

Affiliated to Cambridgeshire ASA and the ASA East Region

# Cambridge 2010 short course meet



Level 2 Licensed Meet held under ASA Laws & Technical Rules

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Saturday 16th and Sunday 17th January 2010

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- 100m and 200m of all strokes and medley, 400m freestyle and 400m IM
- 50m Freestyle skins
- Ages 9 and upwards
- All events HDW : Age as at 17/1/10



- Fast 8-Lane 25 metre Deck Level Pool
- Anti Turbulence Lane Ropes
- Full Omega Electronic Timing
- Continuous Swim-Down Facility
- Swimshop and cafe on site
- Balcony seating for 300 spectators

**Closing date for entries: 1st December 2009**

**City of Cambridge Swimming Club  
2010 Short Course Meet (2ER0048)  
Saturday and Sunday the 16th & 17th of January 2010**

**Rules & Information 2010**

1. The competition will be held under ASA Law and Technical Rules.
2. This event is licensed level 2 by the ASA for entry into National and Regional Championships.
3. Ages shall be as at 17th January 2010.
4. Age groups are: 9, 10, 11, 12, 13, 14, 15, 16 and over.
5. Entrants must be ASA Registered and have an ASA number, belong to an affiliated club and enter in the name of one club only.
6. Qualification times must have been achieved in the twelve months prior to the event, converted to 25m pool if necessary.
7. Cut off times relate ONLY to times achieved at a licensed meet since 1<sup>st</sup> October 2009. **If you have achieved a time at a meet that was not licensed that is faster than our cut off time, then you should ignore your time and enter our cut off time on your application.**
8. Entry forms and payment must be received by the Promoters before the 1<sup>st</sup> December 2009 and be fully and correctly completed, or else they may be rejected. If the event is oversubscribed the Promoters reserve the right to return entries. The Promoters' decision is final.
9. All entrants are encouraged to submit entries electronically by disc or email. This allows you to keep a report of your input data and eliminates error. All entries of 5 or more swimmers must be made electronically. Electronic entry files are available on request from by email from Richard Holt (see entry form for postal contact details or email: meet10@cocsc.org.uk).
10. The Entry Fee will be £5 per event. Cheques should be made payable to "The City of Cambridge Swimming Club" and competitor names and event numbers written on the back if it relates to an individual entry. No refunds will be given for 'no swims' for whatever reason, unless a swimmer is rejected.
11. Coaches' Passes are available at £10 for one day, which includes a meal at lunchtime, a programme and a full set of results. In accordance with ASA Guidelines for Child Protection, **Coach Passes cannot be purchased on the day of the meet.** Passes can only be obtained by completing an application form with **named persons** and submitting it to the Promoters. Passes must be displayed at all times.
12. A maximum of two Coach Passes per visiting Club will be allowed. If you have a particularly large team and require additional passes please contact the Promoters to discuss your requirements.
13. All events except 50m races will be Heat Declared Winners (HDW). Finals of 50m races will be swum as SKINS. Awards will be made for the top three in each age group in each event, except for 50m races which will be Open. Cash prizes (no medals) will be awarded to SKINS finalists. First place £50, 2<sup>nd</sup> £40, 3<sup>rd</sup> £30, 4<sup>th</sup> £10, 5<sup>th</sup> to 8<sup>th</sup> places £5.
14. Entries for the 50m freestyle will only be accepted from swimmers who have entered 2 or more other events.
15. The one start rule will apply. Over the top starts will be used where appropriate.
16. Heats will be swum in mixed age groups. If deemed necessary by the Promoters, some heats may be mixed sex. At least the final heat of each event will be spearheaded.
17. The Promoters reserve the right to pre-seed any or all of the events depending on session time limitations. Details will be sent with your entry confirmation. Entry Cards, where required, must be posted **45 minutes** before the advertised start of the session, when card boxes will close.
18. The swim-down pool is not to be used during warm ups, unless instructed by the Chief Warm Up Steward.
19. The pool length is 25m, 8 lanes, with Omega electronic timing and AOE. The depth of the water at the shallow end is 1.2 metres and at the deep end is 1.8 metres.
20. Spectators, Coaches and Competitors will not be allowed into the Parkside Pools building until 8.00am on each day of competition.
21. A charge will be made for Spectator entry and for Programmes, which will be available on the day.
22. For health and safety reasons only small rucksack bags will be allowed poolside. Lockers are available with a refundable £1 coin deposit. Pool staff will remove any large obtrusive bags.
23. Any person wishing to take pictures of any kind must register at the entry desk in accordance with ASA guidelines on Child Protection. Any person who takes a mobile phone with camera onto the balcony must register, whether or not photos are intended to be taken.
24. All persons on poolside must display their pass. No person will be allowed on poolside without a pass.
25. No glass items are allowed on poolside.
26. The Promoters reserve the right to refuse admission to any competitor, coach, participant or spectator or to ask any person to leave during the event.
27. The Queen Anne Car Park with 540 spaces is located adjacent to the pool. Guideline costs are 80p per hour Saturday and 50p per hour on Sunday. We cannot guarantee that any concessions will be available. **Parking is allowed free of charge on local streets on Sundays.**
28. Anything not covered in the above information and rules will be at the discretion of the Promoters. The Promoters' decision relating to the interpretation of these conditions will be final.
29. By submitting an entry, Competitors and Coaches agree to be bound by these rules.

**GOOD LUCK TO ALL COMPETITORS**

**Closing date for entries: 1<sup>st</sup> December 2009**

**City of Cambridge Swimming Club  
2010 Short Course Meet (2ER0048)  
Saturday and Sunday the 16th & 17th of January 2010**

**Special Conditions for 50m Finals Swum as Skins**

**Heats:** From the 50m freestyle heats the fastest 8 swimmers will qualify for the skins final. In the event of a tie for 8<sup>th</sup> place there will be a swim off at the end of the relevant session.

**Final:**

- The final will consist of 7 rounds.
- The position achieved in the heats shall determine the swimmer's lane allocation for the final based on a spearheaded approach. Swimmers remain in the same lane for each round except the final round when the remaining two swimmers will be paced in the central two lanes.
- There shall be a strict interval of 3 minutes between each round. Boys and Girls rounds will alternate.
- The start of round 1 will be as normal – i.e. Whistle; 'Take your Marks'; Starting signal.
- The starting procedure for following rounds shall be as follows:
  - At 10 seconds prior to the start time an audible signal (e.g. a whistle) will be given. This is followed 10 seconds later by the starting signal. The command "Take your marks" will NOT be used.
- The last placed swimmer in each round will be eliminated and take no further part in the event.
- Disqualified swimmers shall be automatically eliminated and take no further part in the event. Such swimmers will be deemed to have finished last in the round in question.
- Should there be a tie for last place in a round, no swimmers will be eliminated but the number of swimmers eliminated in the subsequent round will be equal to the number of swimmers involved in the tie.

**Meet Programme**

<p><b>Saturday 16<sup>th</sup> Jan - Session 1.</b>  <b>Card boxes close 8.45am</b>  <b>Warm up 8.30am - Start 9.30am</b></p> <table style="width: 100%; border: none;"> <tr><td style="width: 5%;">1</td><td style="width: 20%;">200 free</td><td style="width: 75%;">Girls</td></tr> <tr><td>2</td><td>200 IM</td><td>Boys</td></tr> <tr><td>3</td><td>100 fly</td><td>Girls</td></tr> <tr><td>4</td><td>100 back</td><td>Boys</td></tr> <tr><td>5</td><td>400 IM</td><td>Girls</td></tr> <tr><td>6</td><td>400 free</td><td>Boys</td></tr> </table> <p><b>Saturday 16<sup>th</sup> Jan - Session 2.</b>  <b>Card boxes close 12.30pm</b>  <b>Warm up 12.15pm - Start 1.15pm</b></p> <table style="width: 100%; border: none;"> <tr><td style="width: 5%;">7</td><td style="width: 20%;">200 back</td><td style="width: 75%;">Boys</td></tr> <tr><td>8</td><td>100 breast</td><td>Girls</td></tr> <tr><td>9</td><td>100 fly</td><td>Boys</td></tr> <tr><td>10</td><td>400 free</td><td>Girls</td></tr> <tr><td>11</td><td>400 IM</td><td>Boys</td></tr> </table> <p><b>Saturday 16<sup>th</sup> Jan - Session 3.</b>  <b>Card boxes close 4.30pm</b>  <b>Warm up 4.15pm - Start 5.15pm</b></p> <table style="width: 100%; border: none;"> <tr><td style="width: 5%;">12</td><td style="width: 20%;">200 IM</td><td style="width: 75%;">Girls</td></tr> <tr><td>13</td><td>200 free</td><td>Boys</td></tr> <tr><td>14</td><td>100 back</td><td>Girls</td></tr> <tr><td>15</td><td>100 breast</td><td>Boys</td></tr> <tr><td>16</td><td>200 fly</td><td>Girls</td></tr> </table>	1	200 free	Girls	2	200 IM	Boys	3	100 fly	Girls	4	100 back	Boys	5	400 IM	Girls	6	400 free	Boys	7	200 back	Boys	8	100 breast	Girls	9	100 fly	Boys	10	400 free	Girls	11	400 IM	Boys	12	200 IM	Girls	13	200 free	Boys	14	100 back	Girls	15	100 breast	Boys	16	200 fly	Girls	<p><b>Sunday 17<sup>th</sup> Jan - Session 4.</b>  <b>Card boxes close 8.45am</b>  <b>Warm up 8.30am - Start 9.30am</b></p> <table style="width: 100%; border: none;"> <tr><td style="width: 5%;">17</td><td style="width: 20%;">200 back</td><td style="width: 75%;">Girls</td></tr> <tr><td>18</td><td>50 free heats</td><td>Boys</td></tr> <tr><td>19</td><td>50 free heats</td><td>Girls</td></tr> <tr><td>20</td><td>100 IM</td><td>Boys</td></tr> <tr><td>21</td><td>100 IM</td><td>Girls</td></tr> <tr><td>22</td><td>200 breast</td><td>Boys</td></tr> </table> <p style="text-align: center;">– 10 minute break –</p> <table style="width: 100%; border: none;"> <tr><td style="width: 5%;">23</td><td style="width: 20%;">50 free skins finals</td><td style="width: 75%;">Boys</td></tr> <tr><td>24</td><td>50 free skins finals</td><td>Girls</td></tr> </table> <p><b>Sunday 17<sup>th</sup> Jan - Session 5.</b>  <b>Card boxes close 1.15pm</b>  <b>Warm up 1.00pm - Start 2.00pm</b></p> <table style="width: 100%; border: none;"> <tr><td style="width: 5%;">25</td><td style="width: 20%;">200 fly</td><td style="width: 75%;">Boys</td></tr> <tr><td>26</td><td>200 breast</td><td>Girls</td></tr> <tr><td>27</td><td>100 free</td><td>Boys</td></tr> <tr><td>28</td><td>100 free</td><td>Girls</td></tr> </table>	17	200 back	Girls	18	50 free heats	Boys	19	50 free heats	Girls	20	100 IM	Boys	21	100 IM	Girls	22	200 breast	Boys	23	50 free skins finals	Boys	24	50 free skins finals	Girls	25	200 fly	Boys	26	200 breast	Girls	27	100 free	Boys	28	100 free	Girls
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**Closing date for entries: 1<sup>st</sup> December 2009**

**City of Cambridge Swimming Club**  
**2010 Short Course Meet (2ER0048)**  
**Saturday and Sunday the 16th & 17th of January 2010**  
**Cut Off & Qualifying Times**

Cut off times relate ONLY to times achieved at a licensed meet since 1<sup>st</sup> October 2009. If you have achieved a time at a meet that was not licensed that is faster than our cut off time, then you should ignore your time and enter our cut off time on your application. Note that if the meet is oversubscribed your entry may be rejected even if you are faster than our qualifying times.

<b>BOYS</b>		<b>Qualifying Times</b>							
EVENT	9	10	11	12	13	14	15	16+	
50m Freestyle	47.5	43.1	39.7	36.1	33.3	31.5	30.2	29.6	
100m Freestyle	N/A	1:35.0	1:26.0	1:18.2	1:11.8	1:07.7	1:05.3	1:04.0	
200m Freestyle	3:54.1	3:26.0	3:07.7	2:49.9	2:36.6	2:27.7	2:21.7	2:19.8	
400m Freestyle	8:45.0	7:13.3	6:32.0	5:57.1	5:29.7	5:12.2	5:00.5	4:55.1	
100m Breaststroke	N/A	2:01.8	1:49.9	1:39.2	1:30.7	1:25.4	1:21.7	1:20.2	
200m Breaststroke	4:54.7	4:23.4	3:58.8	3:35.4	3:16.8	3:04.2	2:57.5	2:54.8	
100m Butterfly	N/A	1:48.1	1:36.8	1:27.8	1:20.0	1:15.0	1:11.4	1:10.7	
200m Butterfly	4:54.4	4:03.6	3:35.9	3:13.9	2:57.9	2:45.8	2:38.0	2:35.8	
100m Backstroke	N/A	1:47.3	1:36.7	1:27.7	1:20.7	1:15.6	1:12.3	1:11.0	
200m Backstroke	4:18.3	3:50.7	3:28.1	3:08.1	2:53.4	2:43.3	2:35.7	2:33.7	
200m Individual Medley	4:23.2	3:54.4	3:32.7	3:12.9	2:57.5	2:47.1	2:39.8	2:37.4	
400m Individual Medley	9:26.9	8:45.9	7:35.0	6:48.8	6:16.7	5:54.3	5:38.7	5:33.2	
100m Individual Medley	N/A	1:49.7	1:41.0	1:32.0	1:24.2	1:18.5	1:15.4	1:13.6	

<b>GIRLS</b>		<b>Qualifying Times</b>							
EVENT	9	10	11	12	13	14	15	16+	
50m Freestyle	47.0	42.0	38.5	36.0	34.3	33.4	32.9	32.6	
100m Freestyle	N/A	1:32.2	1:23.0	1:17.1	1:13.3	1:11.8	1:10.8	1:10.3	
200m Freestyle	3:49.6	3:17.8	3:00.1	2:47.1	2:37.6	2:34.4	2:32.3	2:31.0	
400m Freestyle	8:29.0	6:57.3	6:16.1	5:48.3	5:29.5	5:21.5	5:17.6	5:16.3	
100m Breaststroke	N/A	1:57.2	1:45.7	1:37.7	1:32.1	1:29.1	1:28.2	1:28.0	
200m Breaststroke	4:54.0	4:11.3	3:47.7	3:30.1	3:17.9	3:11.8	3:10.4	3:08.9	
100m Butterfly	N/A	1:43.7	1:33.1	1:26.0	1:21.2	1:18.9	1:18.0	1:17.7	
200m Butterfly	4:49.6	3:52.8	3:27.1	3:09.7	2:57.9	2:52.1	2:49.7	2:49.7	
100m Backstroke	N/A	1:43.4	1:33.3	1:26.0	1:21.8	1:19.6	1:18.3	1:17.8	
200m Backstroke	4:15.9	3:39.1	3:19.6	3:04.9	2:55.1	2:49.8	2:47.8	2:45.8	
200m Individual Medley	4:19.6	3:43.5	3:23.1	3:09.1	2:58.8	2:54.1	2:51.9	2:51.1	
400m Individual Medley	9:09.1	8:11.4	7:13.5	6:38.3	6:16.6	6:05.3	6:01.2	5:59.6	
100m Individual Medley	N/A	1:46.0	1:36.9	1:30.0	1:25.2	1:22.9	1:22.0	1:21.0	

<b>BOYS</b>		<b>Cut off Times</b>							
EVENT	9	10	11	12	13	14	15	16+	
50m Freestyle	NCO	NCO	28.5	27.0	26.5	25.8	25.5	24.6	
100m Freestyle	N/A	NCO	1:05.0	1:03.3	59.9	57.4	55.6	54.3	
200m Freestyle	NCO	NCO	2:25.9	2:17.1	2:10.2	2:03.1	2:00.6	1:58.7	
400m Freestyle	NCO	NCO	5:03.5	4:47.7	4:33.7	4:22.4	4:15.7	4:10.3	
100m Breaststroke	N/A	NCO	1:23.0	1:20.7	1:15.7	1:12.6	1:09.7	1:08.2	
200m Breaststroke	NCO	NCO	3:07.5	2:55.2	2:44.4	2:36.6	2:31.6	2:28.8	
100m Butterfly	NCO	NCO	1:15.0	1:11.0	1:06.8	1:03.8	1:01.0	1:00.2	
200m Butterfly	NCO	NCO	2:50.1	2:37.5	2:28.4	2:21.2	2:15.0	2:12.7	
100m Backstroke	N/A	NCO	1:15.0	1:11.4	1:07.5	1:04.4	1:01.7	1:00.5	
200m Backstroke	NCO	NCO	2:42.6	2:32.4	2:24.8	2:18.8	2:12.8	2:10.6	
200m Individual Medley	NCO	NCO	2:45.8	2:36.2	2:28.0	2:21.9	2:16.2	2:13.7	
400m Individual Medley	NCO	NCO	5:55.5	5:31.0	5:13.9	5:00.7	4:48.4	4:43.1	
100m Individual Medley	N/A	NCO	NCO	NCO	NCO	NCO	NCO	NCO	

<b>GIRLS</b>		<b>Cut off Times</b>							
EVENT	9	10	11	12	13	14	15	16+	
50m Freestyle	NCO	NCO	29.5	29.0	28.5	28.2	27.5	27.0	
100m Freestyle	N/A	NCO	1:07.5	1:04.3	1:02.5	1:01.1	59.8	59.6	
200m Freestyle	NCO	NCO	2:26.3	2:19.3	2:13.9	2:11.4	2:09.0	2:07.3	
400m Freestyle	NCO	NCO	5:05.3	4:50.0	4:40.0	4:33.3	4:28.8	4:28.1	
100m Breaststroke	N/A	NCO	1:26.4	1:21.8	1:18.6	1:15.9	1:14.9	1:14.7	
200m Breaststroke	NCO	NCO	3:06.3	2:56.1	2:49.1	2:43.7	2:42.0	2:40.9	
100m Butterfly	NCO	NCO	1:16.3	1:12.3	1:09.4	1:07.4	1:06.5	1:06.3	
200m Butterfly	NCO	NCO	2:50.3	2:39.4	2:32.2	2:27.0	2:24.3	2:23.5	
100m Backstroke	N/A	NCO	1:16.2	1:11.9	1:09.8	1:07.9	1:06.5	1:06.2	
200m Backstroke	NCO	NCO	2:42.8	2:34.6	2:29.4	2:24.8	2:22.5	2:20.8	
200m Individual Medley	NCO	NCO	2:45.2	2:37.9	2:32.4	2:28.3	2:25.9	2:25.5	
400m Individual Medley	NCO	NCO	5:54.2	5:33.2	5:21.3	5:11.4	5:06.5	5:05.7	
100m Individual Medley	N/A	NCO	NCO	NCO	NCO	NCO	NCO	NCO	

**Note: NCO denotes No Cut Off time**

**City of Cambridge Swimming Club  
2010 Short Course Meet (2ER0048)  
Saturday and Sunday the 16th & 17th of January 2010  
Officials**

If you are an ASA registered official and are able to Officiate at this Designated Meet we would very much appreciate your help. Please fill in the form below and return to Rachael Kerridge at 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>Saturday</i>			<i>Sunday</i>	
Position	Session 1	Session 2	Session 3	Session 4	Session 5
Referee					
Starter					
Judge					
Timekeeper					
Chief Timekeeper					

Name:	
Contact Address:	
Phone:	
Email:	

Please return completed forms to:

**Rachel Kerridge,**  
City of Cambridge Swimming Club  
Parkside Pools  
Gonville Place  
Cambridge  
CB1 1LY  
email: [rachelkerridge@hotmail.co.uk](mailto:rachelkerridge@hotmail.co.uk)

**Thank you for your help.**

**City of Cambridge Swimming Club  
2010 Short Course Meet (2ER0048)  
Saturday and Sunday the 16th & 17th of January 2010**

**Coaches' Passes Application Form**

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

Club:
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Number of Passes required for <b>Saturday</b> @ £10.00 each: _____
1 <sup>st</sup> Applicant name:
2 <sup>nd</sup> Applicant name:

Number of Passes required for <b>Sunday</b> @ £10.00 each: _____
1 <sup>st</sup> Applicant name:
2 <sup>nd</sup> 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 allowed a maximum of 2 passes per day. If you have a particularly large team and require 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:
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Return to: **Richard Holt, 70 Holbrook Road, Cambridge, CB1 7ST**

**City of Cambridge Swimming Club  
2010 Short Course Meet (2ER0048)  
Saturday and Sunday the 16th & 17th of January 2010**

**Entry Form (for fewer than five entries)**

First Name		Surname	
DOB (dd/mm/yy)		ASA Reg. No.	
Address			
Phone Number		Club	
Email			

Entry times must be those achieved in the 12 months prior to date of the event. **Age as at 17<sup>th</sup> January 2010 applies.** Entries for the 50m freestyle will **only** be accepted from swimmers who have entered 2 or more other events.

**PLEASE CHECK OUR QUALIFYING AND CUT OFF TIMES BEFORE ENTERING**

Please enter age as of 17 <sup>th</sup> January 2010	_____ Yrs old	Male or Female?	Male/Female <i>(Delete as appropriate)</i>
Event	Submitted Time	Fee	
50m Freestyle (see restriction above)			<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			
400m Freestyle			
100m Backstroke			
200m Backstroke			
100m Breaststroke			
200m Breaststroke			
100m Butterfly			
200m Butterfly			<u>Club entries</u> Clubs please complete a Club Summary Payment Form and send with your club cheque attached.
100m IM			
200m IM			
400m IM			
Total @ £5 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)

I enclose a cheque for £\_\_\_\_\_ made payable to "The City of Cambridge Swimming Club"

Send entries **with strong C5 or larger SAE** for return of entry information to:-

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

City of Cambridge Swimming Club  
2010 Short Course Meet (2ER0048)  
Saturday and Sunday the 16th & 17th of January 2010

## Club Summary Payment Form

Club:
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Competitor's Name:	No of Events entered @ £5:	Total:
(1) Saturday	_____ Coach Passes at £10	
(2) Sunday	_____ Coach Passes at £10	
	<b>Total:</b>	

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

Electronic entry files are available by email on request from:

Richard Holt  
70 Holbrook Road, Cambridge, CB1 7ST  
Email: [meet10@cocsc.org.uk](mailto:meet10@cocsc.org.uk)

Send entries **with strong C5 or larger SAE** for return of entry information to:-

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

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