



Basildon & Phoenix Swimming Club

EVENT CONDITIONS

Event	BPSC END OF SEASON LC MEET 2019
Date	20TH/21ST JULY 2019
Venue	Basildon Sporting Village, Cranes Farm Road, Basildon, Essex SS14 3GR
Pool	50M, 8 Lane pool with Electronic timing and swimdown facilities
Level	3
Age Groups	9,10,11,12,13,14+
Age On Day	21ST JULY 2019
Awards	Top 3 in each Age Group
Events	ALL 50'S, 100'S, 200'S, 400'S
Race Entry Fee	£6.00 per event
Spectator Entrance Fee	£5.00 per day or part of
Club Entry Files Returned to	
Individual Entries	
All Enquiries to	
Closing Date Meet Manager	





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Rules and Conditions

1. The event will be held under ASA laws and regulations, ASA Technical rules of racing and to the ASA Meet Licensing Criteria
2. Entries may only be accepted from competitors registered as members of the ASA CATEGORY 2
3. **Competitors' ages shall be as on the last day of the Competition 21ST JULY 2019**
4. All entries must be Short Course times or Long course times converted to Short course.
5. All entries must be **slower** than the cut off times listed. Swimmers wishing to enter who are faster than the cut off times may do so **ON THE DAY ONLY – SPACE PERMITTING but will be entered as time only swims indicated by TOS next to their name in the results– These swims are NOT eligible for an award**
6. All swimmers aged 9 and over can swim all events
7. **. ALL entries MUST be submitted online via our website at www.basildonswimming.org Full instructions are online ENTRIES CANNOT BE POSTED OR EMAILED**
8. If the number of entries is high the promoter reserves the right to limit entries to enable the gala to meet licensing requirements. The promoter retains the right to accept entries on a first come first served basis. Full club entries received will be acknowledged immediately by email, but must be made in full (ie electronic entry file, payment, club summary form, entry summary report). Partial entries and entries received after the closing date may not be accepted.
9. The list of accepted entries will be published/available for download from the club website (www.phoenixbasildon.org) shortly after the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that may be required. Club contacts will be notified of rejections where/if appropriate.
10. **There will be no refunds of entry fees unless the entries are rejected by the organisers for any reason.**
11. The meet promoter will check entries against the ASA British Rankings database. Falsely entered times will be rejected without refund.
12. **This is a signing in Event –**
13. Spectator admission will be from the start of Warm up
14. Competitors must report to the marshalling area 15 mins before the start of their event where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event.
15. In HDW Events all Events will be seeded with fastest swimmers swimming last.
16. The top three in each age group will receive a medal A competitor who has been disqualified will not receive an award.
17. On The Day entries will be accepted SPACE PERMITTING at a price of £7.00. - All of these entries will be seeded and eligible for an award if their entry time is NOT faster than the published ULT
18. The promoters reserve the right to refuse admission to any competitor or spectator.





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19. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. In order to use the locker you will need a £1 coin
20. Basildon & Phoenix uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.
21. Coaches' passes will not be sold on the day – no pass, no admission poolside.
22. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways, report any issues immediately to a member of the pool staff or to the Open Meet Promoter.
23. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter clockwise. Swimmers using sprint lanes must swim 15 metres before slowing up. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions.
24. BPSC accepts no responsibility for loss or damage to personal property and requests that all persons remove their belongings if they leave the premises at any time. Any lost property not claimed from the announcer during the meet will be handed to Pool Management for collection by the owner
25. Anyone attending the gala wishing to use camera, video or digital image-capturing devices (including mobile phones and tablet devices) may do so without the need to register their details with the meet organiser
26. Participants and spectators are requested to follow the ASA guidelines for photography and use of photographs on social media. The ASA Child Safeguarding Policy and Procedures, Wavepower 2016-19 Section 2 provides guidance on the use of social networking (page 72-75) and guidance on photography (page 76-77).
27. IMAGE CAPTURING DEVICES MUST NOT BE USED ON POOLSIDE OR CHANGING AREA AT ANY TIME FOR THE PURPOSE OF TAKING PHOTOS
28. Competitors must be suitably dressed and with the appropriate footwear whilst on poolside. No outdoor shoes are allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers are not allowed elsewhere in the building or in the spectator area with wet swimwear.
29. Spectators, officials and competitors must observe the safety precautions in operation at Basildon Sporting Village and are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management. Neither the Meet Management, the Promoters nor BPSC will be responsible for any loss or damage occurring during this Meet.
30. Coaches or Team Managers are responsible for the swimmers' conduct at all times.
31. By submitting an entry, competitors and coaches are agreeing to be bound by these rules.
32. Results will be available on the Club website as soon as possible after the meet.
33. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws

ALL CLUB PAYMENTS CAN BE MADE VIA BACS

BPSC / Sort code 20-12-21 / Account No 90547875 / REF GALA NAME '





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Race Schedule

SATURDAY SESSION 1 WARM UP 1.00PM		SUNDAY SESSION 3 WARM UP 1PM	
BOYS 400M FREESTYLE		GIRLS 400M FREESTYLE	
GIRLS 400M IM		BOYS 400M IM	
BOYS 50M BREASTSTROKE		GIRLS 50M BREASTSTROKE	
GIRLS 50M BUTTERFLY		BOYS 50M BUTTERFLY	
BOYS 200M BACKSTROKE		GIRLS 200M BACKSTROKE	
GIRLS 200M BREASTSTROKE		BOYS 200M BREASTSTROKE	
BOYS 100M BUTTERFLY		GIRLS 100M BUTTERFLY	
GIRLS 100M FREESTYLE		BOYS 100M FREESTYLE	
SATURDAY SESSION 2 WARM UP TBC		SUNDAY SESSION 4 WARM UP TBC	
BOYS 200M IM		GIRLS 200M IM	
GIRLS 50M FREESTYLE		BOYS 50M FREESTYLE	
BOYS 50M BACKSTROKE		GIRLS 50M BACKSTROKE	
GIRLS 200M FREESTYLE		BOYS 200M FREESTYLE	
BOYS 200M BUTTERFLY		GIRLS 200M BUTTERFLY	
GIRLS 100M BREASTSTROKE		BOYS 100M BREASTSTROKE	
BOYS 100M BACKSTROKE		GIRLS 100M BACKSTROKE	

UPPER LIMITS

THERE ARE NO QTS
All times are SC (or LC Converted)

GIRLS						BOYS							
9	10	11	12	13	14+	9	10	11	12	13	14+		
38.5	36.1	35.1	33.0	32.5	30.6	50m	Back	38.8	36.5	34.4	32.5	30.0	26.9
45.4	43.4	40.8	38.5	37.8	36.0	50m	Breast	44.8	42.8	41.0	37.6	35.6	32.4
38.2	35.9	34.9	32.9	32.4	30.3	50m	Fly	38.5	36.0	34.0	32.3	30.5	26.2
35.3	33.4	31.7	30.0	28.8	26.9	50m	Free	33.0	32.0	31.0	30.0	29.0	25.0
1:16.3	1:16.3	1:16.3	1:12.5	1:11.9	1:05.6	100m	Back	1:09.3	1:09.3	1:09.3	1:09.3	1:07.2	1:00.1
1:25.4	1:25.4	1:25.4	1:23.0	1:21.1	1:17.4	100m	Brst	1:20.3	1:20.3	1:20.3	1:20.3	1:15.4	1:10.0
1:15.0	1:15.0	1:15.0	1:14.0	1:11.8	1:09.3	100m	Fly	1:11.2	1:11.2	1:11.2	1:11.2	1:08.3	58.0
1:08.2	1:08.2	1:08.2	1:05.9	1:04.2	1:01.3	100m	free	1:03.5	1:03.5	1:03.5	1:03.5	59.6	53.9
3:10.5	2:50.2	2:41.8	2:33.0	2:30.9	2:25.3	200m	Back	3:00.0	2:47.0	2:36.0	2:31.0	2:27.0	2:10.1
3:30.5	3:20.8	3:09.9	3:00.5	2:59.4	2:45.7	200m	Breast	3:30.0	3:10.0	3:00.8	2:55.2	2:50.9	2:32.8
3:22.5	3:00.6	2:45.3	2:40.0	2:35.1	2:25.7	200m	Fly	3:20.2	3:00.9	2:50.5	2:40.0	2:30.2	2:05.5
2:45.1	2:35.0	2:25.0	2:20.0	2:18.0	2:10.9	200m	Free	2:45.0	2:35.0	2:25.0	2:15.8	2:10.5	2:00.0
5:30.0	5:15.4	5:00.0	4:54.0	4:45.0	4:30.0	400m	Free	5:45.0	5:20.0	5:00.0	4:45.9	4:34.7	4:15.8
3:10.4	2:55.0	2:45.8	2:40.9	2:35.7	2:20.2	200m	I/M	3:16.0	2:59.5	2:48.6	2:39.4	2:29.7	2:10.6
6:30.0	6:10.7	5:40.1	5:35.0	5:30.8	5:10.1	400m	I/M	6:54.0	6:20.6	5:49.2	5:35.0	5:14.8	4:40.9



BPSC END OF SEASON LC MEET 2019

License No:

INDIVIDUAL ENTRY FORM

PLEASE PRINT USING BLOCK CAPITALS

FULL NAME

MALE FEMALE CLUB

DATE OF BIRTH AGE ON Sunday 21st July 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 @ £6		Total	=	£
Admin Fee Per Entry Form			=	£1.50
		Total	=	

Entries must be received by Monday 8TH April

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 BPSC** 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 8th April 2019