



Promoted By

Nuneaton & Bedworth Swimming Club

(Affiliated to ASA West Midland Region and Warwickshire ASA)

December 200m & 400m Meet
Saturday 5th and Sunday 6th December 2009
Under ASA Laws and the Technical Rules of Swimming

This Event is Licensed at L2 (2WM9018) by the ASA for entry into National and Regional Championships

MEET INFORMATION

- The competition will be held under ASA Laws and ASA Technical Rules at the Pingles Pool, Avenue Road, Nuneaton CV11 4LX.
- 25metre 8 lane Pool with anti-turbulence lane ropes. Electronic timing with 8-line scoreboard is to be used in conjunction with a computerised result service. Results sheets will be available on-line after the event at www.nun-bed-sc.co.uk
- The Competition is open to registered swimmers as defined by ASA Laws: Age as at Midnight 6th December 2009.
- Individual awards for the first three places in each of the four Age Groups, 9/10yrs, 11/12 yrs, 13/14 yrs and 15 yrs/over, may be collected from the designated collection point.
- An award of £50 together with a trophy will be presented to the club with the highest overall points score at the end of the meet.
- All participants and spectators must observe the safety precautions in operation at the Pingles Pool and must be aware that the use of cameras and camcorders of any kind is not allowed within the building including mobile phones with in-built cameras.
- Neither Nuneaton & Bedworth Swimming Club nor Nuneaton & Bedworth Leisure Trust can be held responsible for loss or damage to spectators' or competitors' property. Competitors are advised to use the lockers in the changing rooms and not to leave belongings lying around unattended.
- All events are **HEAT DECLARED WINNER.**
- Over the top starts may be used to maintain the scheduled timing of events.
- It is the responsibility of Team Managers and Coaches to ensure that their competitors report to the Marshalling Stewards in time for the start of their race.
- The Café will be open for the sale of hot and cold refreshments during the meet.
- A swim shop will be available throughout the meet.
- NBSC reserve the right to use vacant slots within the programme for time-trials for its own swimmers.
- Anything not covered by these notes will be at the discretion of the promoters

ENTRY PROCEDURES

- **Competitors ASA Registration Numbers and Date of Birth must be included on the Entry Form.**
- Entry times are to be converted to 25-m pool length and must be within the consideration times given. Heats will be seeded according to submitted entry times, with the final heat being spear-headed.
- NBSC reserves the right to refuse an entry or to close entries before the closing date should it prove necessary.
- No entry will be accepted without a fully completed entry form (or Club Consolidated Entry Form) – times must be submitted. Entries should be sent to:

Mrs Delia Reynolds
214 St Nicolas Park Drive
Nuneaton
Warwickshire
CV11 6EJ

Tel : 024 7632 9992
Email: swimmingdelia@tiscali.co.uk

Entry Fee: **£4.50 per event**
Coaches Passes: **£15.00 one day** (including refreshments)
 £25.00 both days (including refreshments)

- The closing date for entries is **MIDNIGHT Saturday, 31 October, 2009.**
- Any entry that is not accepted will be notified prior to the meet with a full refund. It is the responsibility of all competing clubs to ensure that entry times are accurate. A Summary Sheet must be completed with each application to indicate entries and/or Coaches Passes requirements.
- **Coaches Passes cannot be purchased on the day of the Meet**
- **Cheques only payable to: Nuneaton & Bedworth Swimming Club**
It will be greatly appreciated if fees for all entries for one Club are consolidated and submitted on a single cheque payment, together with the Summary Sheet.
- **This will be a cardless meet. No cards will be issued prior to the event; the programme of events will be posted on the Club's website (www.nun-bed-sc.co.uk). Please check this for accuracy.** Any corrections to entries, ie name, club or date of birth, etc, must be notified to Mrs Reynolds by Saturday, **14 November, 2009.** Corrections cannot be made on the day of the event.



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PROGRAMME OF EVENTS

SATURDAY 5th DECEMBER

SESSION ONE

Warm up 8.00 am Start 9.00 am

- Event 1 Girls 400m Freestyle
- Event 2 Boys 200m Backstroke
- Event 3 Girls 200m Butterfly
- Event 4 Boys 200m Breaststroke

SESSION TWO

Warm-up no earlier than 12.30 pm

- Event 5 Girls 200m Ind. Medley
- Event 6 Boys 400m Ind. Medley
- Event 7 Girls 200m Freestyle

SUNDAY 6th DECEMBER

SESSION THREE

Warm up 8.00 am Start 9.00 am

- Event 8 Boys 400m Freestyle
- Event 9 Girls 200m Backstroke
- Event 10 Boys 200m Butterfly
- Event 11 Girls 200m Breaststroke

SESSION FOUR

Warm-up no earlier than 12.30 pm

- Event 12 Boys 200m Ind. Medley
- Event 13 Girls 400m Ind. Medley
- Event 14 Boys 200m Freestyle

Session duration - approximately 3 & 2½ Hours respectively

CLOSING DATE FOR ENTRIES:- MIDNIGHT Saturday, 31 October, 2009



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INDIVIDUAL ENTRY FORM

Please complete **clearly** in block capitals. Incomplete forms may be returned

Surname _____ Forename(s) _____	
ASA Registration No _____	Club _____
Date of Birth _____	Age as at 6th December 2009 _____ Male _____ Female _____
Address _____	
Post Code _____	
Email _____	Tel No _____

Event	Submitted Time (Short course)	Event	Submitted Time (Short course)
1 Girls 400m Freestyle		8 Boys 400m Freestyle	
2 Boys 200m Backstroke		9 Girls 200m Backstroke	
3 Girls 200m Butterfly		10 Boys 200m Butterfly	
4 Boys 200m Breaststroke		11 Girls 200m Breaststroke	
5 Girls 200m I.M		12 Boys 200m I.M	
6 Boys 400m I.M		13 Girls 400m I.M	
7 Girls 200m Freestyle		14 Boys 200m Freestyle	

No. of Events Entered	Description	Cost Per Event	Total
	Ind. Entries	@£ 4.50 Each	£

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the promoters for this competition	
Signature of Competitor _____	Date _____
Please ensure that this information is checked for accuracy	Signed _____ Club Official

CLOSING DATE FOR ENTRIES MIDNIGHT Saturday, 31 October, 2009

Entry acceptance may be restricted at the discretion of the promoter. Where the submitted time was not achieved in a 25m pool it must be converted by the use of the ASA Equivalent Performance Tables

Return to: Mrs Delia Reynolds, 214 St Nicolas Park Drive, Nuneaton, CV11 6EJ



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Summary sheet

Total No. Of Entries		@ £4.50 each	£
1 Day Coach's Pass Saturday Including Refreshments		@ £15.00 each	£
1 Day Coach's Pass Sunday Including Refreshments		@ £15.00 each	£
Weekend Coach's Pass (Both Days) Including Refreshments		@ £25.00 each	£
		TOTAL	£

Coaches Passes cannot be purchased on the day of the meet; you must buy them in advance

For administration purposes please fill in contact details below:

Contact Name: _____ Club: _____

Address: _____

Email address: _____

Post Code: _____ Tel No: _____

I certify that all the above details are correct and that I will abide by the promoter's conditions

Signed on behalf of all swimmers entered _____ Club official

Date _____

Return to: Mrs Delia Reynolds, 214 St Nicolas Park Drive, Nuneaton, Warwickshire, CV11 6EJ

Closing date for entries MIDNIGHT Saturday, 31 October, 2009



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Only swimmers having reached the Sep-09 Level 2 Meet qualifying times are eligible to enter

Qualifying Times achieved in a 25m short course pool, after 1st January 2009

BOYS

EVENT	9	10	11	12	13	14	15	16	17	OPEN
200m Freestyle	03:22.8	03:06.0	02:54.8	02:44.7	02:35.0	02:26.6	02:20.8	02:16.3	02:13.8	02:12.9
400m Freestyle	07:20.6	06:31.8	06:06.0	05:46.0	05:26.8	05:10.4	04:57.5	04:48.7	04:42.5	04:42.5
200m Breaststroke	04:17.8	03:59.0	03:42.4	03:29.2	03:15.3	03:03.9	02:55.8	02:50.7	02:46.3	02:42.3
200m Butterfly	04:08.3	03:37.3	03:18.2	03:06.6	02:54.7	02:44.7	02:35.5	02:31.7	02:26.9	02:24.4
200m Backstroke	03:43.8	03:26.7	03:13.3	03:02.6	02:51.1	02:41.4	02:34.3	02:29.8	02:27.0	02:22.9
200m Individual Medley	03:49.7	03:32.2	03:17.6	03:06.8	02:55.8	02:45.3	02:38.2	02:33.7	02:30.5	02:27.6
400m Individual Medley	08:15.6	07:35.6	06:59.7	06:34.3	06:12.0	05:50.3	05:34.6	05:25.4	05:18.7	05:14.9

GIRLS

EVENT	9	10	11	12	13	14	15	16	17	OPEN
200m Freestyle	03:24.5	03:06.8	02:55.4	02:44.9	02:38.0	02:33.5	02:30.2	02:28.0	02:26.4	02:26.1
400m Freestyle	07:25.4	06:35.7	06:04.9	05:43.7	05:29.8	05:20.8	05:13.8	05:10.2	05:07.2	05:07.2
200m Breaststroke	04:20.0	03:59.5	03:42.1	03:28.8	03:18.2	03:11.5	03:07.9	03:05.8	03:04.1	02:58.7
200m Butterfly	04:11.0	03:40.0	03:20.2	03:06.4	02:57.3	02:51.0	02:46.9	02:44.8	02:42.8	02:39.0
200m Backstroke	03:46.2	03:28.7	03:12.5	03:01.7	02:54.3	02:49.2	02:44.8	02:42.4	02:40.6	02:38.3
200m Individual Medley	03:51.6	03:32.7	03:17.9	03:06.3	02:58.8	02:53.1	02:49.5	02:47.2	02:45.7	02:44.2
400m Individual Medley	08:12.3	07:35.3	06:57.3	06:32.0	06:14.4	06:03.1	05:55.8	05:50.5	05:48.2	05:44.5



NUNEATON & BEDWORTH SWIMMING CLUB

Community Amateur Sports Club
(Affiliated to West Midland Region ASA & Warwickshire ASA)

December 200m & 400m Meet

Saturday 5th and Sunday 6th December 2009
Under ASA Laws and the Technical Rules of swimming

This Meet has been Licensed at L2 (2WM9018) by the ASA. for entry into National and Regional Competitions

72 Clovelly Way
Nuneaton
Warks
CV11 6YB
Tel: 024 7632 7979
Email fagreen@msn.com

Dear Official,

It is my pleasure to invite you to officiate at our Winter "Qualifying" Open Meet at the Pingles Pool, Nuneaton on Saturday, 5th December and or Sunday, 6th December 2009. This is a Bagcat qualifying event with two sessions per day and targeted to finish at teatime.

Sessions 1 & 3: Warm-Up 8:00am, Start 9:00am
Sessions 2 & 4: Warm-Up 1:00pm, Start 2:00pm - Session 2 timing to be confirmed on day

If available please complete the form below and reply by the end of October. You can either send with your swimmer's entry form or you can telephone or email me using the above number/email address.

Briefing (+ coffee/tea & biscuits) will be at 8:30am each day. Lunch is provided between sessions and travel expenses are available on request.

Yours in appreciation

Tony Green
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Name:	
Address:	
Tel. No:	Email:

Please identify your area of qualification below.

Timekeeper		Judge		Starter		Referee	
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Please tick which sessions you can attend.

Saturday 5-Dec	Session 1		Session 2	
Sunday 6-Dec	Session 3		Session 4	