

Affiliated to Cambridgeshire ASA and the ASA East Region

Cambridge 2010 Summer Open



Level 4 Licenced Meet (No. 4ER0049) held under ASA Laws & Technical rules

Sunday 18th July 2010

Morning, afternoon and evening sessions at Cambridge Parkside Pools

- 9/10, 11/12, 13/14 and 15+ Years: 50m All Strokes, 200m Free & 200 IM
- 10 (Girls), 11/12, 13/14 and 15+ Years: 100m All Strokes
- All events HDW: Age as at 18/07/2010



- Fast 8-Lane 25 metre Deck Level Pool
- Anti Turbulence Lane Ropes
- Continuous Swim-Down Facility
- Swimshop and cafe on site.

Closing Date For entries – Tuesday 8th June



City of Cambridge SC 2010 Summer Open Rules & Information

1. The competition will be held under ASA Law and Technical Rules
2. All events will be Heat Declared Winners (HDW). There will be no Finals. Electronic Timing will be used.
3. Cards will not be provided: a secondary registration system will be in operation.
4. Swimmers must sign in before the start of the warm-up for each session for each event in which they wish to take part. A swimmer who is late to sign in may be placed in an unoccupied lane at the discretion of the meet administrator, but this is not guaranteed.
5. Swimmers must not be signed in unless they are present.
6. All withdrawals after sign-in must be notified to the meet administrator as soon as possible, any un-notified withdrawals will be subject to a £10 fine, which must be paid prior to the competitor resuming participation in the meet.
7. Any competitor that withdraws on medical grounds will not be able to participate in any events for the remainder of that session.
8. Heat lists will be posted on poolside and provided to coaches.
9. It is the responsibility of swimmers to check the heat lists and be at the marshalling area on time for their event, as instructed by the announcer.
10. "One start" rule will apply. Over the top starts will be used.
11. Entry Fee will be £4.50 per event. Fees should be enclosed with Entry Forms.
12. Closing date for entries Tuesday 8th June 2010
13. No refunds will be given for no-swims except for rejections.
14. Entrants must be ASA Registered, belong to an affiliated club, and enter in the name of one club only. Ages on day.
15. Entry forms must have been correctly submitted and received by the promoter before the specified closing date. All entries **must** include a time and times entered faster than shown in the table on the entry form will be rejected.
16. The promoter will limit entries if oversubscribed. The promoter's decision is final.
17. Awards for the top six in each age group i.e. 9/10, 11/12, 13/14, 15+.
18. **Speeding tickets** will be issued to competitors swimming over 2 seconds under the cut off time for 50m events, 3 seconds for 100m events & 8 seconds for 200m events
19. Coaches Passes are available at £10.00 each, which includes lunch and a programme. Results will be available for download from our website. Results will also be uploaded to the ASA rankings database. Coach Passes **CANNOT** be purchased on the day of the meet. Passes can only be obtained by completing an application form and submitting it as stated on the form. Passes must be displayed at all times.
20. The promoters reserve the right to pre-seed any or all of the events to facilitate the smooth running of the meet.
21. Session start times are given in the programme of events. Competitors will not be allowed poolside until 8.15am.
22. An admission charge will be made for Spectators (£8 per day/£3 per session – OAP's and under 10's foc). Programmes (£2) will be available on the day. Results Sheets will be displayed poolside and in the spectators' gallery and will be available to download from our website. Free parking is available on local streets. The adjacent Queen Ann Car Park costs 80p per hour on Sunday.
23. For Health and Safety reasons only small rucksack bags will be allowed poolside. Lockers are available with a £1 coin (refundable) Pool staff will remove any large obtrusive bags.
24. Any person wishing to take pictures by any means must register at the entry desk in accordance with ASA guidelines and recommendations.
25. No person will be allowed on poolside without a pass.
26. There will be no glass items allowed on poolside.
27. The Promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.
28. Anything not covered in the above information and rules will be at the discretion of the Promoter. The Promoter's decision relating to the interpretation of these rules will be final.

Closing date for entries: Tuesday 8th June 2010

Disability Swimming Conditions

The conditions outlined above shall apply to the Disability Swimming events except where varied by any of the following conditions.

Eligibility

1. Swimmers with S1- S15 classifications will be accepted.
2. All swimmers must have an internationally authorised classification and a Functional Ability Card (FAC), a copy of which must be submitted with their entry. This FAC must also be presented to the referee **before** the start of each session in which the competitor is entered.
3. An FAC can be obtained via an application to the FAC co-ordinator, who can be contacted via British Swimming.
4. Competitors must be registered members of the ASA.
5. The meet does not have disability consideration times, however the organisers reserve the right to reject swimmers after the closing date if demand exceeds the time available in the galas.

Personal Care Attendants

1. Personal care attendants will be permitted for swimmers in all disability classes.
2. A swimmer may have both a coach and a personal care attendant present.

Competition Format

1. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.
2. Positions will be determined by each swimmer's times relative to the world record in their own classification.
3. Disability swimmers will be included but not placed within the results for the appropriate age group in the able-bodied competition unless their entry times meet the qualifying times for the able-bodied competition. They will also be included in the Multi Disability results and placed within those results according to their equivalent times.
4. Winners of all events will be heat declared.
5. Competition to be run under IPC Swimming swim rules.
6. An official who holds the qualification of ASA Disability Official will act as a technical advisor in each of the sessions where disability athletes are entered, if available.

Medals

1. Medals shall be awarded on a multi-disability basis to 1st, 2nd and 3rd place in each event. Medals shall be awarded following the posting of the results after the relevant event has taken place.
2. Placing shall be determined by achieving a time better than or closest to, the equivalent World record relevant to their own classification.

Programme of Events

	No.	Event	Age Groups
Session 1 • Warm up 0830 • Registration closes 0830 • Start 0915	1	200M Freestyle Boys	9/10, 11/12, 13/14, 15+
	2	200M Freestyle Girls	9/10, 11/12, 13/14, 15+
	3	50M Backstroke Boys	9/10, 11/12, 13/14, 15+
	4	50M Backstroke Girls	9/10, 11/12, 13/14, 15+
	5	100M Butterfly Boys	11/12, 13/14, 15+
	6	100M Butterfly Girls	10, 11/12, 13/14, 15+
	7	50M Breaststroke Boys	9/10, 11/12, 13/14, 15+
Session 2 • Warm up 1230 • Registration closes 1230 • Start 1315	8	200M IM Boys	9/10, 11/12, 13/14, 15+
	9	50M Butterfly Girls	9/10, 11/12, 13/14, 15+
	10	50M Butterfly Boys	9/10, 11/12, 13/14, 15+
	11	100M Freestyle Girls	10, 11/12, 13/14, 15+
	12	100M Freestyle Boys	11/12, 13/14, 15+
	13	100M Backstroke Girls	10, 11/12, 13/14, 15+
	14	100M Backstroke Boys	11/12, 13/14, 15+
	15	50M Breaststroke Girls	9/10, 11/12, 13/14, 15+
Session 3 • Warm up 1630 • Registration closes 1630 • Start 1715	16	200M IM Girls	9/10,11/12, 13/14, 15+
	17	50M Freestyle Boys	9/10, 11/12, 13/14, 15+
	18	50M Freestyle Girls	9/10, 11/12, 13/14, 15+
	19	100M Breaststroke Boys	11/12, 13/14, 15+
	20	100M Breaststroke Girls	10, 11/12, 13/14, 15+

Cut off Times

		GIRLS				BOYS			
EVENT		9/10	11/12	13/14	15+	9/10	11/12	13/14	15+
50m	Freestyle	35	32	31	30	34	31	29	27
50m	Backstroke	40	37	35	34	39	36	34	32
50m	Butterfly	40	37	34	33	39	36	32	30
50m	Breaststroke	45	43	38	37	44	42	37	35
100m	Freestyle	*1.16	1.11	1.06	1.02	-	1.11	1.03	0.59
100m	Backstroke	*1.25	1.20	1.15	1.11	-	1.20	1.11	1.06
100m	Butterfly	*1.25	1.20	1.14	1.11	-	1.19	1.10	1.06
100m	Breaststroke	*1.38	1.32	1.21	1.20	-	1.32	1.20	1.14
200m	Freestyle	2.56	2.35	2.25	2.20	2.56	2.35	2.18	2.09
200m	Individual Medley	3.21	2.56	2.43	2.38	3.16	2.56	2.36	2.26

*10yo girls only

Closing date for entries: Tuesday 8th June 2010

**City of Cambridge SC
2010 Summer Open
Officials**

If you are an ASA registered official and are able to Officiate at this meet we would very much appreciate your help. Please fill in the form below and return to the address below, before the closing date for entries.

We will provide a lovely lunch for those doing both morning and afternoon sessions and payment for expenses incurred in travel and parking will be offered.

	<i>Sunday</i>		
Position	Session 1	Session 2	Session 3
Referee			
Starter			
Judge 2			
Judge 1			
Timekeeper			
Chief Timekeeper			

Name:	
Contact Address:	
Phone:	
Email:	

Please return completed forms to:

**Richard Holt
70, Holbrook Road
Cambridge
CB1 7ST**

Or e-mail them to: rachelkerridge@hotmail.co.uk

Thank you for your help.

Closing date for entries: Tuesday 8th June 2010

**City of Cambridge SC
2010 Summer Open
Coaches' Passes Application Form**

Passes must be ordered in advance and will only be issued to named individuals.

Club:

Number of Passes required for **Sunday** @ £10.00 each: _____

1st Applicant name:

2nd Applicant name:

Cheques should be made payable to "The City of Cambridge Swimming Club" with the name of the club printed on the back

- Passes will not be available for purchase on the day
- Each visiting Club is allocated a maximum of 2 passes per day. If you have a particularly large team and would like extra passes please contact the promoters to discuss your requirements.
- Passes will be valid for one day only
- Programmes will be issued at the reception desk on the day of the meet
- Results will be issued to Coaches by email after the event
- Lunch will be provided each day

Email address for results:

Return to: **Richard Holt, 70 Holbrook Road, Cambridge, CB1 7ST**

Closing date for entries: Tuesday 8th June 2010

**City of Cambridge SC
2010 Summer Open**

Entry Form (for fewer than five entries)

First Name:		Surname:	
Male or Female		Phone Number	
DOB (dd/mm/yy)		ASA Reg. No	
Address			
Email			
Disability Exemption Code	S=	SB=	SM=

Your Club:

Please enter age as of 18th July 2010	_____ Yrs old	Male or Female?	Male/Female (Delete as appropriate)
Event	Submitted Time	Fee	
50m Freestyle			<u>Individual entries</u> For individual entries direct to the City of Cambridge Swimming Club, please print your name clearly on the reverse side of your cheque. If your Club is making a group entry, check with your club how payment and application should be made.
100m Freestyle			
200m Freestyle			
50m Backstroke			
100m Backstroke			
50m Breaststroke			
100m Breaststroke			
50m Butterfly			
100m Butterfly			<u>Club entries</u> Clubs please complete a Club Summary Payment Form and send with your club cheque attached.
200m IM			
Total @ £4.50 per event			

I hereby certify that the above details are correct and the above swimmer agrees to abide by the rules of the ASA

Signed: _____ (Club Coach/Secretary)

Cheques should be made payable to "The City of Cambridge Swimming Club"

Send entries to:- **Richard Holt, 70 Holbrook Road, Cambridge, CB1 7ST**

The meet will be cardless and all entry/acceptance/rejection information will be available on the club website at www.cocsc.org.uk in due course. No SAE is required.

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Club Summary Payment Form

Club:

Competitor's Name:	No of Events entered @ £4.50:	Total:
Sunday	____ Coach Passes at £10	
	Total:	

PLEASE NOTE: Entries for more than five swimmers should be made electronically.

Electronic entry files are available for download from the club website or are available by email on request from:

Richard Holt
70 Holbrook Road
Cambridge, CB1 7ST
Email: swimmers@cocsc.org.uk

Send entries to:-

Richard Holt, 70 Holbrook Road, Cambridge, CB1 7ST

Please make cheques payable to "The City of Cambridge Swimming Club"

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