



READING SWIMMING CLUB

(affiliated to ASA SE Region)

Early Season Meet

(Under ASA Laws and Technical Rules)



SATURDAY 1st OCTOBER 2011

(Licence Applied For)

Your first chance to record 2012 County Championship times!

At Central Pool, Reading - 25m, six-lane, manual timing, anti-turbulence lane ropes, electronic timing.

Age groups: 10 years, 11 years, 12 years, 13 years, 14 years, 15 years + on 1st October 2011

Please note competitors in the 10 & under age group must be at least 9 years old on 1st October 2011.

Events: 100m backstroke, breaststroke, butterfly, freestyle, 200m IM and 50m freestyle for all age groups

Session One Warm-up 2.15 pm Start 2.45 pm		Session Two Warm-up 5.45 pm Start 6.15 pm	
Event		Event	
11 Boys	200 IM	21 Girls	200 IM
12 Girls	100m breaststroke	22 Boys	100m breaststroke
13 Boys	50m freestyle	23 Girls	50m freestyle
14 Girls	100m backstroke	24 Boys	100m backstroke
15 Boys	100m butterfly	25 Girls	100m butterfly
16 Girls	100m freestyle	26 Boys	100m freestyle

The Promoter reserves the right to amend the Programme of Events to ensure the smooth running of the Meet.

Session times may be amended dependent on number of entries.

Format: All events are Heat Declared Winner (HDW). Heats will be seeded from submitted entry times with slowest swimmers first. All heats will be spearheaded. Awards will be made to the fastest three swimmers in each age group.

The ONE START RULE will apply. To keep the meet on schedule, OVER THE TOP STARTS will operate.

A list of accepted entries, meet and warm-up instructions and any refunds due will be sent out to all who enclose an SAE with their entries.

Coaches passes for poolside access at the meet cost £7 each. This includes a programme and refreshments between sessions.



Reading Early Season Meet - Saturday 1st October 2011

Results will be available on the day and will also be published on the RSC website www.readingswimclub.org within 2 days of the meet.

Technical officials: All clubs are requested to provide a timekeeper and a judge to assist in the running of the meet.

Entry Times: A competitor may only enter with times slower than the Upper Limit (ULT) and faster than the Qualifying Time (QT) in the table below.

Girls							
Age group		200m IM	50m free	100m fly	100m back	100 breast	100m free
10	ULT	03:27.0	00:37.7	01:36.5	01:37.0	01:40.4	01:25.9
10	QT	04:18.8	00:47.1	02:00.6	02:01.2	02:05.5	01:47.4
11	ULT	03:09.2	00:34.3	01:25.2	01:24.2	01:35.0	01:13.0
11	QT	03:56.5	00:42.9	01:46.5	01:45.3	01:58.7	01:31.3
12	ULT	02:59.3	00:32.3	01:23.0	01:21.3	01:32.6	01:12.0
12	QT	03:44.1	00:40.4	01:43.8	01:41.6	01:55.8	01:30.0
13	ULT	02:50.5	00:31.4	01:19.5	01:18.0	01:26.2	01:09.4
13	QT	03:33.1	00:39.2	01:39.4	01:37.5	01:47.7	01:26.8
14	ULT	02:46.6	00:30.4	01:16.4	01:16.4	01:26.1	01:07.4
14	QT	03:28.3	00:38.0	01:35.5	01:35.5	01:47.6	01:24.3
15+	ULT	02:43.6	00:30.4	01:15.5	01:15.5	01:25.8	01:05.6
15+	QT	03:24.5	00:38.0	01:34.4	01:34.4	01:47.2	01:22.0
Boys							
Age group		200m IM	50m free	100m fly	100m back	100 breast	100m free
10	ULT	03:30.7	00:37.7	01:40.5	01:39.5	01:52.2	01:27.6
10	QT	04:23.4	00:47.1	02:05.6	02:04.4	02:20.3	01:49.5
11	ULT	03:13.5	00:34.3	01:29.9	01:29.6	01:41.3	01:19.4
11	QT	04:01.9	00:42.9	01:52.4	01:52.0	02:06.6	01:39.3
12	ULT	03:00.0	00:31.8	01:20.3	01:20.7	01:30.2	01:12.0
12	QT	03:45.0	00:39.7	01:40.4	01:40.9	01:52.8	01:30.0
13	ULT	02:46.6	00:30.4	01:18.4	01:15.2	01:26.3	01:07.6
13	QT	03:28.3	00:38.0	01:38.0	01:34.0	01:47.9	01:24.5
14	ULT	02:38.8	00:28.9	01:13.5	01:10.8	01:22.3	01:03.7
14	QT	03:18.5	00:36.1	01:31.9	01:28.5	01:42.9	01:19.6
15+	ULT	02:30.4	00:27.9	01:08.6	01:08.0	01:17.4	01:00.5
15+	QT	03:08.0	00:34.9	01:25.8	01:25.0	01:36.8	01:15.6

Awards: The first three swimmers finishing in each age group shall receive awards.

Entries should be submitted on the official form attached. Please include one consolidated entry form per club remembering to include officials.

Submitted times should be current best times for a 25m pool. **In the event of the meet being oversubscribe races will be filled on a first come first served basis.**

The promoter reserves the right to seek confirmation of submitted times and to reject swimmers who have entered incorrect times, where times are faster than the Upper Limit Time. Refunds will not be given under these circumstances.

Completed entry forms to be returned with appropriate entry fee to Reading Swimming Club, c/o15, Falstaff Avenue, Earley, Berkshire, RG6 5TQ.

The entry fee is £4.00 per event. Cheques payable to Reading Swimming Club. It would be appreciated if club entries were accompanied by one cheque rather than several smaller ones.

The closing date is Friday 16th September 2011. Early entries would be appreciated. Should the meet be oversubscribed notification of closure to entries will be posted on the RSC website.

Recognition of times

This Meet has been licensed at level 3 by the ASA. Times recorded at the meet will be accepted for entry into County and Regional Championships, and will be sent to the ASA for inclusion in the National Rankings.

Time Trials

Time Trials may be offered where there would otherwise be empty lanes. Time trials will be swum in the appropriate seeding order (but not in the final heat). Time trials will be on a first come first served basis, and competitors wishing to swim time trials should ask the club coach to contact the Meet Manager on prior to the meet at meetenquiries@readingswimclub.org. There will be a charge of £5.00 per time trial swim.

Registration on the Day

Registration for competitors' will be situated in the entrance foyer. Competitors in each session must have signed in by the start of the warm-up. If a competitor does not register, that competitor will be deemed to have retired from all events in that session.

Spectator Charges

There will be a spectator charge of £3.00 per session, £2 for OAPs and children under 12 FREE. The charge for entry is to help raise funds for the cost of pool hire.

Please note that Reading Swimming Club does not have any control of the car parking charges and will not be providing any refunds for parking.



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Saturday 1st October 2011

Entry summary

Club Name	
Contact Name	
Address	
Telephone	
Email	

Total entries @£4.00		£
Total Coach passes @ £7.00		£
TOTAL ENCLOSED		£

Total amount enclosed as a single cheque payable to Reading Swimming Club:

Please enter the competitors above for the events indicated. They are eligible to enter this meet. I have read and accept the promoter's conditions. The information and times above are, to the best of my knowledge, accurate.

Signature of Club Meet Secretary _____

The meet conditions request clubs supply a timekeeper and judge (or higher) to assist in the meet:

Official 1 Name: _____ Role: _____

Official 2 Name: _____ Role: _____

There will be a spectator charge of £3.00 per session, £2 for OAPs and children under 12 FREE. The charge for entry is to help raise funds for the cost of pool hire.

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Individual Entry Form

This form may be used by clubs for individuals, before consolidating the entries on the Consolidated Entry Form.

Swimmer's Name:	
Sex: Male / Female	
Date of Birth:	
Age at midnight, 1st October 2011	
ASA Registration Number:	
Club:	
E-mail address:	

Enter events by writing your current short course (25m) personal best time in the column. Enter "NT" if you do not have a time for the event, but wish to enter – note, however, that in the event of oversubscription these will be the first entries to be rejected – so talk to your coach to get a time to enter with!

Race	Entered Time
100m Breaststroke	
100m Freestyle	
50m Freestyle	
200m IM	
100m Back	
100m Butterfly	

Total of events at £4.00per event: Total amount

Please enter this swimmer for these events at the times shown (signed)

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