sessions where disability athletes are entered, if available.

Medals

1. Medals shall be awarded on a multi-disability basis to 1st, 2nd and 3rd place in each event. Medals shall be awarded following the posting of the results after the relevant event has taken place.
2. Placing shall be determined by achieving a time better than or closest to, the equivalent World record relevant to their own classification.

GOOD LUCK TO ALL COMPETITORS

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Special Conditions for 50m Finals Swum as Skins

Heats: From the 50m freestyle heats the fastest 8 swimmers will qualify for the skins final. In the event of a tie for 8th place there will be a swim off at the end of the relevant session.

Final:

- The final will consist of 7 rounds.
- The position achieved in the heats shall determine the swimmer's lane allocation for the final based on a spearheaded approach. Swimmers remain in the same lane for each round except the final round when the remaining two swimmers will be paced in the central two lanes.
- There shall be a strict interval of 3 minutes between each round. Boys and Girls rounds will alternate.
- The start of round 1 will be as normal – i.e. Whistle; 'Take your Marks'; Starting signal.
- The starting procedure for following rounds shall be as follows:
 - At 10 seconds prior to the start time an audible signal (e.g. a whistle) will be given. This is followed 10 seconds later by the starting signal. The command "Take your marks" will NOT be used.
- The last placed swimmer in each round will be eliminated and take no further part in the event.
- Disqualified swimmers shall be automatically eliminated and take no further part in the event. Such swimmers will be deemed to have finished last in the round in question.
- Should there be a tie for last place in a round, no swimmers will be eliminated but the number of swimmers eliminated in the subsequent round will be equal to the number of swimmers involved in the tie.

Meet Programme

<p>Friday 14th Jan - Session 1. Registration closes 7.15pm Warm up 7.00pm - Start 7.40pm</p> <p>1 400 free Boys 2 400 free Girls</p> <p>Saturday 15th Jan - Session 2. Registration closes 8.45am Warm up 8.30am - Start 9.30am</p> <p>3 200 free Girls 4 200 IM Boys 5 100 fly Girls 6 100 back Boys 7 400 IM Girls</p> <p>Saturday 15th Jan - Session 3. Registration closes 12.30pm Warm up 12.15pm - Start 1.15pm</p> <p>8 200 back Boys 9 200 IM Girls 10 100 fly Boys 11 100 breast Girls 12 400 IM Boys</p> <p>Saturday 15th Jan - Session 4. Registration closes 4.30pm Warm up 4.15pm - Start 5.15pm</p> <p>13 100 back Girls 14 200 free Boys 15 200 fly Girls 16 100 breast Boys</p>	<p>Sunday 16th Jan - Session 5. Registration closes 8.45am Warm up 8.30am - Start 9.30am</p> <p>17 200 back Girls 18 50 free heats Boys 19 50 free heats Girls 20 100 IM Boys 21 100 IM Girls 22 200 breast Boys</p> <p style="text-align: center;">– 10 minute break –</p> <p style="text-align: center;">50 free skins finals Boys 50 free skins finals Girls</p> <p>Sunday 16th Jan - Session 6. Registration closes 1.15pm Warm up 1.00pm - Start 2.00pm</p> <p>23 200 fly Boys 24 200 breast Girls 25 100 free Boys 26 100 free Girls</p>
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Qualifying Times

BOYS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.1	39.3	37.2	35.1	33.1	31.3	29.9	29	28.4	27.4
100m Freestyle	x	*	1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	1:02.6	1:01.4	1:00.2
200m Freestyle	3:22.8	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	2:16.3	2:13.8	2:12.9
400m Freestyle	7:20.6	6:31.8	6:06.0	5:46.0	5:26.8	5:10.4	4:57.5	4:48.7	4:42.5	4:42.5
100m Breaststroke	x	*	1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	1:18.4	1:16.7	1:15.0
200m Breaststroke	4:17.8	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:50.7	2:46.3	2:42.3
100m Butterfly	x	*	1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	1:08.8	1:07.0	1:05.1
200m Butterfly	4:08.3	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	2:31.7	2:26.9	2:24.4
100m Backstroke	x	*	1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	1:09.3	1:07.6	1:05.4
200m Backstroke	3:43.8	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	2:29.8	2:27.0	2:22.9
100m Individual Medley	x	*	1:33.9	1:28.7	1:23.1	1:18.1	1:14.7	1:11.8	1:10.3	1:07.7
200m Individual Medley	3:49.7	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	2:33.7	2:30.5	2:27.6
400m Individual Medley	8:15.6	7:35.6	6:59.7	6:34.3	6:12.0	5:50.3	5:34.6	5:25.4	5:18.7	5:14.9

GIRLS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.6	39.9	37.7	35.7	34.3	33.3	32.5	32	31.9	30.5
100m Freestyle	x	1:27.6	1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	1:08.7	1:08.4	1:07.1
200m Freestyle	3:24.5	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	2:28.0	2:26.4	2:26.1
400m Freestyle	7:25.4	6:35.7	6:04.9	5:43.7	5:29.8	5:20.8	5:13.8	5:10.2	5:07.2	5:07.2
100m Breaststroke	x	1:52.5	1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	1:26.2	1:24.9	1:23.2
200m Breaststroke	4:20.0	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	3:05.8	3:04.1	2:58.7
100m Butterfly	x	1:39.3	1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	1:15.8	1:14.9	1:12.2
200m Butterfly	4:11.0	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	2:44.8	2:42.8	2:39.0
100m Backstroke	x	1:38.5	1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	1:16.1	1:15.6	1:13.6
200m Backstroke	3:46.2	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	2:42.4	2:40.6	2:38.3
100m Individual Medley	x	1:38.5	1:34.2	1:29.1	1:24.9	1:22.6	1:20.9	1:19.4	1:18.9	1:16.5
200m Individual Medley	3:51.6	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	2:47.2	2:45.7	2:44.2
400m Individual Medley	8:12.3	7:35.3	6:57.3	6:32.0	6:14.4	6:03.1	5:55.8	5:50.5	5:48.2	5:44.5

* 10 year old boys who are 11 before the 1st July 2011 are allowed to enter the 100m events (use the girls qualifying times).

Qualifying times should have been achieved since 16th January 2010

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Officials

If you are an ASA Licenced official or an ASA Qualified Timekeeper and are able to Officiate at this Designated Meet we would very much appreciate your help. Please fill in the form below and return to the address below, before the closing date for entries.

We will provide lunch and tea and payment for expenses incurred in travel and parking will be offered.

	<i>Friday</i>	<i>Saturday</i>			<i>Sunday</i>	
Position	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Referee						
Starter						
Judge 2						
Judge 1						
Timekeeper						

Name:										
ASA Number										
Please circle	I am Licensed					I am not Licensed				
Contact Address:										
Phone:										
Email:										

Please return completed forms to:

Richard Holt,
70 Holbrook Road
Cambridge
CB1 7ST
email: swimmers@cocsc.org.uk

Thank you for your help.

**City of Cambridge Swimming Club
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Coaches' Passes Application Form

Passes must be ordered in advance and will only be issued to named individuals.

Club:

Number of Passes required for Friday (free) : _____
1 st Applicant name:
2 nd Applicant name:

Number of Passes required for Saturday @ £10.00 each : _____
1 st Applicant name:
2 nd Applicant name:

Number of Passes required for Sunday @ £10.00 each : _____
1 st Applicant name:
2 nd Applicant name:

Cheques should be made payable to "The City of Cambridge Swimming Club" with the name of the club printed on the back

- Passes will not be available for purchase on the day
- Each visiting Club is allowed a maximum of 2 passes per day. If you have a particularly large team and require extra passes please contact the promoters to discuss your requirements.
- Passes will be valid for one day only
- Programmes will be issued at the reception desk on the day of the meet
- Results will be issued to Coaches by email after the event
- Lunch will be provided each day

Email address for results:

Return to: **Richard Holt, 70 Holbrook Road, Cambridge, CB1 7ST**

**City of Cambridge Swimming Club
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Entry Form (for fewer than 3 club entries)

First Name		Surname	
DOB (dd/mm/yy)		ASA Reg. No.	
Address			
Phone Number		Club	
Email			

Entry times must be those achieved in the 12 months prior to date of the event. **Age as at 16th January 2011 applies.** Entries for the 50m freestyle will **only** be accepted from swimmers who have entered 2 or more other events.

PLEASE CHECK OUR QUALIFYING AND CUT OFF TIMES BEFORE ENTERING

Please enter age as of 16 th January 2011	_____ Yrs old	Male or Female?	Male/Female <i>(Delete as appropriate)</i>
Event	Submitted Time	Fee	
50m Freestyle (see restriction above)			<u>Individual entries</u> For individual entries direct to the City of Cambridge Swimming Club, please print your name clearly on the reverse side of your cheque. If your Club is making a group entry, check with your club how payment and application should be made.
100m Freestyle			
200m Freestyle			
400m Freestyle			
100m Backstroke			
200m Backstroke			
100m Breaststroke			
200m Breaststroke			
100m Butterfly			
200m Butterfly			<u>Club entries</u> Clubs please complete a Club Summary Payment Form and send with your club cheque attached.
100m IM			
200m IM			
400m IM			
Total @ £5 per event			

I hereby certify that the above details are correct and the above swimmer agrees to abide by the rules of the ASA.

Signed: _____ (Club Coach/Secretary)

I enclose a cheque for £_____ made payable to "City of Cambridge Swimming Club"

Send entries to:- **Richard Holt, 70 Holbrook Road, Cambridge, CB1 7ST**

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Club Summary Payment Form

Club:

Competitor's Name:	No of Events entered @ £5:	Total:
(1) Saturday	_____ Coach Passes at £10	
(2) Sunday	_____ Coach Passes at £10	
	Total:	

PLEASE NOTE: Entries for more than three swimmers should be made electronically.

Electronic entry files can be downloaded from www.cocsc.org.uk and are available by email on request from:

Richard Holt
70 Holbrook Road, Cambridge, CB1 7ST
Email: swimmers@cocsc.org.uk

Return electronic entry files to swimmers@cocsc.org.uk

Please make cheques payable to "City of Cambridge Swimming Club" and return to Richard Holt, 70 Holbrook Road, Cambridge, CB1 7ST with a copy of this club summary entry form. Please note if submitting an electronic club entry we do not require paper copies of individual swimmers entries.