



COMPETITION RULES AND MEET INFORMATION 2009

- a) This competition is only open to swimmers who are members of clubs affiliated to the East Invicta Swimming Association. It will take place at Dover Leisure Centre on Saturday June 13th and Sunday June 14th. Please see the programme for the start and warm up times for each session.
 - b) The Meet is licensed at Level 4 by the ASA and the times achieved in this competition will appear in the ASA National rankings during August.
 - c) Swimmers may not enter if they have achieved a time in competition since January 1st 2009, faster than those indicated in the attached upper limit times.
 - d) The meet will be held under ASA Laws and Technical Rules.
 - e) The competition is an invitation meet.
 - f) Entries should be sent electronically using the programme provided. The entry fee is £3.75 per individual event, £6.50 for relays. Cheques (**one cheque per club**) should be made payable to DLGC. If you have any difficulty please contact Scott Walker on 0771 422 5282. **Closing Date 20th, May 2009.**
 - g) The programme will cover the following age groups 9/10yrs, 11/12yrs, 13/14yrs, 15yrs +. Age as at 14th June, 2009.
 - h) The pool is 25 metres long with 6 lanes and anti-wave lane ropes.
 - i) "Over the top" starts will be used in the heats at the discretion of the promoter.
 - j) The competition will operate without cards. Club Coaches will be required to sign a declaration to confirm that all swimmers are present. Coaches will be required to complete a withdrawal form for any swimmers who will not be competing or who are not present at the venue 30 minutes before the start of the session. The declarations must be completed 30 minutes before the start of the first race in the session concerned.
 - k) Only finalists will be announced. Results will be posted on the wall at the shallow end of the pool. A full list of results will be available on the website at the end of the competition. Swimmers wishing to withdraw from the finals must inform the clerks of the course in the small pool marshalling area within 15min of the finalists being announced so that reserves can be informed.
 - l) Relay teams : -
 1. Should comprise two boys and two girls and they can swim in any order
 2. Only swimmers who have qualified to swim using the individual entry criteria may take part. Swimmers shall be excluded from any stroke in which they achieved a time faster than the limit times for the individual events. They need not have swum in the gala as individuals.
 3. A maximum of 5 names per relay team (4 swimmers and 1 reserve) must be submitted at the start of the relay gala. Blank team sheets will be supplied separately.
 4. A maximum of 2 relay teams per club in each age group.
- Sheets will be supplied for completion by clubs indicating the swimmers name and Date of Birth. These should be handed in at the same time as the signing in declaration is made. Up to five swimmers names can be included in each team. These swimmers may be interchanged between heats and finals, but swimmers may not swim for more than one team in the same event.
- m) Speeding tickets will be issued. Swimmers speeding in the heats will not be eligible to take part in the finals. Swimmers speeding in the finals will be shown in the overall result as being disqualified and will not score club points. The time achieved in the final in these circumstances will be included in the results of the heats to ensure it appears in the ASA database.

- n) Awards will be made to all individual finalists and to the first three relay teams. Awards will be made to the first 6 placed competitors in the Heat Declared Winner (HDW) events. Awards will be made to the first 3 nine year old swimmers in each event, the will be done on a HDW basis from the results of the heats.

A Trophy will be presented to the Club accumulating the most points in the Individual Competition for Boys and Girls.

A Trophy will be presented to the club accumulating the most points from the relay competition.

Points will be awarded on the following basis for each event:-

1st – 6pts, 2nd – 5pts, 3rd – 4 pts, 4th – 3pts, 5th – 2pts, 6th – 1pt.

No club points will be awarded for the skins competition.

- o) Entries to events may have to be restricted but will be accepted on a first come first served basis to encourage early entry. Any rejected entries and entry fees will be refunded in full.
- p) Coaches' passes will be available at the cost of £12 each. This will include admission to all sessions, programmes and refreshments but **not food** during the interval each day.
- q) It is the decision of the promoter to allow Video and Zoom photography. This will be strictly regulated in accordance with the ASA code of practice. All competitors who enter this competition consent to such photography taking place.
- r) Swim meet entries and results will be managed on a computer. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer, and to this information appearing in the results of the competition and on the ASA National rankings database.
- s) Anyone wishing to protest the eligibility of a swimmer must do so in writing providing full details of the meet and the time swum.
- t) By signing the entry form swimmers accept these conditions in full. The promoters reserve the right to refuse admission to any competitor or spectator to any session.

**ALL COMPETING CLUBS ARE REQUESTED TO PROVIDE A JUDGE AND A
TIMEKEEPER FOR EACH SESSION**

Dover Life Guard Club - - Rules for the Skins Competition

1. For each age group the six fastest swimmers in the 100 metres individual medley will be invited to take part. Reserves will be selected, and swimmers advised in the same way as finalists. In order to ensure that all lanes are occupied please indicate within 15 minutes of the skins competitors being announced of your intention to take part.
2. There will be five rounds, each round will comprise of a 50 metre race. Swimmers will be spearheaded for the first round in accordance with the times achieved in the 100m I.M., all five rounds to be swum in the same lane.
3. The stroke to be swum will be determined by drawing a coloured ball from a bag prior to the start of each round. The stroke drawn will be announced as soon as it is drawn. The ball will be replaced in the hat after it is drawn. The balls drawn from the hat will represent the following strokes: -
RED - Backstroke YELLOW – Breaststroke WHITE – Butterfly BLACK - Freestyle
4. The stroke selected must be swum in accordance with the ASA Racing Technical rules; this includes the start and the turn.
5. The starting sequence in the first round will be in accordance with the ASA Racing Technical Rules. The starting signal of each subsequent round will be given exactly 2 minutes after the start of the previous one. In the second and subsequent rounds there will be no preparatory command "Take your Marks." This will be replaced by a whistle blast 10 seconds before the starting signal, which will follow in the normal manner. In the event of a failure of the starting signal this will be replaced with a shout of "Go" from the starter.
6. Any swimmer starting before the starting signal has been given will be disqualified unless they return to the end of the pool and start normally. They may start in the water under these circumstances.
7. The slowest swimmer will be eliminated in each round. However, in the event that one or more swimmers have been disqualified for an early start or other infringement of the ASA Racing Technical Rules then the slowest swimmer will not be eliminated.
8. In the event that two or more swimmers are eliminated, then the subsequent rounds shall continue without elimination until the appropriate round. For example if two swimmers are disqualified for an early start in round one, no swimmers will be eliminated in round 2. One swimmer will be eliminated in round 3 as normal.
9. In the event of a tie for last place, both swimmers will continue into the next round. In this event two swimmers will be eliminated from the next round. If there is a tie for last place in round three or four there will be a swim off to determine which swimmer proceeds into the next round. The stroke will be determined as described in rule 3 above. This will also apply in the event of a tie in the final in order to determine the winner.
10. It is the individual swimmer's responsibility to be in their starting position at the start of each round. The starting signal will not be delayed in the event that a swimmer is missing, or has suffered some other "gear" failure.
11. The winner will be the swimmer who is placed first in the final round. Prizes will be awarded as follows: -
1st - £15 2nd - £10 3rd - £5

Gala 1 Saturday 13th June Warm up 12.30pm Start 1.30pm

Event

- 101 10 yrs & under Mixed 4 x 25m Freestyle Relay
- 102 13/14 yrs Boys 100m Individual Medley HDW
- 103 13/14 yrs Girls 100m Individual Medley HDW
- 104 10 yrs & under Mixed 4 x 25m Medley Relay
- 105 11/12 yrs Boys 50m Butterfly
- 106 11/12 yrs Girls 50m Breaststroke
- 107 14yrs & under Mixed 4 x 25m Medley Relay
- 108 9/10 yrs Boys 50m Breaststroke
- 109 9/10 yrs Girls 50m Breaststroke
- 110 14yrs & under Mixed 4 x 25m Freestyle Relay
- 111 11/12 yrs Boys 50m Freestyle
- 112 11/12 yrs Girls 50m Butterfly
- 113 Final of Event 110
- 114 Final of Event 101
- 115 Final of Event 105
- 116 Final of Event 106
- 117 Final of Event 107
- 118 Final of Event 104
- 119 Final of Event 111
- 120 Final of Event 112
- 121 Final of Event 108
- 122 Final of Event 109
- 123 13/14 yrs Boys Skins
- 124 13/14 yrs Girls Skins

Gala 3 Sunday 14th June Warm up 8.45am 9.45am start

Event

- 301 11/12 yrs Boys 100m Individual Medley HDW
- 302 11/12 yrs Girls 100m Individual Medley HDW
- 303 13/14 yrs Boys 50m Butterfly
- 304 13/14 yrs Girls 50m Butterfly
- 305 15 yrs & over Boys 50m Breaststroke
- 306 15 yrs & over Girls 50m Breaststroke
- 307 11/12 yrs Boys 50m Backstroke
- 308 11/12 yrs Girls 50m Backstroke
- 309 13/14 yrs Boys 50m Freestyle
- 310 13/14 yrs Girls 50m Freestyle
- 311 15 yrs & over Boys 50m Backstroke
- 312 15 yrs & over Girls 50m Backstroke
- 313 Final of Event 303
- 314 Final of Event 304
- 315 Final of Event 305
- 316 Final of Event 306
- 317 Final of Event 307
- 318 Final of Event 308
- 319 Final of Event 309
- 320 Final of Event 310
- 321 Final of Event 311
- 322 Final of Event 312
- 323 11/12 yrs Boys Skins
- 324 11/12 yrs Girls Skins

Gala 2 Saturday 13th June Warm up and start to be advised once entries finalised.

Event

- 201 Open Mixed 4 x 50m Medley Relay
- 202 9/10 yrs Boys 100m Individual Medley HDW
- 203 9/10 yrs Girls 100m Individual Medley HDW
- 204 12yrs & under Mixed 4 x 25 m Freestyle Relay
- 205 15 yrs & over Boys 50m Freestyle
- 206 15 yrs & over Girls 50m Freestyle
- 207 11/12 yrs Boys 50m Breaststroke
- 208 11/12 yrs Girls 50m Freestyle
- 209 Open 4 x 50m Freestyle Relay
- 210 9/10 yrs Boys 50m Freestyle
- 211 9/10 yrs Girls 50m Freestyle
- 212 12 yrs & under Mixed 4 x 25m Medley Relay
- 213 Final of Event 201
- 214 Final of Event 210
- 215 Final of Event 211
- 216 Final of Event 204
- 217 Final of Event 205
- 218 Final of Event 206
- 219 Final of Event 207
- 220 Final of Event 208
- 221 Final of Event 209
- 222 Final of Event 212
- 223 9/10 yrs Boys Skins
- 224 9/10 yrs Girls Skins

Gala 4 Sunday 14th June Warm up time to be announced when entries finalised

Event

- 401 15 yrs & over Boys 100m Individual Medley HDW
- 402 15 yrs & over Girls 100m Individual Medley HDW
- 403 9/10 yrs Boys 50m Backstroke
- 404 9/10 yrs Girls 50m Backstroke
- 405 13/14 yrs Boys 50m Breaststroke
- 406 13/14 yrs Girls 50m Breaststroke
- 407 15 yrs & over Boys 50m Butterfly
- 408 15 yrs & over Girls 50m Butterfly
- 409 9/10 yrs Boys 50m Butterfly
- 410 9/10 yrs Girls 50m Butterfly
- 411 13/14 yrs Boys 50m Backstroke
- 412 13/14 yrs Girls 50m Backstroke
- 413 Final of Event 403
- 414 Final of Event 404
- 415 Final of Event 405
- 416 Final of Event 407
- 417 Final of Event 408
- 418 Final of Event 409
- 419 Final of Event 410
- 420 Final of Event 411
- 421 Final of Event 412
- 422 Final of Event 413
- 423 15 yrs & over Boys Skins
- 424 15 yrs & over Girls Skins

Whitecliffs Meet 2009 - Upper Limit Times



Swimmers may not enter if they achieved a time since January 1st 2009, in competition, faster than those indicated in the tables below..

BOYS	50m				100m
	Fly	Back	Breaststroke	Freestyle	IM
9/10 years	40.55	42.92	48.10	36.10	01:29.91
11/12 yrs	38.00	37.75	43.50	32.28	01:17.00
13/14 yrs	34.00	35.00	39.00	28.07	01:14.00
15years +	29.00	33.50	37.50	27.20	01:10.00

GIRLS	50m				100m
	Fly	Back	Breaststroke	Freestyle	IM
9/10 years	44.44	41.72	48.09	37.22	01:36.14
11/12 yrs	36.00	37.00	42.75	33.33	01:17.00
13/14 yrs	35.00	37.00	42.00	30.82	01:16.00
15years +	33.00	34.50	39.00	31.59	01:15.00



INDIVIDUAL ENTRY FORM

PLEASE PRINT USING CAPITALS

Age as at 14th June 2009

FULL NAME

MALE

FEMALE

CLUB

DATE OF BIRTH

AGE ON 14/6/2009*

ASA REGISTRATION NO

Please submit your entry times for your chosen events below

Event No	Event	Entry Times
	50m Freestyle	
	50m Backstroke	
	50m Breaststroke	
	50m Butterfly	
	100m Individual Medley	
No of Entries..... @ £3.75 = £.....		

Club entry data file must be received by 20th May 2009

- a) I confirm that the information entered above is correct. I consent to allow Video and Zoom photography to take place during the event in accordance with the ASA code of practice. I consent, as required under the Data Protection Act 1984, to the holding of personal information on a computer for the purposes of processing the entries and the results of this competition. The results will appear on the Dover LifeGuard Website.

Signed.....Swimmer

Signed.....(Parent/Guardian if swimmer is under 18)

Please return entries and cheque to:-