

Reading Swimming Club



24th B-Grade Development Meet

(Under ASA laws and Technical Rules)

Saturday, October 2nd 2010

Your first chance to achieve 2011 County Championship qualifying times!

Central Pool, Reading	25m, six lane pool. Manual timing, anti-turbulence lane ropes
Age Groups	10, 11, 12, 13, 14, 15 and over. Age as October 2 nd 2010
Events	100m on all four strokes, 200 IM plus 50m Fs in all age groups

Session One			Session Two		
<i>Warm up 2.15pm, Start 2.45pm</i>			<i>Warm up 5.45pm, Start 6.15pm</i>		
11	Boys	200 IM	21	Girls	200 IM
12	Girls	100 Breaststroke	22	Boys	100 Breaststroke
13	Boys	50 Freestyle	23	Girls	50 Freestyle
14	Girls	100 Backstroke	24	Boys	100 Backstroke
15	Boys	100 Butterfly	25	Girls	100 Butterfly
16	Girls	100 Freestyle	26	Boys	100 Freestyle

We expect to complete the programme by 9.30pm

Format; All events will be decided on heat times (Heat declared winner). There will be no finals. Heats will be seeded in entry time regardless of age (i.e Heat One is for the slowest accepted entries with no time). The last heat will be spearheaded. Entries with no time will swim in the first heats 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 entries who enclose an SAE with their entries.

Coaches passes for poolside access at the meet will cost £7.00 each. This includes a programme and light refreshments between sessions.

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

Technical Officials; Club 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. Random checks may be made on ASA database to confirm times.

Girls						
Age	200 IM	50 Fs	100 Fly	100 Bk	100 Brst	100 Fs
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	200 IM	50 Fs	100 Fly	100 Bk	100 Brst	100 Fs
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 providing 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 yrs	11 yrs	12yrs	13yrs	14yrs	15+yrs
200 IM	10 secs	8 secs	8 secs	6 secs	4 secs	2 secs
100m events	5 secs	4 secs	4 secs	3 secs	2 secs	1 sec
50m Fs	3 secs	2 secs	2 secs	1½ secs	1 sec	½ sec

Entries should be submitted on the official form attached. Submitted times should be current best times for 25m pool (times within last 12 months). Reading Swimming Club reserve the right to limit total entries.

Enquiries may be directed to meetenquiries@readingswimclub.org Completed entry forms should be returned with the appropriate entry fees to Reading Swimming Club, c/o 15 Thistledown, Tilehurst, Reading RG31 5WE

The entry fee is £4.00 per event. Cheques made 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, September 10th 2010**.

Reading Swimming Club



Entry Summary

Club.....

Club Contact Name.....

Address.....

.....

Telephone.....

Email.....

Total Male entries..... @ £4.00 =

Total Female entries..... @ £4.00 =

Coaches Passes..... @ £7.00 =

We will supply [tick to confirm]

Timekeeper

Judge

Please enter the competitors attached for the events indicated. They are all eligible to enter this meet. I have read and accepted the promoter's conditions. The information and times submitted are, to the best of my knowledge, accurate and I understand checks may be made on submitted times.

Signed.....

Club Official