



READING SWIMMING CLUB
(affiliated to ASA SE Region)
23rd B-Grade Development Meet
(Under ASA Laws and Technical Rules)



SATURDAY 17TH OCTOBER 2009

Your first chance to record 2010 County Championship times!

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

Age groups: 10 years, 11 years, 12 years, 13 years, 14 years, 15 years and Open on 17th October 2009

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

We expect to complete the programme by 9.30 pm.

Format: All events will be decided on heat times. There will be no finals. Heats will be seeded in entry time order regardless of age, i.e. heat one is for the slowest accepted entries or entries with no time. The last heat will be spearheaded. Entries with no time will swim in the first heat in age order.

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.

Results will be available on the day and will be published on the RSC website www.readingswimclub.org

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



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“No faster than” entry times: A competitor may only enter with times slower than those in the table below.

Girls						
Age group	200m IM	50m free	100m fly	100m back	100 breast	100m free
10	3:27.0	37.7	1:36.5	1:37.0	1:40.4	1:25.9
11	3:09.2	34.3	1:25.2	1:24.2	1:35.0	1:13.0
12	2:59.3	32.3	1:23.0	1:21.3	1:32.6	1:12.0
13	2:50.5	31.4	1:19.5	1:18.0	1:26.2	1:09.4
14	2:46.6	30.4	1:16.4	1:16.4	1:26.1	1:07.4
15+	2:43.6	30.4	1:15.5	1:15.5	1:25.8	1:05.6
Boys						
Age group	200m IM	50m free	100m fly	100m back	100 breast	100m free
10	3:30.7	37.7	1:40.5	1:39.5	1:52.2	1:27.6
11	3:13.5	34.3	1:29.9	1:29.6	1:41.3	1:19.4
12	3:00.0	31.8	1:20.3	1:20.7	1:30.2	1:12.0
13	2:46.6	30.4	1:18.4	1:15.2	1:26.3	1:07.6
14	2:38.8	28.9	1:13.5	1:10.8	1:22.3	1:03.7
15+	2:30.4	27.9	1:08.6	1:08.0	1:17.4	1:00.5

Awards: The first three swimmers finishing in each age group shall receive awards provided they have not exceeded the grade times by more than the allowance shown below. Swimmers achieving faster times than the allowance will be awarded “speeding tickets”.

Age group	10 years	11 years	12 years	13 years	14 years	15+ years
200m events	10 seconds	8 seconds	8 seconds	6 seconds	4 seconds	2 seconds
100m events	5 seconds	4 seconds	4 seconds	3 seconds	2 seconds	1 second
50m events	3 seconds	2 seconds	2 seconds	1.5seconds	1 second	½ second

Entries should be submitted on the official form attached. Submitted times should be current best times for a 25m pool. Reading Swimming Club reserves the right to limit total entries.

Enquiries may be directed to Meet Enquiries@readingswimclub.org. Completed entry forms to be returned with appropriate entry fee to Reading Swimming Club, c/o 6, Hawley Close, Calcot, Reading RG31 7ED.

The entry fee is £3.75 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 18th September 2009. Early entries would be appreciated.



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Entry summary

Club:

Contact name

Address:
.....
.....

Telephone

Total MALE entries @ £3.75 =

Total FEMALE entries @ £3.75 =

Coach passes @ £7 =

Total enclosed

We will supply [tick to confirm] a timekeeper a judge

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 submitted are, to the best of my knowledge, accurate.

[Signed] [Club official]