

City of Liverpool Swimming Club



Affiliated to A.S.A. Swim North West



Present the Tenth (3rd as Long Course)

2011 Long Course Meet

Based at the Liverpool Aquatics Centre

Licensed Level 1 Distance Winter Open Meet (1NW1023)

Held Under A.S.A. Law & FINA Technical Rules of Swimming
Licensed Meet by the A.S.A. for entry into County, Divisional and National Competitions

Friday 21 January 2011
Saturday 22 January 2011
Sunday 23 January 2011

Entry Form & Information Pack

Event sponsored & supported by



ON SITE PRINTING
ON SIGHT SATISFACTION



Promoters for City of Liverpool Sc:
Mrs Lynn Stuttard and Mr Mark Charnock

CITY OF LIVERPOOL S.C. DISTANCE WINTER OPEN MEET

Meet Information

Meet Director, Mark Charnock

Contact details:

Tel 07702 232441

Email mark@charnockdesign.co.uk

Address 3 Church End, Hale Village, Liverpool L24 4AX

Venue Liverpool Aquatics Centre, Wavertree Sports Park, Wellington Road, Liverpool, L15 4LE
(Tel: 0151 – 233 – 8850)

Pools Competition: 50m x 8 Lane, Deck-level, Fast Pool, Daktronic Electronic Timing System
Swimdown: 20m x 4 Lane, Deck-level

Facilities Cafeteria, swimshop, professional action photography with facility for purchase; spectator balcony for 450 people, large free car park and additional overspill spaces available with excellent lighting & CCTV.

Licensed Gala This event is licensed for swimmers wishing to enter the National, District & County Championships. To compete in this competition all swimmers must be registered with the ASA as a Category 2 swimmer

Event Age Groups 9 - 12yrs / 13 & Over. All events will be run on a "Heat Declared Winner" basis

Age on Day Ages as at 23th January 2011

Entries and times Entries will be seeded on a fastest to slowest basis and accepted on a maximum number per single age group i.e. 9yrs; 10yrs; 11yrs; 12yrs.

For the 800m and 1500m freestyle events 10 year old competitors will be accepted providing they are 11 years old by the last day of National Championships 2011 (11 yrs. before 26/07/2011). 10 year olds must have achieved 11 year old qualification time.

For the 400m freestyle and the 400m Ind. Medley events, 9 year olds will be accepted providing they have achieved the 10 year old qualification time for these events.

Please read the entry times carefully and make sure your entry time is faster than the lower limits. Anything slower than the limits will not be accepted.

Entry times should be checked to the ASA rankings database and if 25m (Short Course) times are used, these should be converted to 50m (Long Course) using the ASA Equivalent Performance Tables Handbook or the Sportsys Equivalent Times Converter electronic programme. Entry times will be checked by the Promoters.

The above determinations are to ensure that the event does not overrun and any entries may be accepted or rejected for any reason at the discretion of the promoters.

Withdrawal's from Events There will be a phone, text and email withdrawal system in place, prior to and during the event.

Coaches, team managers and or parents may withdraw a swimmer from an event on the day of competition as long as it is prior to the start of the warm-up of each session by completing the relevant withdrawal form.

Heat start lists will be produced for coaches and team managers on the poolside before the start of each session.

Spectator Costs £8.00 per day (adults) / or £3.00 per session (adults)
£4.00 per day (OAP's) / £2.00 per session (OAP's)
£4.00 per day (children) / £2.00 per session (children)
£2.00 per programme
Raffle tickets also on the door.

Coloured self adhesive Wristbands will be issued on entry, full day fee is required upon morning entry with partial spectator fee refunded on departure for spectators attending morning only, when wristband will be returned at front desk and removed.

Meet Records Established in 2002, new long course records established in 2009

Prizes Overall age group, top club and top visiting club presentations will be awarded according to points accrued by individuals and clubs during the competition

1. Awards for the first three swimmers in each individual event.
2. FINA Point Prizes will be awarded to the Top Three swimmers in each age group (9 to 12 yrs and 13 and over). The prizes are valued at 1st place - £25.00, 2nd place - £15.00, 3rd place - £10.00. These awards will be determined by FINA Points based on the following categories: medley, freestyle distance and form strokes.
3. The Top Visiting Club will receive a Trophy to be held for twelve months and a cheque for £100.00

Points Top Club Prize - Points awarded to swimmers placed in the top 8 of all individual events

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	8	7	6	5	4	3	2	1

Presentations Individual event awards will be presented during each session.
Top Age Group Swimmer / Top Club / Top Visiting Club presentations will be made as soon as possible or at the end of session 7 on Sunday 23 January 2011.

Individual Entries All club entries of 6 or more **must** be made via the electronic entry files, which are available from the City of Liverpool SC website www.colsc.net

Paper entries will be accepted, but individual entrants are also encouraged to use the electronic files for convenience.

Closing Date The Closing Date for entries is **Midnight Wednesday 22 December 2010**

Entry Fees **Individual Entries £5.00 per event by electronic file; £5.50 by paper only.**

Entry Form If you are filling in the entry form on behalf of a number of swimmers or a swimming club, please enter a different swimmer's name and times in each column with up to 5 swimmers per page, do not only enter one swimmer per page / entry form.

Entry Conditions Any points not covered within these conditions will be at the discretion of the meet director. The meet director / promoter have the right to amend the programme / warm up / start times depending upon the number of entries received.

Coach's Pass **Coaches' Pass: £20.00 per pass** for the whole weekend
A coaches' pass will entitle free entrance, programmes and heat start sheets.
Acceptance of any coach or chaperone poolside will be at the discretion of the promoters.

No Coaches, swimmers or other attendees (except officials) will be allowed on the raised sections at each end of the pool at any time.

Please make
your cheques
payable to:

City of Liverpool SC

Mark Charnock, 3 Church End, Hale Village, Liverpool L24 4AX

Forms together
with cheques to
be posted to:

Tel: 07702 232441 Email: mark@charnockdesign.co.uk

Electronic entry forms should be sent back direct to: mark@charnockdesign.co.uk

Entries sent to any other address or delivered elsewhere will not be considered.

Programme of Events

Event. No	Sex	Age Group	Event
Friday 21st January – Session 1		Warm Up 6:20 pm; Start 7:00 pm	
101	Mixed	11yrs old and over	800m Freestyle
102	Mixed	11yrs old and over	1500m Freestyle
Note: 10 yrs old may be accepted to the above 2 events providing they have reached 11 th birthday on or before 25/07/2011(last day of National championships) and achieved 11yr qualification times.			
Saturday 22nd January – Session 2		Warm Up 7.45 am; Start 8:40 am	
201	Girls	13 & Over	200M Breaststroke
202	Boys	9 to 12	400m Ind.Medley
203	Girls	9 to 12	200m Butterfly
204	Boys	13 & Over	200M Backstroke
205	Girls	13 & Over	400m Freestyle
206	Boys	9 to 12	200M Backstroke
207	Girls	9 to 12	400m Freestyle
Saturday 22nd January – Session 3		Warm Up 13:05 pm; Start 14:00 pm	
301	Boys	13 & Over	400m Ind.Medley
302	Girls	13 & Over	200m Butterfly
303	Boys	9 - 12	200m Ind.Medley
304	Girls	9 to 12	200M Breaststroke
305	Boys	13 & Over	200m Freestyle
306	Girls	13 & Over	200m Ind.Medley
307	Boys	9 to 12	200m Freestyle
Sunday 23rd January – Session 4		Warm Up 7.45 am; Start 8:40 am	
401	Boys	13 & Over	200M Breaststroke
402	Girls	9 to 12	400m Ind.Medley
403	Boys	9 to 12	200m Butterfly
404	Girls	13 & Over	200M Backstroke
405	Boys	13 & Over	400m Freestyle
406	Girls	9 to 12	200M Backstroke
407	Boys	9 to 12	400m Freestyle
Sunday 23rd January – Session 5		Warm Up 13:05 pm; Start 14:00 pm	
501	Girls	13 & Over	400m Ind.Medley
502	Boys	13 & Over	200m Butterfly
503	Girls	9 - 12	200m Ind.Medley
504	Boys	9 to 12	200M Breaststroke
505	Girls	13 & Over	200m Freestyle
506	Boys	13 & Over	200m Ind.Medley
507	Girls	9 to 12	200m Freestyle

Note 1: 9 year olds entering 400m IM and Freestyle events are subject to the 10 year qualification times. This is to prevent overrun of the gala programme.

Note 2: The meet director / promoters will have the right to amend the programme / warm up / start times depending upon the number of entries received, or any other reason.

Minimum Qualifying Standards for Level 1 Meet from Long Course Pools only

BOYS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
200m Freestyle	3:23.4	3:03.6	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7	2:13.7
400m Freestyle	6:26.4 (10 yr QT)	6:26.4	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:49.1	4:44.6	4:43.4
800m Freestyle	-	12:44.6 (11 yr QT)	12:44.6	11:47.1	11:12.8	10:42.5	10:21.8	10:05.0	9:55.5	9:52.5
1500m Freestyle	-	24:44.7 (11 yr QT)	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0	18:43.3
200m Breaststroke	4:20.5	3:57.2	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:51.6	2:47.0	2:43.9
200m Butterfly	4:03.7	3:32.3	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4	2:27.6	2:24.7
200m Backstroke	3:46.7	3:25.8	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:31.4	2:28.6	2:26.7
200m Individual Medley	3:52.0	3:29.6	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0	2:29.2
400m Individual Medley	7:26.3 (10 yr QT)	7:26.3	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:27.6	5:22.6	5:17.2

PLEASE ENTER LONG COURSE (LC) TIMES. Can be converted from 25m (SC) using ASA tables or Sportsys time converter).

Please send one cheque to cover all entries.

Please Note: If you are submitting an individual entry, please state an Email Address and or

Telephone Number, as an emergency contact point.

PLEASE NOTE THAT SUBMITTED TIMES WILL BE CHECKED AGAINST ASA NATIONAL DATABASE

Minimum Qualifying Standards for Level 1 Meet from Long Course Pools only

GIRLS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
200m Freestyle	3:29.1	3:04.4	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8	2:25.8
400m Freestyle	6:27.4 (10 yr QT)	6:27.4	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:09.2	5:06.3	5:06.3
800m Freestyle	-	12:19.6 (11 yr QT)	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1	10:28.3
1500m Freestyle	-	23:38.6 (11 yr QT)	23:38.6	22:25.8	21:30.4	21:00.8	20:43.1	20:22.9	20:22.9	20:05.1
200m Breaststroke	4:27.3	3:55.5	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:05.8	3:04.0	2:59.8
200m Butterfly	3:56.6	3:34.6	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:43.3	2:41.3	2:38.3
200m Backstroke	3:52.7	3:26.3	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:43.9	2:42.8	2:39.9
200m Individual Medley	3:55.2	3:29.6	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5	2:43.7
400m Individual Medley	7:26.2 (10 yr QT)	7:26.2	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:50.8	5:48.7	5:43.9

PLEASE ENTER LONG COURSE (LC) TIMES. Can be converted from 25m (SC) using ASA tables or Sportsys time converter).

Please send one cheque to cover all entries.

Please Note: If you are submitting an individual entry, please state an Email Address and or

Telephone Number, as an emergency contact point.

PLEASE NOTE THAT SUBMITTED TIMES WILL BE CHECKED AGAINST ASA NATIONAL DATABASE

CITY OF LIVERPOOL S.C. LEVEL 1 WINTER OPEN DISTANCE MEET 2011 ENTRY FORM (BOYS ENTRY FORM ONLY)

Name of Swim Club	Club Contact			Closing Date For Entries Midnight Wednesday 22 Dec 2010	
	SWIMMER	SWIMMER	SWIMMER	SWIMMER	SWIMMER
First Name(s)					
Surname					
Date of Birth					
ASA Reg.No					
Age at 23/01/11					
Tel.No / Mobile					
200m Fr/s					
200m Bk/s					
200m Br/s					
200m Fly					
400m Fr/s					
200m IM					
400m IM					
Mixed 800m Fr/s					
Mixed 1,500m Fr/s					
Total Entries @ £5.00 electronic (£5.50 paper only)	£				

Ensure to complete the column and electronic file with the swimmers' full date of birth, correct name and ASA number as registered with ASA. In the absence of this information, their times may not be accepted at ASA rankings department.

CITY OF LIVERPOOL S.C. LEVEL 1 WINTER OPEN DISTANCE MEET 2011 ENTRY FORM (GIRLS ENTRY FORM ONLY)

Name of Swim Club		Club Contact		Closing Date For Entries Midnight Wednesday 22 Dec 2010
	SWIMMER	SWIMMER	SWIMMER	SWIMMER
First Name(s)				
Surname				
Date of Birth				
ASA Reg.No				
Age at 23/01/11				
Tel.No / Mobile				
200m Fr/s				
200m Bk/s				
200m Br/s				
200m Fly				
400m Fr/s				
200m IM				
400m IM				
Mixed 800m Fr/s				
Mixed 1,500m Fr/s				
Total Entries @ £5.00 electronic (£5.50 paper only)	£			

Ensure to complete the column and electronic file with the swimmers' full date of birth, correct name and ASA number as registered with ASA. In the absence of this information, their times may not be accepted at ASA rankings department.

CITY OF LIVERPOOL S.C. DISTANCE WINTER OPEN MEET

Summary of Entries

Type	Total Number			Costs
Male Entries		At £5.00 each for electronic entry	At £5.50 each for paper only	£
Female Entries		At £5.00 each for electronic entry	At £5.50 each for paper only	£
Coach Passes		At £20.00 for Weekend		£
			TOTAL COST	£

CHEQUES PAYABLE TO CITY OF LIVERPOOL SC (strictly no cash payments)

ALL ENTRIES TO BE RETURNED BY MIDNIGHT WEDNESDAY 22 DECEMBER 2010

Signed:

Email address:.....

Name:.....

Mailing Address.....

.....

.....

.....

Entries to: **Mark Charnock, 3 Church End, Hale Village, Liverpool L24 4AX**
 Email: **mark@charnockdesign.co.uk**

All data will be published on www.colsc.net

Swimming Club Contact & Coach Information Sheet

If you are completing paper copies of entries, please read the coaches pass application information carefully and ensure it is completed and posted with your fees. When completing the information below, please print your details clearly.

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

Application for Coaches Pass

1. Each club is entitled to a ratio of 1 coaches pass per 8 swimmers. If your team consists of both male and female competitors you may have 1 female and 1 male coach / chaperone. If your club enters more than 16 swimmers then you are entitled to additional coach passes in the same ratio of 1:8. A club is not limited to a maximum number of named persons for the weekend, but will be limited to that described above.

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 / chairman 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.

ALL COACHES, TEAM MANAGERS & CHAPERONES MUST BE CRB CHECKED TO GAIN A COACHES PASS WITH ACCESS ONTO THE POOLSIDE AND EVIDENCE MAY BE REQUESTED

ANY PARENT OR CHAPERONE WISHING TO ACT AS A COACH MUST ALSO BE CRB CHECKED AND REGISTERED AS A MEMBER OF THE CLUB THEY ARE REPRESENTING.

PARENTS MUST ALSO ASK THE CLUB SECRETARY / CHAIRMAN TO SIGN THE APPROPRIATE LETTER ON THEIR BEHALF AND SUBMIT IT ALONG WITH THE ENTRY FEES.

WITHOUT THE LETTER / APPLICATION FORM BEING SIGNED BY THE CLUB SECRETARY / CHAIRMAN, NO PASSES WILL BE ISSUED.

Signed	
<p>If the address to which the coaches pass should to be sent is different from the club contact, please write the persons name and address in the box.</p>	

**City of Liverpool SC Level 1 Summer Sprint Meet 2010
Swimming Club Application for Coaches Pass**

Please note: This application form must be completed and returned along with your fees, without this, no passes will be given out to your club.

Swimming Club	
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Club Secretary / Chairman, please print your name	
I / We would like to purchase a total of	Coaches Passes at a price of £20.00 per pass for the weekend
I have enclosed a	Cheque to the value of £_____ to cover this payment.

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

	Name	CRB Number
Coach 1		
Coach 2		
Coach 3		
Coach 4		
Team Manager 1		
Team Manager 2		
Chaperone 1		
Chaperone 2		
Chaperone 3		

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

of _____ Swimming Club.

Signed _____ Secretary / Chairman

City of Liverpool SC Level 1 Winter Distance Meet 2011 Appeal for Officials

As per ASA directives all officials in attendance at Level 1 and Level 2 Meets must be licensed after September 2010.

We would welcome any licensed officials who are in attendance with their clubs to assist our own team of officials

Name & Address	Phone	Email	ASA Qualification
DRAFT			
DRAFT			

In return for assistance as an official at this event, meals and refreshments will be provided, together with expenses at usual ASA agreed rates.