



**2<sup>nd</sup> Annual**

**Long Course Open Meet**

Held at

**Corby East Midlands  
International Pool**

**22<sup>nd</sup> October 2016**

**This competition will be held under ASA Laws and ASA Technical  
Rules of Swimming - Licensed at Level 3**

**(License no License applied for. TBA)**

## **MEET INFORMATION**

- Venue:** This competition will be held at Corby East Midlands International Swimming Pool, Parkland Gateway, George Street, Corby.NN17 1QB Telephone: 01536 464643 <http://www.corby.gov.uk/corbypool>
- Car Parking:** Available directly outside the pool for around 400 cars. There is additional parking at the Oasis car park which is about a 2 minute walk from the pool. The approximate cost of these car parks are 60p/2 hours.
- Pool:** An 8 lane 50 metres pool with a separate warm down pool.
- Timing:** Colorado electronic timing with 8 – line scoreboard is to be used in conjunction with a computerised entry and results.
- Entry Fee:** The entry fee is **£5.00** per event when submitted electronically through your club. It will be **£5.50** if submitted via a paper entry form.
- Coaches Pass:** Coaches Passes are available to Coaches/Team Managers supporting competing swimmers. This will include poolside admission, programme, poolside drinks and lunch. To assist with catering Coach Passes must be ordered with entries. When ordering coach passes please ensure their DBS numbers are enclosed. The cost of a day pass is £10.

### **Coaches' Passes will not be sold on the day.**

*There must be sufficient poolside supervision for clubs to maintain adequate supervision of their swimmers. As a guide, a ratio of 1:10 Adults to Swimmers [inc Coach/Team Manager] should be considered as the minimum requirement which should include male and female adults to reflect the swimmers if the team is made up of male and female swimmers. Clubs with twenty or less swimmers should apply for a two passes; but where there are more than twenty swimmers, a club should apply for additional passes to maintain a 1:10 ratio of adults to swimmers.*

- Closing Date:** The closing date for entries is: **Friday 23rd September 2016**  
Completed entry forms must be returned via email or post by the closing date together with the appropriate fee to:  
Claire McArragher  
Corby Swimming Club  
Parkland Gateway  
George Street  
Corby  
Northants  
NN17 1QB  
**Email – [team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk)**

For all other enquiries relating to the gala:  
**Email: [secretary@corbyswimmingclub.org.uk](mailto:secretary@corbyswimmingclub.org.uk)**

**Spectators:** Ticket options - Spectator seating capacity: 400  
All Day **£5 (Concessions £3)**  
Afternoon or Evening Session **£3 (Concessions £2)**  
Children (Under 16) **Free**

Cost of Meet Programme is included in the entry cost

**Refreshments:** The Swimming Pool has a small café which serves hot & cold food. There are also some vending machines in the café area. As the pool is located in Corby town centre there are numerous shops and restaurants with in easy access to the pool

**Health & Safety:** All participants and spectators must observe the health & safety precautions in operation at the Corby Swimming Pool. The swimming pool and changing room areas are only available to competitors, Coaches, Officials and not to parents or carers. The Spectators balcony is available to those supporting the swimming. Access will be controlled to these areas.

The remainder of the pool complex is still open to the public for Gymnasium, Group classes and Health Suite including the café area.

The use of photography is not permitted by visitors, spectators or competitors unless their details have been registered at the swimming pool Reception and Spectators door and a label displayed on their person to show you have done so.

It is vital that stairs, walkways and thoroughfares must be kept clear of persons or bags.

There are no expected Fire Alarms so should the fire alarm sound spectators and coaches should evacuate the building immediately. Swimmers have a two stage evacuation and if the alarm sounds swimmers should follow the lifeguard's directions and queue up alongside the poolside fire exits. Should swimmers need to evacuate then they will leave by the fire escapes having been given foil blankets. The assembly point is by the Corby Cube (Large glass Building) to the left of the main entrance as you exit the swimming pool.

If a competitor has any known condition that may affect the swimmer during the meet then the meet promoter and the referee should be notified in writing before the meet. This information will be passed onto the pool staff to ensure they have the appropriate level of people to deal with any potential problem occurring during the gala.

**Swim Shop:** A Swim Shop will be present on the day located by the main entrance to the building.

**Photography:** There will be no professional photography at this event. Mobile Phones and devices with an Image capturing facility can only be used pool side providing the Image capturing device is not used or registration is completed at reception and a sticker prominently displayed on their person. Anyone caught capturing an image without authorisation to do so will be asked to remove it from their device and may be expelled from the event.

**Property of Swimmers & Spectators** Neither the Corby Amateur Swimming Club nor Corby East Midlands International Swimming pool can be held responsible for loss or damage to spectators' or competitors' property.  
Competitors can use the lockers in the changing room by obtaining an electronic wrist band from Reception (£1 deposit needed for a band which is refundable).

## **PROMOTERS CONDITIONS**

**Session Details:** Entry on to Poolside from 12:45hrs

**Session 1 Start 14:00**

**Warm up Starts at 13:15**

**Session 2 Start 18:00**

**Warm up Starts at 17:15**

**13:15 – 13:35 All Ages/Boys**

**13:35 – 15:55 All Ages/Girls**

**17:15 – 17:35 All Ages/Girls**

**17:35 – 17:55 All Ages/Boys**

**The Competition is open to amateur swimmers as defined by the ASA Laws.  
All entrants must be registered as Category 2 members.**

**Age:** Age as **22nd October 2016** for the following age groups: 10 and under, 11/12, 13/14, 15/16, 17 and over. Minimum Age: 9 years on the day of the Competition.

**Entries:** Entries must be made on the Individual Entry Forms attached with submitted times to your Club administrator. Qualification times must be personal best times in 25m pool format and be no faster than the attached table in the respective Age Groups for Consideration for Entry.

This meet will be run electronically. Clubs sending more than 3 swimmers in total will need to submit entries electronically using Sportsys Entry Manager along with the entry and official's summary sheets. A single payment either by cheque or BACs must be made when submitting entries. Club entries will only be processed once the electronic entry file, payment, entry summary sheet and summary of officials are received. The Sportsys entry file will be made available on the website 1 month before the closing date for entries.

Any paper entries (no more than 3 swimmers from any one club) must be on the official entry form, and must include the entrants Name, ASA registration number, DOB and submitted times together with correct entry fees. (These will incur an extra fee)

Payment will only be accepted by single cheque payable to Corby Amateur Swimming Club or BACs to the Account No. 46838759, Sort Code 60-06-11. No entries will be registered unless the correct payment has been received.

For seeding purposes entry times must be submitted. Failing to submit a time will result in exclusion of the swimmer from that event. Dependent on the number of entries the Promoter reserves the right to restrict the number of entries to facilitate the meet running time. (i.e. First come, first served).

No entries will be accepted after the closing date or during the meet unless due to promoters error or omission. Refund of entry fees will be made for rejected entries or where the entry to an event has had to be restricted. For any other reason refund of entry fees will only be made up until the closing date for entries or at the discretion of the Promoter.

**Officials:** Clubs wishing to participate must also provide officials that will both commit to attending and will be willing to mentor trainees if numbers allow.

- Late Entries:** Applications for entry must be correctly submitted by the specified date. Entries received without payment or incorrectly completed may be rejected.
- Warm-up:** Warm up details as noted previously. Warm up procedures will be listed at diving end of the pool. Diving is only permitted in designated sprint lanes. And this will be announced 5 minutes from the end of each 15 minute warm up session.
- Competitors must report to the Marshalling steward when they are called. Any competitor not reporting in time may be excluded. It is the responsibility of the Team Manager and Coaches to ensure that their competitors report to the marshalling stewards in time for the start of their race.
- Withdrawals:** There will be an active withdrawal system in operation. These should be forwarded to the recorders desk by the coaches/Team Managers before the warm up of that session has started. If a swimmer withdraws once the draw has been completed for any reason other than illness, then they will not be allowed to compete in any further events within this gala.
- Start:** To maintain the scheduled timing of events all starts will be over the top, except backstroke races.
- Seeding of Heats:** All heats will be swum fully integrated and in spearhead formation time order. Both Freestyle events will be cyclic seeded for the final 3 heats.
- Winners:** All events **except** 50m Free and 100m Free are HEAT DECLARED WINNER. The 50m & 100m Freestyle events are decided by Finals selected from the top 8 of each age group. Reserves will be selected in the case of a withdrawal. Finalists will be given 15 minutes from the time they are announced to register their intention to swim otherwise reserves will be offered a place to compete.
- Awards:** Individual medals will be awarded for the first 3 each places in the age groups. Medals may be collected from the designated collection point when results are posted (They will not be sent out after the gala). Results will also be available to view and download from the Corby Amateur Swimming Club once an event has been completed. website - [www.corbyswimmingclub.org.uk](http://www.corbyswimmingclub.org.uk)
- Admissions:** The promoter reserves the right to refuse admission to any competitor or spectator.
- Conduct:** It is the responsibility of the Club's Team Manager and/or the Lead Coach at the meet to ensure that the conduct of their swimmers is of the correct standard at all times. Those individuals are also responsible for the safety of their swimmers, including their welfare at all times. Failure of coaches and/or Team Managers to control their swimmer's actions and protect their swimmer's welfare, and possibly the welfare of others, may result in complete expulsion from the meet.
- Please respect not only the people involved in running the meet, but also the Pool Centre staff as well as the building and facilities including members of the General public who will have access to certain areas of the building.
- Please ensure that all litter is placed in the bins/ bags provided around the pool.

**Health &**

All children should have suitable footwear on when not in the changing rooms or poolside.

**Safety:**

For Health and Safety reasons at the end of each event swimmers must remain in their lanes in the pool until released by the referee.

**Data:**

DATA PROTECTION ACT 1984 – Personal information submitted to this meet is held on a data base and consent is therefore assumed to hold and disclose this information as necessary with the boundaries of this meet.

**Miscellaneous:** Anything not covered in the above conditions and associated literature will be at the discretion of the promoter/referee, subject to ASA Laws and ASA Technical Rules of Swimming.



Corby East Midlands International Pool  
**Corby's 2<sup>nd</sup> Annual**  
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 Saturday 22<sup>nd</sup> October 2016

License No. Applied for - TBA

## Entry Times

### Female Upper Limit Times

Event	10/UN	11/12	13/14	15/16	17/OV
50m Freestyle	30.4	28.3	26.4	26.2	26.2
100m Freestyle	1:05.6	1:03.6	59.1	58.2	58.2
50m Breaststroke	37.2	35.7	34.9	34.5	34.5
100m Breaststroke	1:28.4	1:23.4	1:17.9	1:16.6	1:16.6
50m Butterfly	34.0	32.0	29.2	28.0	28.0
100m Butterfly	1:21.3	1:15.3	1:08.5	1:06.8	1:06.8
50m Backstroke	35.4	33.4	31.5	30.0	30.0
100m Backstroke	1:16.6	1:11.6	1:06.7	1:05.8	1:05.8
200 IM	2:48.1	2:38.1	2:28.6	2:26.5	2:26.5

### Male Upper Limit Times

Event	10/UN	11/12	13/14	15/16	17/OV
50m Freestyle	30.4	27.4	25.6	24.3	24.3
100m Freestyle	1:04.5	1:01.5	57.7	53.2	53.2
50m Breaststroke	39.9	37.9	33.6	31.7	31.7
100m Breaststroke	1:31.0	1:26.0	1:15.8	1:11.4	1:11.4
50m Butterfly	34.4	31.4	27.6	26.0	26.0
100m Butterfly	1:22.8	1:17.8	1:05.1	59.7	59.7
50m Backstroke	33.6	31.6	29.4	28.8	28.8
100m Backstroke	1:18.3	1:10.8	1:06.1	1:02.7	1:02.7
200 IM	2:52.9	2:42.9	2:26.3	2:18.7	2:18.7

**Notes:-** Closing date is 23/09/16 and is on a First Come, First Served basis  
 Age as of Date of Gala  
 Times should be for a 25m Pool and No faster than the table above



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**Programme of Events**

<b>Session 1</b> Warm Up 13:15hrs – Start 14:00hrs		<b>Session 2</b> Warm Up 17:15hrs – Start 18:00hrs	
Event No.	Events	Event No.	Events
101	Girls 100m Back HDW	201	Boys 100m Back HDW
102	Boys 50m Free Heat	202	Girls 50m Free Heat
103	Girls 50m Breast HDW	203	Boys 50m Breast HDW
104	Boys 100m Fly HDW	204	Girls 100m Fly HDW
105	Girls 100m Free Heat	205	Boys 100m Free Heat
106	Boys 100m Breast HDW	206	Girls 100m Breast HDW
107	Girls 50m Fly HDW	207	Boys 50m Fly HDW
108	Boys 50m Back HDW	208	Girls s 50m Back HDW
109	Girls 200 IM HDW	209	Boys 200 IM HDW
110-114	Boys 50m Free Finals	210-214	Girls 50m Free Finals
115-119	Girls 100m Free Finals	215-219	Boys 100m Free Finals

Notes:- Age Groups 10 Years & Under, 11/12, 13/14, 15/16 & 17 Years and over,  
 Minimum age 9 Years on day of gala





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### Meet Entry Form

<b>Club</b>			
<b>Surname</b>		<b>First Name</b>	
<b>Date of Birth</b>		<b>ASA Number</b>	
<b>Contact No.</b>		<b>EEmail</b>	

Session 1			Session 2		
Event No.	Events	Entry Time	Event No.	Events	Entry Time
101	Girls 100m Back HDW		201	Boys 100m Back HDW	
102	Boys 50m Free Heat		202	Girls 50m Free Heat	
103	Girls 50m Breast HDW		203	Boys 50m Breast HDW	
104	Boys 100m Fly HDW		204	Girls 100m Fly HDW	
105	Girls 100m Free Heat		205	Boys 100m Free Heat	
106	Boys 100m Breast HDW		206	Girls 100m Breast HDW	
107	Girls 50m Fly HDW		207	Boys 50m Fly HDW	
108	Boys 50m Back HDW		208	Girls s 50m Back HDW	
109	Girls 200 IM HDW		209	Boys 200 IM HDW	

				Payment method
<b>Total number of races entered (electronic)</b>		<b>@£5 each</b>	<b>£</b>	Chq/Cash/Bacs/Paypal
<b>Total number of races entered (paper copy)</b>		<b>@£5.50 each</b>	<b>£</b>	Chq/Cash/Bacs/Paypal

Notes:- Closing date is 23<sup>rd</sup> September 2016 and is on a First Come, First Served basis  
 Age is as of 22<sup>nd</sup> October 2016. Minimum age is 9 years on day of the gala  
 Times should be for a 25m pool and no faster than the Entry Times  
 Entry forms should be returned to your meet administrator as requested by them to be entered as an electronic club entry  
 Individual paper entries should be emailed to [teamadmin@corbyswimmingclub.org.uk](mailto:teamadmin@corbyswimmingclub.org.uk) or posted to the address below along with the correct entry fee payable by cheque or a BACs payment.  
 Claire McArragher, Corby Swimming Club, Parkland Gateway, George St, Corby, Northants, NN17 1QB



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### Club Entry Summary Sheet

<b>Club</b>	
<b>Contact Name</b>	
<b>Telephone No.</b>	
<b>Email Address</b>	

<b>Number of Female Entries</b>		<b>@ £5.00</b>	<b>=</b>	<b>£</b>
<b>Number of Male Entries</b>		<b>@ £5.00</b>	<b>=</b>	<b>£</b>
<b>Number of Coach Passes</b>		<b>@ £10.00 / Day</b>	<b>=</b>	<b>£</b>
<b>Total Remittance</b>				<b>£</b>

<b>Please Tick Payment Method</b>	<b>Tick</b>
Payment by BACs to Account No. 46838759, Sort Code 60-06-11	<input type="checkbox"/>
Cheque payable to "Corby Amateur Swimming Club"	<input type="checkbox"/>

**I certify that the above information is correct (Signed)**

**Club Position**

Please submit to [teamadmin@corbyswimmingclub.org.uk](mailto:teamadmin@corbyswimmingclub.org.uk) if paying by BACs or by post to:

Claire McArragher, Corby Swimming Club, Parkland Gateway, George St, Corby, Northants, NN17 1QB



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## Officials Sheet

Club Name			Sessions Available		Current Level					Training
					1	2	TK	J1	J2	
Name	ASA Number	Email Address	1	2	TK	J1	J2	J2S	REF	Training

Please fill out the details of any person able to help officiate at this gala  
 Tick the sessions they can attend and what their current level is. If they are training and wish to gain experience then please tick the training box.

Please send completed Officials form to [teamadmin@corbyswimmingclub.org.uk](mailto:teamadmin@corbyswimmingclub.org.uk) or by post to:  
 Claire McArragher, Corby Swimming Club, Parkland Gateway, George St, Corby, Northants, NN17 1QB



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### **Withdrawals Form**

<b>Club</b>	
<b>Submitted By</b>	

Withdrawals to be forwarded to the Recorders before the start of each sessions warm up			
Event No.	Event Name	Competitors No.	Competitors Name