

# **NEWHAM AND EAST LONDON L1 NATIONAL QUALIFYING MEET 2018**

Long Course L1 Meet (License No. 1LR180247)



**Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> April 2018**

**London Aquatic Centre (LAC), The Queen Elizabeth Olympic Park. London. E20 2ZQ**

**Event Information and Entry Forms**

*(All Session Times to Be Confirmed)*

**NEWHAM AND EAST LONDON L1 NATIONAL QUALIFYING**  
**MEET**  
**Long Course Meet (License No. 1LR180247)**

Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> April 2018  
Under ASA Laws & Regulations & FINA Technical Rules of Racing

VENUE London Aquatic Centre (LAC), The Queen Elizabeth Olympic Park. London. E20 2ZQ

POOL 50 metres, 10 Lanes with anti wave lane ropes and Quantum electronic timing

EVENTS: 50m, 100m, 200m all strokes  
400m Freestyle  
200m & 400m IM  
800m Freestyle (Female) and 1500m Freestyle (Male)  
All events will be heat declared winners (HDW).

AGES: 11, 12, 13, 14, 15, 16, 17Yrs+.  
**Age as at 31<sup>st</sup> December 2018**

AWARDS Top 3 in each age group will receive awards  
Top Male Athlete & Top Female Athlete Awards  
Top Visiting Club Award

<u>FEES</u>	Race Entry Fee	£8.00 per 50m, 100m, 200m and 400m events £15.00 per 800m & 1500m
	Coach Passes	£30 per day or £50 for 2 day pass
	Spectator Entry	£4 per session OR £12 per day OR £20 for weekend
	Programme	£8 for weekend

**CLOSING DATE FOR ENTRIES 12noon Sunday 25<sup>th</sup> February 2018**

**CLOSING DATE: 12 NOON SUNDAY 25TH FEBRUARY 2018**

# **NEWHAM AND EAST LONDON L1 NATIONAL QUALIFYING MEET**

## **Long Course Meet (License No. 1LR180247)**

### **MEET RULES AND INFORMATION**

1. This Competition is licensed by the ASA for entry into National Competitions and held under ASA Laws and FINA Technical Rules and these rules and conditions. Entries may only be accepted from competitors registered as members of the ASA, SASA or WASA or competitors from swimming clubs affiliated to FINA whose submitted entry times meet the qualifying standards.
2. Competitors' ages shall be as at 31<sup>st</sup> December 2018.
3. Entries will be eligible provided the swimmer meets the long course qualifying time. For the 800m and 1500m swimmers must meet the QT and will be limited to a minimum of 4 heats (800m) and 3 heats (1500m) based on fastest entries.
4. Any competitor wishing to withdraw from the 1500m or 800m event can do so and will receive a refund provided notification is received in writing two clear weeks before the meet date so that reserves can be notified to fill their place.
5. All events will be spearheaded and swum slow to fast, based on entry times.
6. Medals will be available for collection for the first 3 placed swimmers in each age band and event.
7. Additional awards will be made to the Top Male, Top Female and Top Visiting Club, based upon accumulated points.
8. Entry times must be achieved from 1<sup>st</sup> January 2017 from either a L1, L2 or L3 meet and be included on the British Swimming Rankings and should be long course times; times in Sportsystems are converted using the ASA Equivalent Performance tables. Entries must be equal to or faster than the published qualifying times.
9. Entries should be made via SPORTSYSTEMS Entry Manager File using the "get times" button (or individual entry form if applicable) together with entry fees and should reach the Promoter by 12 noon Sunday 25<sup>th</sup> February 2018. The entry fee is £8.00 per event with the exception of 800/1500m freestyle at £15.
10. The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions. Late entries, day of meet entries and day of meet alterations will not be accepted, unless due to administrative error.
11. Clubs are requested to send all entries with an entry report, completed summary sheet and any poolside applications at the same time with one payment, preferably via BACS transfer, to cover all swimmers and coach passes.
12. The Meet Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme.
13. Entries may be rejected for the following reasons:
  - Incorrectly completed and received without the relevant fee
  - Outside the qualifying entry times
  - Slowest times and by age group and event
  - Received after the closing date Sunday 25<sup>th</sup> February 2018 at 12 noon

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In the event that entries are rejected, fees will be refunded by a single payment made payable to club in question.

14. The Meet Promoter reserves the right to give preference to complete entries from a maximum of two clubs where swimmers need to pre book flights. All entries must meet the published qualifying times and include a link to official competition results to validate the stated entry times. Application must be by email to the Meet Administrator on [elopenmeets@gmail.com](mailto:elopenmeets@gmail.com). The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry.
15. The Meet Promoter reserves the right to cancel the event if the meet is under subscribed.
16. The Meet Promoter reserves the right to move events (as a last resort) if the meet is oversubscribed in order to comply with timing requirements set out by Meet Licensing.
17. The Meet Promoter reserves the right to allow additional entries that are slower than the qualification times if the meet is not full by the closing date.
18. There will be no refunds for withdrawals after the closing date other than for medical reasons that are accompanied by the appropriate certification.
19. All swimmers in all events will need to sign in before the warm up begins for each session.
20. Accepted and rejected entries will be posted to all clubs within 2 weeks of the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
21. Individual entries may also be accepted using the Individual Entry Form which is available as part of the gala pack. Individual entries will only be accepted at the Promoter's discretion.
22. Individual entries from visiting clubs shall be made on the official entry forms and will be subject to an additional £5 administration charge per swimmer. Where there are three or more competitors from a Club, entries MUST be submitted electronically together with a summary form and the Sportsystems Entry Report with a single payment by BACS (account details on request) MUST be provided for the consolidated payment of all entry fees. If you wish to pay by BACS please email [treasurerelopenmeet@gmail.com](mailto:treasurerelopenmeet@gmail.com) for further details.
23. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times will be rejected without refund.
24. Competitors must report to the marshalling area in a timely manner, normally 1 event in advance of their own, where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event. It is the swimmers duty to inspect the start list posted by the marshalling area, and report to the event marshals when instructed to do so.
25. All visiting clubs must ensure that team managers/coaches and officials comply with the ASA Child Protection Policy
26. Team Managers/Coaches will be allowed on poolside if wearing a pre- purchased pass. Team Manager/Coach Passes will not be sold on the day – no pass, no admission poolside. Passes can be requested with the entry forms and cost will be as stated in Condition 30. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of 1:10. Untrained parents without DBS checks are NOT allowed poolside.
27. Over the top starts may be used at the referee's discretion.

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28. The promoters reserve the right to refuse admission to any competitor or spectator.
29. The promoters do not accept responsibility for any property. A computer will be used 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 (name, club, recorded/entered times) may be made public during or after the meet
30. Charges as follows:
  - Entry Fees £8 per 50m/100m/200m/400m, £15 per 800m/1500m event
  - Coaches Passes £30 per day or £50 for a two day pass
  - Spectator fees £4.00 per session or £12.00 per day or £20 for both days
  - Programme for the weekend £8.00
31. Flash photography is prohibited at all times and absolutely no photographs are permitted poolside.
32. As the permitted use of devices which capture still or moving images is no longer dependent upon pre-registration, we request that all persons attending this meet at the London Aquatic Centre have a clear understanding of their responsibilities and obligations as detailed in the "ASA Photography Guidance" section of Wavepower 2016-19 (the current ASA Child Safeguarding Policies and Procedures publication).
33. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and report any issues immediately to a member of the pool staff or to the Open Meet Promoter.
34. Everyone attending the event must familiarise themselves with the location of the emergency exits, which must be kept clear at all times.
35. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7 & 9) whilst even lanes (0, 2, 4, 6 & 8) will swim counter clockwise. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions. Guidance will be given by the meet announcer.
36. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws & Regulations and the FINA Technical Rules of Racing.
37. The Meet Promoter is Deborah Harouma on behalf of NUEL. All queries/enquiries about this meet should be directed to [elopenmeets@gmail.com](mailto:elopenmeets@gmail.com).

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**PROGRAMME OF EVENTS**

1 hour Warm Up			
Session 1 – Start 09.45 SATURDAY		Session 4 – Start 09.45 SUNDAY	
Girls	400m Individual Medley	Boys	400m Individual Medley
Boys	100m Freestyle	Girls	100m Freestyle
Girls	50m Freestyle	Boys	50m Freestyle
Boys	50m Butterfly	Girls	50m Butterfly
Girls	200m Breaststroke	Boys	200m Breaststroke
Boys	200m Individual Medley	Girls	200m Individual Medley

1 hour Warm Up			
Session 2 – Start TBA		Session 4 – Start TBA	
Boys	200m Butterfly	Girls	200m Butterfly
Girls	200m Freestyle	Boys	200m Freestyle
Boys	50m Backstroke	Girls	50m Backstroke
Girls	50m Breaststroke	Boys	50m Breaststroke
Boys	1500m Freestyle	Girls	800m Freestyle

1 hour Warm Up			
Session 3 – Start TBA		Session 6 – Start TBA	
Girls	400m Freestyle	Boys	400m Freestyle
Boys	100m Breaststroke	Girls	100m Breaststroke
Girls	100m Backstroke	Boys	100m Backstroke
Boys	200m Backstroke	Girls	200m Backstroke
Girls	100m Butterfly	Boys	100m Butterfly

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### Minimum Qualifying Standard - Ages as at 31 December 2018

BOYS Qualifying Times							Long Course Times Events	Girls Qualifying times						
11	12	13	14	15	16	17+		11	12	13	14	15	16	17+
00:38.4	00:36.2	00:34.2	00:32.2	00:30.4	00:28.7	00:28.4	50m Freestyle	00:40.8	00:38.5	00:36.3	00:34.3	00:32.3	00:31.8	00:30.5
01:25.8	01:18.8	01:13.7	01:09.8	01:06.9	01:02.5	01:01.5	100m Freestyle	01:26.2	01:19.3	01:15.2	01:12.7	01:09.1	01:08.3	01:07.1
03:03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:16.2	02:13.7	200m Freestyle	03:04.4	02:51.3	02:42.5	02:36.2	02:29.1	02:27.5	02:25.8
06:26.4	05:56.5	05:38.1	05:21.8	05:07.0	04:49.0	04:44.6	400m Freestyle	06:27.4	05:56.4	05:38.8	05:26.3	05:12.8	05:09.3	05:06.3
							800m Freestyle	13:04.0	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:35.5
26:13.8	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	18:49.1	1500m Freestyle							
00:51.5	00:48.6	00:45.9	00:43.3	00:40.8	00:38.5	00:35.8	50m Breaststroke	00:53.5	00:50.5	00:47.6	00:44.9	00:42.4	00:40.0	00:39.0
01:50.2	01:41.5	01:34.7	01:28.8	01:24.6	01:18.8	01:17.0	100m Breaststroke	01:50.3	01:41.6	01:35.2	01:30.8	01:27.5	01:26.6	01:24.6
03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:51.5	02:47.5	200m Breaststroke	03:55.5	03:36.6	03:24.9	03:15.5	03:09.7	03:05.8	03:04.8
00:43.4	00:40.9	00:38.6	00:36.4	00:34.3	00:32.4	00:30.4	50m Butterfly	00:45.5	00:42.9	00:40.5	00:38.2	00:36.0	00:35.2	00:34.0
01:36.9	01:27.7	01:21.5	01:16.8	01:12.8	01:07.7	01:06.7	100m Butterfly	01:38.1	01:28.8	01:23.4	01:19.9	01:16.3	01:14.9	01:14.3
03:23.3	03:12.5	02:59.9	02:49.9	02:40.9	02:30.3	02:27.3	200m Butterfly	03:34.6	03:23.4	03:12.6	03:01.7	02:53.5	02:47.1	02:43.3
00:44.3	00:41.8	00:39.4	00:37.2	00:35.1	00:33.1	00:32.1	50m Backstroke	00:47.2	00:44.6	00:42.0	00:39.7	00:37.4	00:36.3	00:35.3
01:37.3	01:29.8	01:24.1	01:19.2	01:15.0	01:10.2	01:09.2	100m Backstroke	01:37.5	01:29.9	01:24.5	01:21.7	01:17.9	01:17.6	01:16.3
03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:30.3	02:28.3	200m Backstroke	03:26.3	03:11.0	03:00.6	02:54.3	02:45.8	02:42.9	02:39.7
03:29.6	03:14.3	03:02.8	02:52.7	02:44.8	02:33.8	02:31.8	200m Individual Medley	03:29.6	03:14.3	03:03.3	02:56.8	02:48.9	02:46.7	02:45.5
07:26.3	06:50.8	06:26.7	06:06.4	05:49.3	05:27.5	05:22.5	400m Individual Medley	07:26.2	06:47.3	06:24.9	06:10.6	05:55.2	05:50.9	05:48.9

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**CLUB SUMMARY ENTRY FORM**

This form must be completed and returned with the Sportsystem entry fee report and entry file to [elopenmeets@gmail.com](mailto:elopenmeets@gmail.com)

<b>Club Name</b>		Club Code	
<b>Contact Name</b>		Club Bank Details Bank:	
<b>Postal Address</b>		Sort Code: Account No:	
<b>Email Address</b>			
<b>Telephone Number</b>			
<b>Entry Details</b>			
		<b>No of Entries</b>	<b>Cost</b>
<b>Swimmers</b>	@£8 per 50m, 100m, 200m, &400m events		£
	@ £15 per 800m and 1500m event		£
<b>Coach pass</b>	@ £30 per day per person or £50 per weekend		£
<b>Admin fee</b>	@£5 per swimmer if manual entry		£
<b><u>TOTAL</u></b>			£

It is expected that a single payment via BACs is made for the complete club entry. Details of your Club's bank are to be provided in the box above so we can issue refunds when required

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary Signature .....Date: .....

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**INDIVIDUAL ENTRY FORM**

SURNAME		FORENAME	
CLUB			
SEX	Male/Female	ASA Number	
EMAIL ADDRESS			
TELEPHONE NO			
DATE OF BIRTH		Age (31/12/18)	
ADDRESS			
EVENTS	ENTRY TIMES	EVENT	ENTRY TIMES
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		200m Breaststroke	
400m Freestyle		50m Backstroke	
800m Freestyle (F)		100m Backstroke	
1500m Freestyle (M)		200m Backstroke	
50m Butterfly		200m Individual Medley	
100m Butterfly		400m Individual Medley	
200m Butterfly			
Total No of Entries (@ £8 per 50m, 100m, 200m & 400m event)			£
Total No of Entries (@ £15 per 800m & 1500m event)			£
Admin Fee (Visiting Clubs manual entry only)		@£5	£
		TOTAL	

SIGNED BY CLUB OFFICIAL .....

ENTRIES OF 3 OR MORE SWIMMERS TO BE MADE ELECTRONICALLY. Please email [elopenmeets@gmail.com](mailto:elopenmeets@gmail.com) for files and instructions.

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**COACHES/CHAPERONE/TEAM MANAGER INDIVIDUAL APPLICATION  
FORM**

Name of Club:		CLUB CODE
Full Name		
Position in Club		
Postal Address		
Telephone No		
Pass Required	<u>Saturday 14<sup>th</sup> April 2018</u>	<u>Sunday 15<sup>th</sup> April 2018</u>
Email Address		
ASA Affiliation No		
Dietary Requirement		

**Club Secretary:**.....**Signed:**.....

The above named person is authorised to hold a pass for this club and their details are visible on the ASA Members Check.

There will be no access to the poolside without a coach's pass and passes will need to be purchased in advance and the cost included the summary total for your club entries. Coach Passes are non-transferable.

All completed forms to be returned to [elopenmeets@gmail.com](mailto:elopenmeets@gmail.com)

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**REQUEST FOR OFFICIALS**

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

Name				CLUB CODE
Qualification (Judge Level)				
Licence Number				
Swimming Club				
Sessions Available	Session 1	Session 2	Session 3	
	Session 4	Session 5	Session 6	
Contact Phone no				
Contact Address				
Contact email				
Swimmer's name				
Mentor request	<i>If you are in the middle of training to become an official and require mentoring, please indicate the session are available and use this box to detail the tasks you require mentoring for but please be aware as it is a L1 meet, there is limited mentoring opportunities but we will our best to accommodate requests</i>			
Dietary requirements	<i>Officials working a full day will be provided with lunch. Let us know if you have any special requirements</i>			

All completed forms to be emailed to [officialsopenmeet@gmail.com](mailto:officialsopenmeet@gmail.com)

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