



City of Liverpool Swimming Club



In association with Liverpool City Council Swimming Development Section, Total Swimming & SRS Leisure
Affiliated to the A.S.A. Swim North West and held under FINA Law & Technical Rules of Swimming

Present Their "First"

LICENSED LEVEL 3 (3NW8018)

Long Course Summer Sprint Open Meet "Non National Qualifier"

Liverpool Aquatics Centre

Venue of the A.S.A. National Championships & Stage 3 Meet in July



Total Swimming
www.totalswimming.co.uk



Liverpool City Council
Swimming Development Section



SRS Leisure
www.srsleisure.co.uk

Saturday 28th &
Sunday 29th June
2008



Information Pack
and Entry Form

Meet Secretary and Promoter: Mr Ian Ingman

Meet Information

Venue Liverpool Aquatics Centre, Wavertree Sports Park, Wellington Road, Liverpool, L15 4LE
Reception Tel. 0151 – 233 – 8850
Swimming Development Office Tel. 0151 – 233 – 8872

Competition Pool 50m, 8 Lane, Deck-level, Fast Pool, Full Daktronics Electronic Timing System
Warm up Pool 20m, 4 Lane, Deck-level

Facilities Swim shop provided by SRS Leisure, Excellent spectator facilities, Large car park with excellent lighting and CCTV

Sessions & Timings Session Warm up Start	Saturday 28th June 2008		Sunday 29th June 2008	
	1	2	3	4
	9.00 a.m.	TBC	9.00 a.m.	TBC
	9.30 a.m.	TBC	9.30 a.m.	TBC

Licensed Gala This event is designed specifically for Non – National qualifiers of all age groups. If you have qualified for the National Championships in any stroke or distance, you are ineligible to compete in this gala. Licensed by the A.S.A. for a Level 3 competition

Age Groups 9 – 10 – 11 yrs as single age groups / 12 - 13yrs / 14 & Over

Age on Day Ages as at 29th June 2008

Events 50m & 100m all strokes plus 200m IM. All events will be run on a **Heat Declared Winner** basis

Entries Entries will be seeded on a fastest to slowest basis. A maximum number of swimmers per event will be accepted to ensure that the gala runs in accordance with A.S.A. Regulations. Entries will be accepted at the discretion of the gala secretary.

Entry Times **Please read the Qualifying Time Limits carefully. You must not enter a time faster than the qualifying time stated.**

Meet Records Short course meet established in 2005, Long course meet established in 2008.

Bagcat Prizes Bagcat presentations will be awarded to the Top 3 swimmers in each age group to the value of £15.00, £10.00, £5.00

Bagcat age groups – 9, 10, 11, 12 – 13, 14 and over

Bagcat awards will be based on three categories, best 50m, best 100m and 200m IM

Event Prizes Awards will be made to the first three swimmers in each individual event and age group.

**Top Club
Award** To be confirmed

Presentations Individual event awards will be presented during each session.
Individual event awards will be presented in the following age groups (9), (10), (11), (12 – 13), (14 & Over)
Bagcat presentations will be made as soon as possible once the individual age group have finished their last event on Sunday 29th June.

Card-less system

- This competition will be run on a card-less system.
- If you intend to withdraw from an event(s) you must contact a gala official via telephone, text or email in advance of the gala or prior to the start of the warm up. Alternatively you can complete a "Heat Withdrawal Form" and hand it in at the competition control office before the warm up starts.
- Clubs and swimmers will receive a printout to confirm all the swims they have been accepted for prior to the competition date.
- Please ensure to attach a SAE to your entry form to enable us to return your confirmation information to you. Stamp to the value of 44p minimum.

Individual Entries

All entries should be made on an official entry form (attached), Please photocopy the form for additional entries.

Late entries and poolside entries will not be accepted. If necessary entries will be limited to a maximum number of heats.

Important Notice for All Clubs:

When completing your entry forms, please ensure to fill in both the Swimmers A.S.A. Registration Number & Date of Birth. It is vital that we have every swimmer's Full Date of Birth to enter onto the computer system.

Closing Date

The Closing Date for entries is Midnight Monday 2nd June 2008

Entry Fees

Individual Entries: £4.00 per event

Coach's Pass

Coach's Pass: £5.00 per pass for the whole weekend
A coach's pass will entitle you to free entrance onto the poolside and a programme

Please make your cheques payable to: **City of Liverpool Swimming Club**

Clothes Lockers

The pool has a large number of clothes lockers in the changing area that competitors can use. To access the locker you will need a 20p coin and this is none returnable. Also the management have requested that nobody leaves clothes or equipment in the lockers over night.

Hotel Accommodation

You can find hotel information on the City of Liverpool SC website www.colsc.net
Or by visiting the Merseyside Tourist Information website on www.visitliverpool.com

Directions to Liverpool Aquatics Centre

Come off at the **end of M62** continue straight through lights (city centre route)
At the **second set of lights turn left**, Signposted for Wavertree Athletics Centre
Carry on approximately two miles to a set of traffic lights at Picton Road
Go straight across through to Wellington Road
Turn left 400 yards before bridge into Wavertree Sports Park Complex.

Also maps and directions will be available via the City of Liverpool SC website and Liverpool City Council website under the sports centres section.

If lost? Contact reception on telephone number 0151 - 233 - 8850 Liverpool Aquatics Centre

Photographic Policy

Liverpool City Council has adopted a no photographic policy from all balconies, spectator areas and pool halls.

SKINS EVENT

1. An invitation to swim in the skins competition will be initially offered to the swimmers finishing 1st to 8th in the Boys & Girls 200m IM event, 12/13yrs & 14yrs and over age group.
2. If less than 8 swimmers accept the initial invitation, then we will invite swimmers placed 9th, 10th, 11th etc into the event.
3. We are basing the skins competition on an individual medley, with all four strokes being available to swim in each round. A random draw will take place before each round to decide the stroke to be swum.
4. Races will take place 3 minutes apart.

Boys				Girls			
Race No	Race starts at. Time stated in minutes	Round	No of Swimmers	Race No	Race starts at. Time stated in Minutes	Round	No of Swimmers
1	0.0	1	8	2	1.5	1	8
3	3.0	2	7	4	4.5	2	7
5	6.0	3	6	6	7.5	3	6
7	9.0	4	5	8	10.5	4	5
9	12.0	5	4	10	13.5	5	4
11	15.0	6	3	12	16.5	6	3
13	18.0	7	2	14	19.5	7	2

5. We will start the skins event with a maximum of 16 competitors, 8 boys and 8 girls.
6. At the end of each race, the swimmer who finishes last will be eliminated from the competition.
7. Prize Money – A cash prize of £15.00 for 1st place, £10.00 for 2nd place and £5.00 for 3rd place.

Rules for Skins Events

1. The race distance will be 50m.
2. Up to 8 swimmers will contest the first heat of each event.
3. Boys and girls heats will be run alternatively with the time between each gender's heats being 3 minutes.
4. Choice of stroke will be made by drawing slips from a hat. The Promoter will select from the hat the first stroke to be swum in the boy's and the girl's heat. This will be announced to the swimmers prior to each heat.
5. Each start will be made to ASA starting procedure e.g. The referee will blow a series of short whistle blasts followed by long whistle blast, (followed by a further long whistle blast if a backstroke race.) The Starter will then give the command "Take your marks" and will attempt to give the starting signal on the 1.5min or 3min time slot for each heat race.
6. If a swimmer "is moving at the start" the heat will continue and the swimmer "moving at the start" will be eliminated at the end of the heat race instead of the slowest swimmer in that heat.
7. If a swimmer "False Starts" and enters the water the remaining swimmers will be stood down and the heat race re-started ASAP when it is safe to do so. Health and safety of the all the swimmers is very important and the race cannot be re-started until safe to do so. The swimmer who "false started" will be eliminated.
8. The Placing Judges will identify the swimmer who is last in the heat to be eliminated and inform the Referee. The Referee informs the eliminated swimmer. If the Placing Judges disagree on the swimmer to be eliminated the Referee's decision will decide. If no clear decision can be reached (e.g. a dead Heat.) all swimmers will swim in the next heat and 2 swimmers will be eliminated from the subsequent round.
9. If a swimmer is disqualified for a stroke infringement then there will be no elimination of the slowest swimmer in that swim. Strokes will be in accordance with ASA Laws and Technical Rules.
10. The heats proceed according to these rules with the heats in each event being 3 minutes apart until there is a winning swimmer.
11. Swimmers will remain in their original assigned lanes throughout the event. However the final heat will take place in the two central lanes.
12. At the end of each heat the Referee will enter on the swimmer's timecard the place attained in the event (i.e. 8th, 7th, 6th etc.). At the end of the final heat the Referee will enter the place attained and the time achieved by the winning swimmer.
13. In all matters pertaining to the Skins event not covered by these rules the Referee's decision is final.

PROGRAMME OF EVENTS

Saturday 28 th June		Session 1 Warm up 9.00am Start 9.30am	
Event No.	Sex	Age Group	Event
101	Boys	14yr & O	200m IM
102	Girls	14yr & O	200m IM
103	Boys	12/13yr	100m Bk/s
104	Girls	12/13yr	100m Bk/s
105	Boys	9/11yr	50m Fly
106	Girls	9/11yr	50m Fly
107	Boys	14yr & O	50m Br/s
108	Girls	14yr & O	50m Br/s
109	Boys	12/13yr	50m Br/s
110	Girls	12/13yr	50m Br/s
111	Boys	9/11yr	100m Fr/s
112	Girls	9/11yr	100m Fr/s
113*	Boys	14yr & O	Invitation Medley Skins Event
114*	Girls	14yr & O	Invitation Medley Skins Event

Saturday 28 th June		Session 2 Warm up TBC Start TBC	
Event No.	Sex	Age Group	Event
201	Boys	12/13yr	200m IM
202	Girls	12/13yr	200m IM
203	Boys	14yr & O	50m Fly
204	Girls	14yr & O	50m Fly
205	Boys	9/11yr	100m Br/s
206	Girls	9/11yr	100m Br/s
207	Boys	12/13yr	50m Fly
208	Girls	12/13yr	50m Fly
209	Boys	14yr & O	100m Fr/s
210	Girls	14yr & O	100m Fr/s
211	Boys	9/11yr	50m Br/s
212	Girls	9/11yr	50m Br/s
213*	Boys	12/13yr	Invitation Medley Skins Event
214*	Girls	12/13yr	Invitation Medley Skins Event

PROGRAMME OF EVENTS

Sunday 29 th June		Session 3 Warm up 9.00am Start 9.30am	
Event No.	Sex	Age Group	Event
301	Boys	12/13yr	100m Br/s
302	Girls	12/13yr	100m Br/s
303	Boys	14yr & O	50m Bk/s
304	Girls	14yr & O	50m Bk/s
305	Boys	9/11yr	100m Fly
306	Girls	9/11yr	100m Fly
307	Boys	12/13yr	50m Fr/s
308	Girls	12/13yr	50m Fr/s
309	Boys	14yr & O	50m Fr/s
310	Girls	14yr & O	50m Fr/s
311	Boys	9/11yr	50m Bk/s
312	Girls	9/11yr	50m Bk/s
313	Boys	12/13yr	100m Fly
314	Girls	12/13yr	100m Fly
315	Boys	14yr & O	100m Bk/s

Sunday 29 th June		Session 4 Warm up TBC Start TBC	
Event No.	Sex	Age Group	Event
401	Girls	14yr & O	100m Bk/s
402	Boys	9/11yr	200m IM
403	Girls	9/11yr	200m IM
404	Boys	12/13yr	50m Bk/s
405	Girls	12/13yr	50m Bk/s
406	Boys	14yr & O	100m Fly
407	Girls	14yr & O	100m Fly
408	Boys	9/11yr	100m Bk/s
409	Girls	9/11yr	100m Bk/s
410	Boys	12/13yr	100m Fr/s
411	Girls	12/13yr	100m Fr/s
412	Boys	14yr & O	100m Br/s
413	Girls	14yr & O	100m Br/s
414	Boys	9/11yr	50m Fr/s
415	Girls	9/11yr	50m Fr/s

Award Presentations

- Presentation of the Bagcat Awards will be made on Sunday 29th June at the end of Session 4
- For all the Bagcat presentations we will require the 1st, 2nd & 3rd placed swimmers in each single age group i.e. Boys & Girls 9yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs & Over
- **Award Winners**, if you are not going to be available at the end of session 4 to collect your award, please let Ian Ingman, the gala secretary know in advance so we can arrange to send on your award.

Provisional 2009 Dates for your Diary

Level 2
City of Liverpool Swimming Club
Winter Open Distance Meet

Long Course Meet (50m)
Liverpool Aquatics Centre
Liverpool

Friday 16th January
Saturday 17th January
&
Sunday 18th January

Level 3
City of Liverpool Swimming Club
Summer Sprint Meet

Long Course Meet (50m)
Liverpool Aquatics Centre
Liverpool

Saturday 11th July
&
Sunday 12th July

For all forthcoming events, information packs & entry forms

Please Contact:

Ian Ingman
Meet Secretary

Swimming Development Office, Liverpool Aquatics Centre,
Wavertree Sports Park, Wellington Road, Liverpool, L15 4LE

Tel: 0151 – 233 – 8872

Email: ingmani@liverpool.gov.uk

Information and entry forms for all the events will be
published on the City of Liverpool Swimming Club Website

Website Address: www.colsc.net

Following the meet, results will also be available on the City of Liverpool SC website.

You can also obtain a link to our website via the A.S.A. website
www.britishswimming.org

INDIVIDUAL ENTRY FORM
Please complete all details requested below in full

Name of Swimmer Male Female

Name of Swimming Club

If you are completing this form on behalf of a large club entry, you don't have to complete the "Swimmers Address" box but, if you are swimming as an "Individual" then you must complete all boxes including the "Swimmers Address" Box.

Swimmers Address

Telephone Number E-Mail Address

Date of Birth (In numbers) Day Month Year Age Group as at 29th June 2008 Yrs

Registration No.

Closing Date For Entries **Midnight Monday 2nd JUNE 2008**

Entry Forms and Fees to be returned to: Ian Ingman, Swimming Development Office, Liverpool Aquatics Centre, Wavertree Sports Park, Wellington Road, Liverpool, L15 4LE
Tel: 0151 – 233 – 8872 Email: ingmani@liverpool.gov.uk

Please complete the following table with your short course (25m) entry times.

Events	Times	Events	Times
50m Fly	<input type="text"/>	100m Fly	<input type="text"/>
50m Bk/s	<input type="text"/>	100m Bk/s	<input type="text"/>
50m Br/s	<input type="text"/>	100m Br/s	<input type="text"/>
50m Fr/s	<input type="text"/>	100m Fr/s	<input type="text"/>
		200m I.M.	<input type="text"/>

No. of Entries @ £4.00 Per Event + Coaches Passes @ £5.00 each = £

Qualifying Time Limits based on 90% of Licensed Level 3 Qualifying Times

Age Group	Sex	50m Fly	50m Bk/s	50m Br/s	50m Fr/s	100m Fly	100m Bk/s	100m Br/s	100m Fr/s	200m IM
9 / 11yrs	Boys	35.0	36.4	40.9	31.4	1.17.3	1.17.0	1.27.8	1.08.1	2.47.6
	Girls	35.1	36.1	40.9	31.9	1.17.0	1.17.0	1.27.7	1.08.5	2.46.3
12 / 13yrs	Boys	31.2	32.3	35.7	28.2	1.07.6	1.08.2	1.16.7	1.00.3	2.29.5
	Girls	32.3	33.4	37.2	29.5	1.10.0	1.10.0	1.19.3	1.03.1	2.33.3
14yrs & Over	Boys	26.3	27.2	30.6	24.4	58.0	58.7	1.06.8	53.7	2.12.2
	Girls	29.3	30.7	34.1	27.2	1.04.3	1.05.6	1.13.7	59.4	2.25.0

Swimming Club Contact & Coach Information Sheet

If you are completing & sending in a number of entry forms on behalf of a swimming club, would you please complete this form with your details so I can either update or add your information to our current mailing list. Please read the coaches pass application information carefully and ensure it's completed and returned along with your clubs entries. When completing the information below, please print your details clearly. Thank you.

Swimming Club	
Clubs Contacts Name	
Position in Club	
Home Address	
Post Code	
Telephone No	
Fax No	
Mobile No	
E-Mail Address	

Application for Coaches Passes

1. **New Rules** – Each club is entitled to a ratio of 2 coaches to 20 swimmers if your team consists of both male and female competitors. If your club enters more than 20 swimmers then you are entitled to additional coaches' passes as long as your ratio's stay the same. A club is not limited to a maximum number of coaches' passes for the weekend.
2. In accordance to child protection rules and guidelines, we now request each club submits the name(s) of the coaches who will be accompanying their team on the poolside at the same time as submitting their swimmers entries. Along with this, we ask your club secretary to sign the accompanying letter to declare at the point of submitting the entries all the named coaches have been CRB checked and are registered as a member of your club.
3. **NEW FOR 2008 - When producing the coach's passes, we would like to add a passport sized photograph of each of the coaches. To assist us in preparing the passes ahead of time, please send a passport sized photograph of each of the coaches who will be accompanying your team on the poolside with your entries.**

PLEASE NOTE:

4. **ALL COACHES, TEAM MANAGER'S & CHAPERONES MUST BE CRB CHECKED TO GAIN A COACHES PASS AND ACCESS ONTO THE POOLSIDE.**
5. **ANY PARENT WISHING TO ACT AS A COACH MUST ALSO BE CRB CHECKED AND REGISTRED AS A MEMBER OF THE CLUB THEY ARE REPRESENTING.**
6. **PARENTS MUST ALSO ASK THE CLUB SECRETARY TO SIGN THE APPROPRIATE LETTER ON THEIR BEHALF AND SUBMIT IT ALONG WITH THE SWIMMERS ENTRIES.**
7. **WITHOUT THE LETTER / APPLICATION FORM BEING SIGNED BY THE CLUB SECRETARY, NO COACHES' PASSES WILL BE ISSUED.**

Signed	
If the address to which the coaches' passes should to be sent is different from the club contact, please write the persons name and address in the box.	

**City of Liverpool SC Level 3, Summer Sprint Meet 2008
Swimming Club Application for Coaches' Passes**

Please note: This letter / application form must be completed and returned along with your club's entries, without this, no coaches' passes will be given out to your club.

Swimming Club

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Club Secretary, please print your name

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I / We would like to purchase a total of

_____ Coaches Passes at a price of £5.00 per pass

I have enclosed a

Cheque Cash to the value of £_____ to cover this payment.

I have listed the swimming clubs coaches, team managers and chaperones below:

Coach 1	
Coach 2	
Coach 3	
Coach 4	
Team Manager 1	
Team Manager 2	
Chaperone 1	
Chaperone 2	
Chaperone 3	

As Club Secretary, I confirm that all the individuals listed above have been CRB checked and are current members

of _____ Swimming Club.

Signed _____ Secretary

COACHES PASS PHOTOGRAPH - When producing the coach's passes, we would like to add a passport sized photograph of each of the coaches. To assist us in preparing the passes ahead of time, please send a passport sized photograph of each of the coaches who will be accompanying your team on the poolside along with your entries.

<p>Please return all forms and remittance to</p> <p>Ian Ingman, Meet Secretary Swimming Development Office, Liverpool Aquatics Centre, Wavertree Sports Park, Liverpool, L15 4LE Tel: 0151 – 233 – 8872 Email: ingmani@liverpool.gov.uk</p>
