



Black Lion Swimming Club

Affiliated to M.A.S.A., K.C.A.S.A., A.S.A.S.E.R, R.L.S.S.

Black Lion Level 3 Regional Open Meet

License No: TBC

PROGRAMME OF EVENTS

Saturday 6th April 2019

Session 1

Warm Up: 08:30

Start: 09:30

- | | | |
|----|------------------------|-------|
| 1. | 400m Freestyle | Boys |
| 2. | 400m Individual Medley | Girls |
| 3. | 50m Breaststroke | Boys |
| 4. | 50m Butterfly | Girls |
| 5. | 200m Backstroke | Boys |
| 6. | 200m Breaststroke | Girls |
| 7. | 100m Butterfly | Boys |
| 8. | 100m Freestyle | Girls |

Session 2

Warm Up: tbc

Start: tbc

- | | | |
|-----|------------------------|-------|
| 9. | 200m Individual Medley | Boys |
| 10. | 50m Freestyle | Girls |
| 11. | 50m Backstroke | Boys |
| 12. | 200m Butterfly | Girls |
| 13. | 200m Freestyle | Boys |
| 14. | 100m Breaststroke | Girls |
| 15. | 100m Backstroke | Boys |

Sunday 7th April 2019

Session 3

Warm Up: 08:30

Start: 09:30

- | | | |
|-----|------------------------|-------|
| 16. | 400m Freestyle | Girls |
| 17. | 400m Individual Medley | Boys |
| 18. | 50m Breaststroke | Girls |
| 19. | 50m Butterfly | Boys |
| 20. | 200m Backstroke | Girls |
| 21. | 200m Breaststroke | Boys |
| 22. | 100m Butterfly | Girls |
| 23. | 100m Freestyle | Boys |

Session 4

Warm Up: tbc

Start: tbc

- | | | |
|-----|------------------------|-------|
| 24. | 200m Individual Medley | Girls |
| 25. | 50m Freestyle | Boys |
| 26. | 50m Backstroke | Girls |
| 27. | 200m Butterfly | Boys |
| 28. | 200m Freestyle | Girls |
| 29. | 100m Breaststroke | Boys |
| 30. | 100m Backstroke | Girls |



Black Lion Swimming Club

Black Lion Level 3 Regional Open Meet 2019

License No:

Upper /Lower Qualifying Times

Girls		10	11	12	13	14	15	16+
50m Freestyle	Upper	31.4	30.7	29.7	28.4	27.7	26.4	25.9
	Lower	44.6	42.5	40.5	38.7	37.2	36.2	36.0
100m Freestyle	Upper	01:10.5	01:07.5	01:04.0	01:02.0	01:00.4	58.9	56.7
	Lower	01:34.1	01:27.2	01:21.5	01:17.5	01:14.5	01:12.4	01:12.0
200m Freestyle	Upper	02:30.0	02:27.2	02:18.0	02:13.4	02:11.2	02:09.2	02:05.2
	Lower	03:13.0	03:02.2	02:54.7	02:49.3	02:45.6	02:42.2	02:42.0
400m Freestyle	Upper	No Event	05:16.0	05:06:6	04:52.7	04:41.2	04:37.3	04:29.3
	Lower	No Event	06:13:8	05:42:1	05:20:4	05:08:6	05:06:6	04:56:0
50m Breaststroke	Upper	41	39.7	38.2	37.2	36.3	33.5	32.7
	Lower	57.1	53.5	50.5	48.7	47	45.7	45.0
100m Breaststroke	Upper	01:30.1	01:27.6	01:22.5	01:19.5	01:18.0	01:15.1	01:13.1
	Lower	02:15.0	02:02.4	01:50.5	01:44.8	01:40.7	01:35.9	01:35.0
200m Breaststroke	Upper	03:12.0	03:07.6	02:57.2	02:51.8	02:47.7	02:38.1	02:37.2
	Lower	03:40.50	03:25.8	03:15.20	03:10.2	03:05.8	02:55.7	02:54.7
50m Backstroke	Upper	34.6	34.2	33.2	32.5	31.8	31	30.5
	Lower	52.2	49.2	46.5	44	42.2	40.8	40.0
100m Backstroke	Upper	01:17.6	01:15.2	01:11.7	01:07.3	01:06.7	01:05.2	01:03.7
	Lower	01:45.0	01:39.2	01:34.3	01:30.4	01:27.3	01:24.6	01:24.0
200m Backstroke	Upper	02:45.8	02:42.1	02:34.0	02:30.0	02:27.2	02:25.1	02:22.2
	Lower	03:37.3	03:26.2	03:17.0	03:10.2	03:05.5	03:02.9	03:02.0
50m Butterfly	Upper	34.9	33.8	32.2	30.9	30.4	30.1	29
	Lower	51	47.4	44.2	41.5	39.5	38.1	38.0
100m Butterfly	Upper	01:18.7	01:17.6	01:11.8	01:09.0	01:07.4	01:06.1	01:04.2
	Lower	01:57.8	01:47.1	01:38.5	01:33.9	01:30.8	01:28.5	01:28.0
200m Butterfly	Upper	03:06.5	02:52.0	02:36.4	02:32.1	02:28.7	02:26.7	02:26.0
	Lower	03:55.8	03:50.1	03:45.4	03:30.2	03:15.20	03:05.90	02:55.00
200m Individual Medley	Upper	02:47.8	02:26.0	02:36.5	02:31.6	02:29.1	02:26.6	02:23.1
	Lower	03:45.0	03:38.7	03:25.3	03:15.1	03:07.6	03:02.0	03:00.0
400m Individual Medley	Upper	No Event	05:56:4	05:56:4	05:26:9	05:13:9	04:57:8	04:40:5
	Lower	No Event	06:30.5	06:30.5	06:08:8	05:57:0	05:51:0	05:51:0



Black Lion Swimming Club

Black Lion Level 3 Regional Open Meet 2019

License No:

Upper/Lower Qualifying Times

Boys		10	11	12	13	14	15	16+
50m Freestyle	Upper	31.2	29.8	28.3	27	25.6	25.1	23.2
	Lower	44.8	42.3	40.2	38	35.9	34.4	33.90
100m Freestyle	Upper	01:09.3	01:06.9	01:01.5	58.6	55.7	54.6	51.2
	Lower	01:32.0	01:24.3	01:19.3	01:15.4	01:12.9	01:11.0	01:10.0
200m Freestyle	Upper	02:28.2	02:24.5	02:13.5	02:08.5	02:02.9	01:58.7	01:54.2
	Lower	03:17.4	03:04.3	02:54.4	02:49.1	2:43:04	02:38.5	02:37.5
400m Freestyle	Upper	No Event	05:12:5	05:04:7	04:44:7	04:34:9	04:22:9	04:04:8
	Lower	No Event	06:03:9	05:39:0	05:18:4	05:06:6	04:52:8	04:43:0
50m Breaststroke	Upper	41	39.4	37.1	33.1	33.4	32	30.5
	Lower	59.7	55.5	51.5	47.8	44.5	41.9	41.0
100m Breaststroke	Upper	01:31.4	01:28.3	01:20.7	01:14.5	01:12.2	01:08.7	01:06.3
	Lower	02:12.5	02:01.5	01:50.0	01:42.3	01:36.6	01:32.0	01:31.0
200m Breaststroke	Upper	03:14.4	03:07.5	02:55.20	02:36.8	02:38.4	02:31.5	02:27.4
	Lower	04:14.4	03:25.8	03:15.20	03:05.2	03:00.8	02:55.7	02:54.7
50m Backstroke	Upper	36.9	35.4	33.2	31	30	28.75	27.5
	Lower	52.3	48.2	44.9	42.1	39.7	37.7	37.0
100m Backstroke	Upper	01:18.2	01:16.00	01:10.2	01:07.8	01:03.6	01:01.2	58.6
	Lower	01:44.5	01:37.2	01:31.2	01:27.4	01:24.5	01:22.1	01:20.1
200m Backstroke	Upper	02:47.0	02:41.0	02:30.2	02:23.5	02:18.9	02:11.5	02:08.2
	Lower	03:39.1	03:25.4	03:16.4	03:09.1	03:03.5	02:59.5	02:58.5
50m Butterfly	Upper	35.5	33	31	29.4	28.1	27.1	25.5
	Lower	51.9	48.2	44.8	41.6	38.6	36.2	36.0
100m Butterfly	Upper	01:20.3	01:16.8	01:10.8	01:06.0	01:02.5	59.8	57.4
	Lower	01:57.3	01:46.5	01:37.6	01:31.5	01:27.5	01:24.2	01:23.0
200m Butterfly	Upper	03:06.3	02:53.2	02:38.1	02:28.0	02:20.1	02:13.8	02:11.2
	Lower	03:55.8	03:50.1	03:45.4	03:30.2	03:15.20	03:05.90	02:55.00
200m Individual Medley	Upper	02:46.8	02:45.5	02:34.4	02:26.3	02:20.3	02:15.0	02:10.5
	Lower	03:40.5	03:34.8	03:19.1	03:10.8	03:03.0	02:59.9	02:54.9
400m Individual Medley	Upper	No Event	05:56:4	05:56:4	05:26:9	05:13:9	04:57:8	04:40:5
	Lower	No Event	06:30:0	06:30:0	06:06:0	05:42:0	05:30:0	05:19:5

Black Lion Level 3 Regional Open Meet 2019

License No:

INDIVIDUAL ENTRY FORM



PLEASE PRINT USING BLOCK CAPITALS

FULL NAME

MALE FEMALE CLUB

DATE OF BIRTH AGE ON Saturday 6th April 2019

ASA REGISTRATION NUMBER
TELEPHONE NUMBER
MOBILE NUMBER
EMAIL ADDRESS

Please submit personal best times for your chosen events below:

Event No	Event	Entry Times
	50m Butterfly	
	50m Backstroke	
	50m Breaststroke	
	50m Freestyle	
	100m Butterfly	
	100m Backstroke	
	100m Breaststroke	
	100m Freestyle	
	200m Butterfly	
	200m Backstroke	
	200m Breaststroke	
	200m Freestyle	
	200m Individual Medley	
	400m Freestyle	
	400m Individual Medley	

No of Entries @ £5.50		Total	=	£
No of Entries @ £7		Total	=	£
Admin Fee Per Entry Form			=	£1.50
		Total	=	

Entries must be received by Monday 25th February

I confirm that the information entered is correct and that a cheque for the correct amount made payable to **Black Lion Swimming Club** is enclosed. I understand that zoom and video photography may take place at this meet, and understand that all competitors listed on our entry form have given their consent to this as a condition of entering the competition.

Signed.....Swimmer/Parent (under 18's)

Preferred payment by electronic BACS transfer to Orpington Ojays SC
Lloyds Bank plc – Sort Code: 30-96-31 – Account: 02997978

Please ensure swimmers **Initials, Surname and BLOpen** are referenced on **ALL** payments.

Please hand in your completed forms before the closing date to Lorraine Harden
Note: Fee's are only refunded if entries are rejected

Closing date for entries is Monday 25th February



Black Lion Swimming Club

Affiliated to M.A.S.A., K.C.A.S.A., A.S.A.S.E.R, R.L.S.S.

Black Lion Level 3 Regional Open Meet 2019

Saturday 6th April 2019 & Sunday 7th April 2019

Licence No:

Run under ASA laws, ASA technical rules of swimming and promoter's conditions

MEET RULES AND INFORMATION

The competition will be held under ASA laws and technical rules of swimming. This event is licensed at Level 3 for entry into Level 1&2 meets and Regional Championships. Officials will be obtained from the National & Regional lists of qualified personnel.

FACILITIES

The meet will take place at the Medway Park, Mill Road, Gillingham, Kent on Saturday 6th and Sunday 7th April 2019. The pool is a 6 lane, 25 metre facility fully equipped with electronic timing, display board and anti-wave ropes. Parking is available in the large pay and display car park adjacent to the Leisure Centre. Refunds for up to 4 hours parking are given in the sports centre upon presentation of the parking voucher obtained with the ticket.

ENTRIES

Swimmers must be, or have applied to be registered with the ASA. Swimmers may only enter events in their own age group. Ages are at midnight on 7th April 2019.

AGE GROUPS

The age groups are 10 years, 11years, 12 years, 13years, 14 years, 15years, 16 and over.

EVENTS

The events are 50m, 100m, 200m of all 4 strokes plus the 200m Individual Medley, 400m Freestyle and 400m Individual Medley.

SUBMISSION OF ENTRIES

The entry fee is £5.50 for all events other than the 400m events, which is £7 per event. The entry fee includes the 20p levy per event, payable to the South East Region.

Entries must be no faster than the Upper Qualifying Time (UQT) or slower than the Lower Qualifying Times (LQT) published for each event.

If the event is oversubscribed, the slowest entrants to some events will be rejected to keep the meet within acceptable time limits. In addition, the 400m events may be restricted to 2 heats for male and female events. Entries must be submitted either electronically using SportsSystems Meet Manager or be on the official entry form (photocopies accepted). Entries must include the entrant's ASA registration number, date of birth, and entry times, together with all entry fees. Entry times submitted should be those achieved in a 25m pool.

The closing date for entries is midnight on Monday 25th February. No entries will be accepted after the closing date.

COACHES PASSES

Coach's passes are available at a cost of £12.00 per person per day. This fee includes a daily programme, a full set of results sheets and lunch. A maximum of 3 passes may be issued to each club. For child protection reasons, these must all be pre-ordered at the time of submitting entries. Coach's passes will be collected on the day of each gala.

SIGNING IN

Upon arrival you will need to sign in at the front desk for every event that you intend to swim. Signing in sheets will be removed at the start of the warm-up for each session. Failure to sign in may result in exclusion of the competitor.

WARM UP

Coaches must supervise their swimmers at all times during the warm up. A warm up schedule will be available 15 minutes before the start of each warm up session at the starting end of the pool.

RACE PROCEDURES

It is the responsibility of the competitors and coaches from participating clubs to ensure that all swimmers are competent to the standard of the ASA Competitive Start Award. All events are heat declared winners. Heats will be swum with all age groups combined and swimmers seeded by entry times. The fastest heat in each event will be spear-headed. Starts will be at the deep end of the pool and over the top starts will be used for all events except backstroke. Swimmers must leave the pool using the steps at the side of the pool and must not climb over the electronic timing pads at the end of each lane.

We will endeavour to make secondary strobe provision deaf swimmers. A secondary strobe is classed as, "A strobe light, in addition to that included in the AOE starting system". It must be part of the AOE system and should be able to be moved to a lane where a deaf swimmer (S15) is starting.

SWIM DOWN

A continuous swim down facility may be available in the diving pit, adjacent to the main competition pool. Coaches are responsible for supervising their swimmers when using this facility. If swimmers are not supervised then the permission to use the facility may be withdrawn by the sports centre.

RESULTS

Competitor's times will be computer processed using the Sportsystems operating system. These results will then be displayed both on poolside and upstairs in the balcony area. Following the meet, all results will be published on our website www.blacklionswimming.club as soon as possible. Anyone wishing to have these emailed directly must leave their details at the information desk. Meet results will also be sent to the ASA to be included on their official rankings list.

AWARDS

Awards will be given to the top six placed swimmers in the 10 and 11 years age group in each individual event and for the top three placed swimmers in 12, 13, 14, 15 and 16+ years age groups in each individual event. There will be no official presentations so all swimmers must collect their medals from the awards desk.

OFFICIALS

It is appreciated if attending clubs could provide a licensed official to assist with the running of the event.

Each club entering six or more swimmers are requested to supply at least two officials who can act as Time Keeper and/or Judge.

SPECTATOR ADMISSIONS

Admission prices are as follows: Adults, one session either day £3.00, all day £5.00. Concessions, one session either day £2.00, all day £3.00. Children are free. Programmes are £1 for the day.

RAFFLE

Raffle tickets will be available to purchase at £1.00 per strip.

PHOTOGRAPHY

Anyone wishing to take still or digital photography (including the use of mobile phones to do this) must do so in accordance with the ASA Child Safeguarding Policy and procedures (Wavepower). Flash photography is prohibited at all times.

SAFETY

For the purposes of child protection, no persons, unless officials, staff, coaches or team managers displaying a valid pass, shall be allowed on poolside. Competitors are advised not to leave their belongings unattended and to ensure that valuables are placed in a secure locker or deposited with someone for safe keeping. Neither Black Lion Swimming Club nor the pool management will be held responsible for property that is damaged, lost or stolen. Swimmers must not leave the poolside without wearing a top, shoes, and having dried themselves off. Swimmers are advised to remove all jewellery to prevent accidental injury to themselves.

DATA PROTECTION

All entry information and results will be managed on a computer system. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer.

BEHAVIOUR

Coaches and team managers are at all times responsible for the conduct of the swimmers in their care. The promoter reserves the right to refuse admission or to ask any persons to leave during the event.

Any conditions not covered in the above information will be at the discretion of the promoter of Black Lion Swimming Club. By entering this event, competitors and coaches agree to abide by these conditions.