



CARLISLE AQUATICS

PRESENT THE

2018 October Swimfest A Level 3 Licensed Meet

HELD UNDER ASA LAWS & ASA TECHNICAL RULES OF SWIMMING

Licence no 3NW181777

The Pools Carlisle.

General Information

Friday 5th October 2018
Session 1 Warm Up 7pm

Saturday 6th October 2018
Session 2&3 Warm Up 8am/ PM TBC

Sunday 7th October 2018
Session 4&5 Warm Up 8am/ PM TBC

Entry £4.50 per event (800m £7, 1500m £9)

Coaches Pass £10.00

Spectators: £3.50/session; £5/day; £8/day

Concessions £1.00/session (Under 8yrs Free)

Entry file will be available on Club website or by contacting

Meet Organiser

Sam Bell

Carlisle Aquatics Secretary

The Pools

Carlisle

e-mail, secretary@carlisleaquatics.co.uk

Promoted by Carlisle Aquatics Committee

Meet Conditions

1. Gala to be run under ASA Laws and ASA Technical Rules
2. The meet is designed to provide a gala which covers 50m, 100m, 800m, 1500m and Medleys and is **open to all with only upper limit grading applied.**
3. The pool is 25m long with 6 lanes separated by anti-wave lane ropes
4. Electronic timing will be in operation. In the event of electronic timing failure, the back up manual timing will be used.
5. Age groups will be separated for results and awards purposes
6. 1st, 2nd and 3rd place medals will be awarded for boys and girls of age groups: 9, 10, 11, 12, 13 and 14+. Ribbons for 4th, 5th and 6th place will be awarded for age groups 9, 10 and 11.
7. There will be spot prizes for heat winners of randomly selected heats.
8. Skins, qualification will be taken from top 6 girls and 6 boys from 100IM for 11/under and 12/over.
9. "Mixed Up" Medley qualifications will be taken from the top 6 girls and 6 boys from 200IM for 11/under and 12/over
10. In the Skins and Reverse Medley Events cash prizes will be awarded based on finish positions: 1st £25 2nd £20 3rd £15 4th £10 5th £5 & 6th £5.
11. Age on day of 7th October 2018
12. Cost per entry is £4.50 per event
13. The appropriate fee should be received within 3 days of sending the entry file. Either by cheque payable to "Carlisle Aquatics" and sent to meet organiser, or bank transfer (Account Info) followed by an email to treasurer@carlisleaquatics.co.uk confirming transfer.
14. There will be no refund of entry fees once entries have been accepted. See condition 23.
15. Closing date for entries is midnight Thursday 6th September 2018. Entries will be on first come first served basis and entries will be closed once the gala is full. The gala will be deemed full when the number of entries dictates that the session length will be exceeded. Entries will be accepted as soon as these conditions are sent out/posted.
16. Entries will be accepted from swimmers registered with ASA (Swim England) or equivalent national associations
17. All starts shall be from the deep end of the pool.
18. Upper limit times only according to table attached will be applied.
19. All entry times should be 25m. Swimmers and coaches are to submit truthful times, random checks will be made against ASA database.
20. A maximum of 3 coaches/poolside helpers will be allowed on poolside all of which must be DBS checked. Proof may be requested.
21. Swimmers must be supervised on poolside at all times.
22. Rejected entries will be refunded in full.
23. Any entrant who is subsequently selected to represent their County in the National Inter-County Meet will have their entries refunded.
24. Finals will be held for 9,10 and 11yrs, 50m races only, all other races will be heat declared winners.
25. Any matters not covered by these condition notes will be at the discretion of the meet organisers.
26. Sports systems entry files only, no paper entries. The entry file will be available from the club website or directly from the meet organiser.

Meet Procedures.

1. Entries may be made by sending the appropriate Sports system entry file by e-mail to the meet organiser
2. NO POOLSIDE ENTRIES will be accepted
3. Over the top starts may be used to facilitate the smooth and efficient running of the meet.
4. All heats will be spearheaded
5. Swimmers must present themselves to the competitors' stewards 5 heats prior to their race.
6. Withdrawals must be recorded on the appropriate withdrawals sheet and presented to the recorders desk 45mins prior to the start of each session.
7. It is the swimmers responsibility to be at the start in time for their race

PROGRAMME OF EVENTS

Friday 5th October Session 1 – Warm Up 7pm – Start 7.30pm		Mixed 800 Freestyle Mixed 1500 Freestyle	
Session 2 Warm-up 8.00am Start 9.00am	100m IM Boys 50m Free Girls 50m Back Boys 100m Fly Girls 100m Breast Boys 11 under Skins Boys 12 over Skins Boys 9yr 50m Free Girls Final 10yr 50m Free Girls Final 11yr 50m Free Girls Final 9yr 50m Back Boys Final 10yr 50m Back Boys Final 11yr 50m Back Boys Final	Session 3 Warm up TBC Start TBC	100m IM Girls 50m Free Boys 50m Back Girls 100m Fly Boys 100m Breast Girls 11 under Skins Girls 12 over Skins Girls 9yr U 50m Free Boys Final 10yr 50m Free Boys Final 11yr 50m Free Boys Final 9yr 50m Back Girls Final 10yr 50m Back Girls Final 11yr 50m Back Girls Final
Session 4 Warm-up 8.00am Start 9.00am	200m IM Girls 50m Fly Boys 50m Breast Girls 100m Free Boys 100m Back Girls 11 under “Mixed Up” medley Girls 12 over “Mixed Up” medley Girls 9yr 50m Fly Boys Final 10yr 50m Fly Boys Final 11yr 50m Fly Boys Final 9yr 50m Breast Girls Final 10yr 50m Breast Girls Final 11yr 50m Breast Girls Final	Session 5 Warm up TBC Start TBC	200m IM Boys 50m Fly Girls 50m Breast Boys 100m Free Girls 100m Back Boys 11 under “Mixed Up” medley Boys 12 over “Mixed Up” medley Boys 9yr 50m Fly Girls Final 10yr 50m Fly Girls Final 11yr 50m Fly Girls Final 9yr 50m Breast Boys Final 10yr 50m Breast Boys Final 11yr 50m Breast Boys Final

ULT's

Stroke	Boys						Girls					
	9yrs	10yrs	11yrs	12yrs	13yrs	14 & over	9yrs	10yrs	11yrs	12yrs	13yrs	14 & over
50 Free	32:5	31:9	29:9	27:4	26:6	26:0	32:1	30:1	28:2	27:2	26:8	26:2
100 Free	1:06.5	1:05.0	1:02.0	56.0	55.0	54.0	1:05.9	1:02.5	1:01.0	1:00.0	59.0	58.0
50 Fly	37:7	33:2	31:8	29:9	28:5	27:5	36:5	32:9	31:4	29:5	28:2	28:0
100 Fly	1:18.5	1:10.5	1:06.5	1:03.0	1:01.0	1:00.0	1:16.5	1:09.5	1:07.5	1:04.0	1:02.0	1:01.5
50 Breast	41:3	38:8	36:3	35:8	34:2	32.0	41.0	39:0	37:7	36:6	35:9	32:8
100 Breast	1:25.0	1:22.0	1:17.0	1:16.5	1:14.7	1:12.0	1:24.0	1:21.0	1:17.5	1:15.7	1:14.9	1:13.0
50 Back	37:5	35:1	33:3	30:1	28:0	27:5	36:0	34:0	32:9	30:7	29:0	28:2
100 Back	1:16.9	1:12.5	1:08.0	1:02.0	1:00.0	57.0	1:14.5	1:10.5	1:08.5	1:03.7	1:00.5	59.00
100 IM	1:25.8	1:17.4	1:14:2	1:10:7	1:06:8	1:03:8	1:22:7	1:17:2	1:13:3	1:07:3	1:06:8	1:04:02
200 IM	2:31:00	2:31:00	2:31:00	2:31:00	2:22:59	2:12:10	2:32:48	2:32:48	2:32:48	2:32:48	2:26:09	2:20:20

General Information

- Any technical officials travelling with clubs are asked to make themselves available on the day. We would be grateful if names of technical officials willing to assist could be given to meet organiser at time of entry.
- Limited parking is available at the Pools, in addition there is a municipal car park opposite the Pools at a cost.
- Photography: The ASA policy on the use of photographic equipment (cameras, camcorders, mobile phones, I pads etc or any image capturing device) will be applied at this meet. Please register to use such equipment at the entrance desk. Unauthorised use of photographic equipment is not permitted.
- A buffet lunch will be **provided for officials and coaches.**

Skins Competition Rules of Engagement

1. The fastest 6 boys in the 11 & U 100m IM will be invited to compete in the 11 & U Skins Competition. Similarly the fastest 6 Boys in the 12 & O; Girls in the 11 & U and Girls in the 12 & O, will be invited to compete in their Skins Competition.
2. The names of the fastest six swimmers, and two reserves, from the heats will be announced as soon as possible after the completion of the 100 IM heats. Qualifying swimmers not intending to compete in the "Skins" competition must advise the Stewards immediately after the announcements so that substitutions can be made.
3. The allocation of lanes for the first round of each of the "Skins" events will be based on the spearhead principle according to times achieved in the 100m IM heats. Swimmers will remain in the same lane for all rounds of the competition.
4. Each "Skins" competition will consist of five rounds, the first of which will be drawn by the organiser.
5. The start of round 1 will be as normal. The starter will give the command "take your marks" followed by the starting signal. For subsequent rounds the starter will give the swimmers a 10 second warning of the start signal. There will be no other command. It is the responsibility of the swimmers to be at their start position on time for the start signal.
6. The starting signal for each round of each "Skins" event will be given every three minutes staggered by one minute thirty seconds between the 11 & U and 12 & O. (i.e there will be a start every one minute thirty seconds).
7. Disqualified swimmers will automatically be eliminated from the rest of the competition but immediately following their disqualification they will draw a card of four, each marked with one of the four 'medley strokes'. This will be the stroke to be swum in the next round.

In each round the swimmer finishing last shall be eliminated, unless a swimmer has been disqualified. Before they leave the poolside they will make the draw for the stroke for the next round. This will continue until "Last person standing" who will be the winner.

8. Should there be an equal last place in a round, no swimmer will be eliminated in that round but in the following round the number of swimmers to be eliminated shall be such that the number of swimmers in the next round is equal to the number that should be remaining in the ordinary course of events.

9. In the last round if there is an equal first place the 2 swimmers shall swim again after an interval of 6 minutes.
10. Skins awarded cash prizes based on finish positions: 1st £25, 2nd £20, 3rd £15, 4th £10, 5th £5 & 6th £5

Mixed Up Medley Final 200m

1. The fastest six 11& U boys in the 200 IM will be invited to take part in the “Mixed Up Medley” Final. Similarly the fastest 6 Boys in the 12 & O; Girls in the 11 & U and Girls in the 12 & O, will be invited to compete in their “Mixed Up Medley” Final.
2. The names of the fastest six swimmers, and two reserves, from the heats will be announced as soon as possible after the completion of the 200 IM heats. Qualifying swimmers not intending to compete in the “Mixed Up Medley” competition must advise the Stewards immediately after the announcements so that substitutions can be made.
3. Before the start of the final the swimmers will be invited to draw a card to identify the lane that they will swim in.
4. No 2 lanes will swim the strokes in the same order.
5. No lane will start with backstroke.
6. Every 50m must be swum and completed following the ASA Technical rules for that stroke.
7. There will be a cash prize for this event will be: 1st £25, 2nd £20, 3rd £15, 4th £10, 5th £5 & 6th £5