



# Level 2 October Meet

(Under FINA Technical Rules and ASA Laws)

License Numbers:  
Level 2SW171101

Saturday 7th - Sunday 8th October 2017

Plymouth Life Centre 40 Mayflower Drive,  
Plymouth PL2 3DG

The L2 Meet will enable swimmers to Obtain Qualifying  
Times for Entry into Regional and National Competitions

**25M POOL, 10 LANE, ANTI WAVE LANE ROPES, ELECTRONIC  
TIMING,  
SWIM DOWN FACILITIES**



## Terms and Conditions

1. This meet will take place at Plymouth Life Centre on 7th and 8th October 2017 and is licensed by South West ASA for entry into National Championships, Regional Championships and County Championships at Level 2 (Licence 2SW171101) It will be run in accordance with ASA laws, FINA Technical Rules of Swimming and the following terms and conditions:

1.1 This meet will be run in accordance with the permissions granted by the ASA, allowing level 2 to be run at the venue. Entries will be accepted fastest first.

2. **All ages are Age on Day as at 8th October 2017**

- *9,10, 11year old girls and boys are not permitted to enter the 400m Individual Medley unless aged 12 on or before 31/12/17.*

### **Age groups are:**

Male: 9, 10, 11, 12, 13, 14, 15, 16, 17 and over

Female: 9, 10, 11, 12, 13, 14, 15, 16, 17 and over

3. **Qualifying times (see separate table for details)**

The meet will be run as a level 2 licensed meet with:

Level 2 minimum Qualifying Times.

All entry times must appear on ASA Rankings

4. All events will be run on a heat declared winner (HDW) basis. All heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded.
5. **Electronic entries.** For clubs with 5 or more swimmers entering, please email [galas@exeterswimming.com](mailto:galas@exeterswimming.com) requesting the electronic entry files or download from <http://www.exeterswimming.com> Electronic entries are only accepted once payment has been received in full. All entrants are still bound by these Terms and Conditions of entry. Electronic entries £6.00 per event. All payments made should be via BACS transfer to:

Account: 20133604

Sort Code: 20-30-47

6. The Hy-Tek meet file can be found on the Exeter Swimming club website (<http://www.exeterswimming.com/meets-2/upcoming-meets/>) or by email from [galas@exeterswimming.com](mailto:galas@exeterswimming.com)
7. Electronics entries from Hy-Tek Team Manager or Team Manager Lite software should be submitted as an e-mail attachment to the above address and should include an entry report, fee entry report, poolside passes application and Officials list.
8. Copies of the Team Manager Lite application can be downloaded free of charge from <http://www.hy-tekLtd.com/downloads.html>
9. **All other entries** must be made on the forms provided and MUST include the entrant's ASA number. All information must be legible (BLOCK CAPITALS PLEASE). Entries that are incomplete, illegible or sent without the correct entry fee will not be accepted. All other entries £6.50 per event. All cheques made payable to EXETER CITY SWIMMING CLUB.
10. Any entry not accepted will be refunded in full, no other monies will be refunded. **All times shown on entry forms must be short course entry times, actual or converted to 25m pool. It is the responsibility of all competing clubs to ensure that entry times are accurate. Random checks will be made to the Rankings.**

11. **Refunds** will only apply if the promoter has received written confirmation of a swimmer withdrawing before the official closing date or has been rejected from any swims.
12. **Closing date is MIDNIGHT Friday 15<sup>th</sup> September 2017.**
13. If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries on the basis of times submitted to enable the competition to meet ASA licensing requirements or to cancel the meet. Any rejections will be on a proportional basis of the age group entry for any event Exeter City Swimming Club reserve the right to refuse an entry.

**All entries to be returned to**

Martin Walters, ECSC, 34 Parkers Cross Lane, Exeter EX1 3TA

Accepted/rejected entries will be posted on <http://www.exeterswimming.com> and should be checked for accuracy as the meet will be run 'cardless'. No details will be sent by post.

14. Entries to this meet will be held on a computer and consent, as required by the Data Protection Act 1998, to the holding of personal information on computer will be deemed to have been given by the submission of entry.
15. All swimmers must be members of a club affiliated to the ASA and registered as Cat 2, or the relevant national governing body if this is not the ASA
16. **The competition pool** is 25m in length with 10 lanes. Anti-turbulence ropes, electronic timing and placing will be used. There will also be swim down facilities available.
17. At the Referees discretion, starts may be 'over the top'.
18. It is the responsibility of the Team Managers and Coaches to ensure that their swimmers report to the Marshalling area in time for the start of their race.
19. Clubs entering more than 6 swimmers are requested to supply a registered official for every 6 swimmers in each session they are entering. The names, qualification level and contact details of officials should be sent to Adrian White: [officials@exeterswimming.com](mailto:officials@exeterswimming.com). Early notification would be appreciated.
20. **Awards.** Competitors placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each individual event in each age group will receive awards (HDW). Points will be awarded for Top Male, Top Female and Top Club and an award calculated on accumulated points will be presented to the top male, top female and top visiting club.
21. **Coaches passes** will be issued at a cost of £12.00 per day, or £20 for both days up to a maximum of 3 and 1 additional coach pass per 10 athletes over 30 swimmers. Passes must be purchased when submitting entries. There will be no entry to poolside without a pass and passes must be worn at all times. Coach passes will **not** be sold on the day.

## 22. **PARA SWIMMING**

The Sport of Swimming for athletes with impairment is governed by the IPC, and co-ordinated by the IPC Swimming Technical Committee, using the International Swimming Federation's (FINA) modified rules.

Entry will only be accepted from classified swimmers with British/IPC classification. Swimmers without a classification will not be able to compete.

Swimmers are allocated Exception Codes, which prevent them from being disqualified for rule infringement due to the nature of their impairment.

The procedure to identify relevant swimmer exception codes at competitions has been identified as follows:

Competitions which include Multi-Classification (MC) entry conditions - meet organizers will be responsible for having up to date information about each swimmer at entry and providing this to the meet referee.

**NO QT** is required but swimmers must have times recorded on British Ranking per event. NT may be accepted at the discretion of the Meet organiser.

All swimmers will be integrated into able-bodied heats.

23. The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules/regulations/requirements must be complied with at all times.
24. All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and/or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.
25. Unacceptable Behavior - Behavior becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following

Theft, willful damage to property and /or equipment, acts of vandalism, abuse of alcohol and/or drugs, bullying, offensive language, aggressive/violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions/directions, actions that bring the sport of swimming into disrepute.

26. **Competitive Start Award** Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach). Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.
27. **Jewellery** For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups/swim-downs and/or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands).

Exeter City Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.”

#### 28. **Video and Photography**

Following updated guidance from the ASA the use of all photographic equipment is no longer controlled. Spectators / coaches and swimmers are reminded that if such equipment is used they should **STOP AND THINK** the guidelines on consent & decency must always apply.

Photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording devices. Social media guidance will apply if those images or recordings are being shared through any social media platform [all club welfare officers have a copy of **wavepower** where full guidelines can be found].

**You are reminded that FLASH PHOTOGRAPHY should not be used at the start of any race.**

These conditions may be overruled by the venue if they have a **No Photography** rule in place

29. Any matters concerning the Meet not covered in these Terms & Conditions will be dealt with according to the laws of the sport and at the discretion of the Referee. In discussion with the Referee the Promotor reserves the right to change the Meet Terms & Conditions at their discretion to ensure the smooth running of the meet within the allocated time limits and the decision will be final. This will only occur due to unforeseen circumstances and apply on the day only. All participants must observe the safety precautions in

operation at the Plymouth Life Centre. Neither the Promotor or the Plymouth Life Centre will be responsible for any loss or damage occurring during this meet.

30. Lead Referee decision is final
31. The Promotor of this meet is Exeter City Swimming Club for and on behalf of Exeter City Swimming Club.
32. **PLEASE DO NOT USE RECORDED DELIVERY OR SPECIAL DELIVERY TO POST YOUR ENTRY FORMS. If you are concerned about your entry reaching the desination on time please email the Meet Promoter on the contact details below.**

Updates regarding this meet can be found on [www.exeterswimming.com](http://www.exeterswimming.com) or by contacting [galas@exeterswimming.com](mailto:galas@exeterswimming.com)

## PROGRAMME OF EVENTS

Event No.	Gender	Age	Event		<b>Session 1</b> <b>Warm-up 12:30</b>  Girls: 12:30 – 12:55 Boys: 12:55 – 13:20  <b>Start 13:30</b>
1	F	12 & Over	400m Ind. Medley	HDW	
2	M	All Ages	200m Freestyle	HDW	
3	F	All Ages	100m Freestyle	HDW	
4	M	All Ages	200m Breaststroke	HDW	
5	F	All Ages	50m Backstroke	HDW	
6	M	All Ages	50m Freestyle	HDW	
7	F	All Ages	200m Butterfly	HDW	
8	M	All Ages	100m Ind. Medley	HDW	

Event No.	Gender	Age	Event		<b>Session 2</b> <b>Warm-up TBA</b>  Boys: TBA Girls: TBA  <b>Start TBA</b>
9	M	All Ages	400m Freestyle	HDW	
10	F	All Ages	100m Breaststroke	HDW	
11	M	All Ages	200m Ind. Medley	HDW	
12	F	All Ages	200m Freestyle	HDW	
13	M	All Ages	100m Butterfly	HDW	
14	F	All Ages	50m Breaststroke	HDW	
15	M	All Ages	50m Backstroke	HDW	
16	F	All Ages	100m Backstroke	HDW	

Event No.	Gender	Age	Event		<b>Session 3</b> <b>Warm-up 11:30</b>  Boys: 11:30 – 11:55 Girls: 12:55 – 12:20  <b>Start 12:30am</b>
17	M	12 & Over	400m Ind. Medley	HDW	
18	F	All Ages	50m Butterfly	HDW	
19	M	All Ages	50m Breaststroke	HDW	
20	F	All Ages	200m Breaststroke	HDW	
21	M	All Ages	200m Backstroke	HDW	
22	F	All Ages	100m Butterfly	HDW	
23	M	All Ages	100m Breaststroke	HDW	
24	F	All Ages	100m Ind. Medley	HDW	

Event No.	Gender	Age	Event		<b>Session 4</b> <b>Warm-up TBA</b>  Girls: TBA Boys: TBA  <b>Start TBA</b>
25	F	All Ages	400m Freestyle	HDW	
26	M	All Ages	50m Butterfly	HDW	
27	F	All Ages	50m Freestyle	HDW	
28	M	All Ages	100m Freestyle	HDW	
29	F	All Ages	200m Backstroke	HDW	
30	M	All Ages	200m Butterfly	HDW	
31	F	All Ages	200m Ind. Medley	HDW	
32	M	All Ages	100m Backstroke	HDW	

Minimum Qualifying Times									
Event	MALE								
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/Over
50m Free QT	42.10	39.30	39.20	36.50	34.10	32.30	30.00	29.90	28.80
100m Free QT	1:29.80	1:23.00	1:21.60	1:20.20	1:15.60	1:10.70	1:08.00	1:06.00	1:00.00
200m Free QT	3:22.80	3:18.50	3:15.60	2:59.20	2:46.50	2:33.0	2:25.70	2:21.50	2:12.00
400m Free QT	7:20.60	6:50.50	6:35.60	6:15.60	5:45.10	5:20.00	5:05.20	4:59.70	4:23.00
50m Breast QT	55.10	51.30	51.00	48.10	45.25	42.35	40.33	38.40	34.00
100m Breast QT	1:55.70	1:48.50	1:45.50	1:44.25	1:36.95	1:32.10	1:28.00	1:24.00	1:18.40
200m Breast QT	4:19.80	4:15.30	4:10.30	3:35.95	3:31.80	3:15.30	3:04.90	2:59.30	2:48.00
50m Fly QT	47.40	46.80	45.25	43.80	41.75	39.30	37.30	34.50	30.90
100m Fly QT	1:50.00	1:45.15	1:42.15	1:41.55	1:33.50	1:24.25	1:17.10	1:10.90	1:05.00
200m Fly QT	4:08.30	4:03.50	3:57.95	3:47.50	3:33.15	3:19.25	2:56.98	2:46.25	2:42.25
50m Back QT	48.60	45.10	44.25	42.75	40.95	36.80	35.45	32.90	32.00
100m Back QT	1:39.90	1:37.75	1:35.20	1:29.90	1:23.50	1:18.00	1:15.98	1:14.00	1:10.00
200m Back QT	3:43.80	3:38.70	3:36.50	3:18.30	2:58.90	2:48.40	2:40.30	2:34.50	2:16.00
100m IM QT	1:47.40	1:44.60	1:40.69	1:31.64	1:26.04	1:20.46	1:18.98	1:15.52	1:09.00
200m IM QT	3:49.70	3:45.60	3:40.80	3:22.60	3:10.80	2:57.30	2:44.20	2:38.30	2:32.42
400m IM QT			6:59.70**	6:45.30	6:37.00	6:05.30	5:44.60	5:34.40	5:01.00

\*\* 11 year olds may enter the 400m Individual Medley if 12 on or before the 31/12/17.

Minimum Qualifying Times									
Event	FEMALE								
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/Over
50m Free QT	42.60	39.90	39.70	36.70	35.30	33.30	32.50	32.00	30.00
100m Free QT	1:36.60	1:33.50	1:30.60	1:25.30	1:18.90	1:13.30	1:10.30	1:08.70	1:06.00
200m Free QT	3:24.50	3:16.80	3:10.70	2:55.30	2:46.70	2:35.90	2:32.60	2:30.40	2:18.00
400m Free QT	07:25.40	6:55.70	6:43.90	5:56.00	5:44.60	5:25.00	5:20.70	5:15.00	5:00.00
50m Breast QT	55.90	51.70	50.05	47.25	44.55	43.45	42.98	41.75	39.80
100m Breast QT	1:59.90	1:52.50	1:49.00	1:43.30	1:37.30	1:34.00	1:32.25	1:29.50	1:22.50
200m Breast QT	4:20.00	4:10.00	4:00.00	3:39.80	3:29.20	3:21.50	3:16.40	3:13.01	2:58.00
50m Fly QT	52.10	50.00	48.85	44.55	42.55	41.00	39.00	37.00	33.00
100m Fly	1:57.90	1:52.10	1:49.00	1:38.25	1:28.10	1:25.95	1:24.75	1:20.00	1:15.00
200m Fly QT	4:15.00	4:11.00	4:09.00	3:38.55	3:29.39	3:07.25	2:57.00	2:55.50	2:45.50
50m Back QT	48.90	46.95	45.55	43.25	41.35	39.00	37.80	36.90	35.00
100m Back QT	1:45.50	1:38.50	1:35.20	1:29.00	1:25.90	1:22.00	1:19.10	1:17.90	1:12.50
200m Back QT	3:46.20	3:38.95	3:35.55	3:09.70	2:59.90	2:52.80	2:48.40	2:45.90	2:38.00
100m IM QT	1:48.80	1:42.50	1:39.36	1:31.69	1:27.14	1:24.65	1:22.76	1:20.00	1:16.00
200m IM QT	3:51.60	3:45.50	3:32.30	3:19.30	3:11.80	2:59.10	2:53.00	2:51.20	2:44.50
400m IM QT			6:57.30**	6:54.70	6:37.00	6:14.10	6:02.10	5:58.60	5:45.00

\*\* 11 year olds may enter the 400m Individual Medley if 12 on or before the 31/12/17.



**Exeter October Meet**  
 Saturday 7<sup>th</sup> & 8<sup>th</sup> October 2017  
**COMPETITION ENTRY FORM**

Club: \_\_\_\_\_

Age as at 08/10/17: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

ASA Number: \_\_\_\_\_

Post Code: \_\_\_\_\_

Phone No: \_\_\_\_\_

IPC Codes: S \_\_\_\_\_ SB \_\_\_\_\_ SM \_\_\_\_\_

Email: \_\_\_\_\_

Electronic entries. For clubs with 5 or more swimmers entering, please email [galas@exterswimming.com](mailto:galas@exterswimming.com) requesting the electronic file. Electronic entries are only accepted once payment has been received in full.

Short Course times only Conversion from Long course permitted.

Session	No.	Age	Event	M / F	Entry Time
1	1	12 & Over	400m Ind. Medley	F	
	2	All Ages	200m Freestyle	M	
	3	All Ages	100m Freestyle	F	
	4	All Ages	200m Breaststroke	M	
	5	All Ages	50m Backstroke	F	
	6	All Ages	50m Freestyle	M	
	7	All Ages	200m Butterfly	F	
	8	All Ages	100m Ind. Medley	M	
2	9	All Ages	400m Freestyle	M	
	10	All Ages	100m Breaststroke	F	
	11	All Ages	200m Ind. Medley	M	
	12	All Ages	200m Freestyle	F	
	13	All Ages	100m Butterfly	M	
	14	All Ages	50m Breaststroke	F	
	15	All Ages	50m Backstroke	M	
	16	All Ages	100m Backstroke	F	
3	17	12 & Over	400m Ind. Medley	M	
	18	All Ages	50m Butterfly	F	
	19	All Ages	50m Breaststroke	M	
	20	All Ages	200m Breaststroke	F	
	21	All Ages	200m Backstroke	M	
	22	All Ages	100m Butterfly	F	
	23	All Ages	100m Breaststroke	M	
	24	All Ages	100m Ind Medley	F	
4	25	All Ages	400m Freestyle	F	
	26	All Ages	50m Butterfly	M	
	27	All Ages	50m Freestyle	F	
	28	All Ages	100m Freestyle	M	
	29	All Ages	200m Backstroke	F	
	30	All Ages	200m Butterfly	M	
	31	All Ages	200m Ind. Medley	F	
	32	All Ages	100m Backstroke	M	
			Total Number of entries		

Entries to Martin Walters  
 34 Parkers Cross Lane, Exeter  
 EX1 3TA

Total cost (£6.50 per event paper entry)

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## Exeter City Swimming Club Open Meet

Plymouth Life Centre 40 Mayflower Drive, Plymouth PL2 3DG  
7th October – 8th October 2017

(Under ASA Laws and Regulations and Technical Rules of Racing)

### Coaches / Chaperone Pass Individual Application Form

Full Name			
Name of Club			
Position (e.g. Club Coach)			
Address			Post Code
Tel. No.			
Email address			
Swim Wales/ Scottish Swimming / ASA affiliation number			
DBS Number			

The above named person is authorized to hold a pass for this club

Signed .....

Club secretary

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coach's pass.

Please pay via BACS as above

**No passes will be available on the day. They must be purchased beforehand.**

There will be no access to the poolside without a coach's pass.

Passes will be restricted to a maximum of 4 passes per club.

All completed forms to be returned to

ECSC Meet Secretary

34 Parkers Cross Lane

Exeter

EX1 3TA

**CLOSING DATE: Friday 15th September 2017.**



## Exeter City Swimming Club Open Meet

Plymouth Life Centre 40 Mayflower Drive, Plymouth PL2 3DG  
7th – 8th October 2017

(Under ASA Laws and Regulations and Technical Rules of Racing)

### Officials Nomination Form

**PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS**

Full Name												
Name of Club												
Qualification (please tick)	J1	J2	J2S	Referee	Workbook							
Address												
						Post Code						
Tel. No.												
Email address												
Swim Wales/ Scottish Swimming / ASA affiliation number												
DBS Number												
Sessions which you are available for (please tick)	1		2		3		4					

All completed forms to be returned to

ECSC Meet Secretary

34 Parkers Cross Lane

Exeter

EX1 3TA



## Exeter City Swimming Club Open Meet

Plymouth Life Centre 40 Mayflower Drive, Plymouth PL2 3DG  
7th – 8th October 2017

(Under ASA Laws and Regulations and Technical Rules of Racing)

### MEET SUMMARY SHEET

**This Form must be completed and returned with the Hy-Tek Meet Entry Fee Report and Entry File to [galas@exeterswimming.com](mailto:galas@exeterswimming.com)**

**Club:** \_\_\_\_\_ **Club Code** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Telephone No.** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Team Size:** \_\_\_\_\_

**No of Individual Entries:** \_\_\_\_\_ @ **£6.00 per event**      **£** \_\_\_\_\_

**No of Coaches Passes:** \_\_\_\_\_ @ **£12.00 each**      **£** \_\_\_\_\_

**No of Weekend Passes:** \_\_\_\_\_ @ **£20.00 each**      **£** \_\_\_\_\_

**Total**      **£.....**

Preferred Payment method BACS transfer. Cheques payable to ECSC and crossed

Forms to be returned to:      ECSC Meet Secretary  
34 Parkers Cross Lane  
Exeter  
EX1 3TA

Email: [galas@exeterswimming.com](mailto:galas@exeterswimming.com)

**Closing date for entries 15<sup>th</sup> September 2017**