



# Combined Level 2/3 October Meet

(Under FINA Technical Rules and ASA Laws)

License Numbers:  
Level 2 – 2SW150472  
Level 3 – 3SW150473

## Saturday 3rd - Sunday 4th October 2015

Pyramids Swimming Pool, Exeter EX1 2LA

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

The L3 Meet will enable swimmers to obtain  
Qualifying Times for Entry into Regional  
Competitions

**25M POOL, 6 LANE, ANTI WAVE LANE ROPES,  
ELECTRONIC TIMING,  
SWIM DOWN FACILITIES**



## Terms and Conditions

1. This meet will take place at Pyramids Swimming Pool on 3rd and 4th October 2015 and is licensed by South West ASA for entry into National Championships at Level 2 (Licence 2 2SW150472) and Regional Championships at Level 3 (Licence 3 SW150473). 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 and level 3 licensed competitions to be run concurrently at the same venue. All accepted entries will have results reported separately for each licence level. Level 2 and level 3 entries for each sex/stroke/distance will then be combined and seeded in submitted time order.
  - 1.2 **Competitors may enter at level 2 and level 3 but not in the same event (ie stroke/distance) provided they meet the necessary qualifying standards.**
2. **All ages are Age on Day as at 4th October 2015**  
*(9 year old girls, 9, & 10 year old boys are not permitted to enter the 100m events  
9,10, 11year old girls and boys are not permitted to enter the 400m Individual Medley)*  
**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  
**Please note that L2 and L3 results will be submitted separately to Rankings**
3. **Qualifying times (see separate table for details)**  
The meet will be run as a level 2 and level 3 licensed meet with:
  - a) Level 2 minimum (slowest) qualifying times.
  - b) Level 3 with maximum (fastest) upper limit the same as (a) above
  - c) Level 3 minimum (slowest) qualifying times
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 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 £5.50 per event. All cheques made payable to EXETER CITY SWIMMING CLUB.
6. **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 £5.75 per event. All cheques made payable to EXETER CITY SWIMMING CLUB.
7. The promoters reserve the right to refuse entries at their discretion. 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.**

8. **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.
9. **Closing date is MIDNIGHT Friday 11<sup>th</sup> September 2015.**
10. 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. Any rejections will be on a proportional basis of the age group entry for any event within each level (2 or 3). Exeter City Swimming Club reserve the right to refuse an entry or to close entries before this date should it be proved necessary.

**All entries to be returned to**

Tracey Wadeley-Jones, ECSC, 5 Birkett Close, Exeter EX2 5PG

**Accepted/rejected entries will be posted on**

[www.exeterswimming.com/meets/october meet 2015](http://www.exeterswimming.com/meets/october meet 2015) and should be checked for accuracy as the meet will be run 'cardless'. No details will be sent by post.

11. 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.
12. All swimmers must be members of a club affiliated to the ASA, or the relevant national governing body if this is not the ASA.
13. **The competition pool** is 25m in length with 6 lanes. Anti-turbulence ropes, electronic timing and placing will be used. There will also swim down facilities available.
14. At the promoter's discretion, starts may be 'over the top' except for backstroke which may be 'side by side'.
15. 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.
16. Clubs entering more than 6 swimmers are required to supply a registered official for each session they are entering. The names and contact details of officials should be sent to Martin Walters: [entries@exeterswimming.com](mailto:entries@exeterswimming.com). In the event of swimmers having to be scratched due to over-subscription we reserve the right to withdraw entries from clubs who have not provided the sufficient number of Officials first. Early notification would be appreciated.
17. **Awards.** Competitors placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each individual event in each age group within level 2 and level 3 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.  
NOTE: improvements above the published 'Maximum Qualifying Times' for level 3 entrants will be monitored and compared with the ASA Ranking database.

Should the entry time be slower than the competitors personal best, the Promoters may at their discretion render such competitors ineligible for an award.

18. **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.
19. 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.
20. 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.
21. 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.
22. **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.
23. **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.”
24. **Video and Photography** When a competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors/ officials/volunteers/spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device/ equipment used for taking / recording such images must register their details with the event management in advance of taking any images.  

This includes; but is not limited to: Still cameras, Cine Cameras, Video cameras, Camera/video enabled mobile phones, Camera enabled PDA's. Proof of identity is required to register any photographic/video equipment.
25. 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 Promotor. The Promotor reserves the right to change the Meet Terms & Conditions at their discretion. All participants must observe the safety

precautions in operation at the Pyramids. Neither the Promotor or the Pyramids Swimming Pool will be responsible for any loss or damage occurring during this meet.

26. Lead Referee decision is final
27. The Promotor of this meet is Tracey Wadeley-Jones for and on behalf of Exeter City Swimming Club.
28. **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 or phone the Meet Promoter on the contact details below.**

Updates regarding this meet can be found on  
Email [galas@exeterswimming.com](mailto:galas@exeterswimming.com) Tel: 07958 743956

## PROGRAMME OF EVENTS

**COMPETITORS MAY ENTER AT LEVEL 2 AND LEVEL 3 BUT NOT IN THE SAME EVENT  
(ie stroke/distance) PROVIDED THEY MEET THE NECESSARY QUALIFYING  
STANDARDS**

Saturday 3rd October 2015						
Event No.	Level	Gender	Age	Event	HDW	
1 & 2	3 & 2	F	12 & Over	400m Ind. Medley	HDW	<b>Session 1</b> <b>Warm-up 8:30am</b>  Girls: 8:30 – 8:55am Boys: 8:55 – 9:20am  <b>Start 9:30am</b>
3 & 4	3 & 2	M	All Ages	200m Freestyle	HDW	
5 & 6	3 & 2	F	10 & Over	100m Freestyle	HDW	
7 & 8	3 & 2	M	All Ages	200m Breaststroke	HDW	
9 & 10	3 & 2	F	14 & Over	50m Backstroke	HDW	
11 & 12	3 & 2	M	14 & Over	50m Freestyle	HDW	
13 & 14	3 & 2	F	All Ages	200m Butterfly	HDW	

Event No.	Level	Gender	Age	Event	HDW	
15 & 16	3 & 2	M	12 & Over	400m Freestyle	HDW	<b>Session 2</b> <b>Warm-up TBC</b>  Boys: TBC Girls: TBC  <b>Start TBC</b>
17 & 18	3 & 2	F	10 & Over	100m Breaststroke	HDW	
19 & 20	3 & 2	M	All Ages	200m Ind. Medley	HDW	
21 & 22	3 & 2	F	All Ages	200m Freestyle	HDW	
23 & 24	3 & 2	M	11 & Over	100m Butterfly	HDW	
25 & 26	3 & 2	F	14 & Over	50m Breaststroke	HDW	
27 & 28	3 & 2	M	14 & Over	50m Backstroke	HDW	
29 & 30	3 & 2	F	10 & Over	100m Backstroke	HDW	
<b>9 year old girls and 9-10 year old boys are not permitted to enter the 100m events</b>						

Sunday 4th October 2015						
Event No.	Level	Gender	Age	Event	HDW	
31 & 32	3 & 2	M	12 & Over	400m Ind. Medley	HDW	<b>Session 3</b> <b>Warm-up 8:00am</b>  Girls: 8:00 – 8:25am Boys: 8:25 – 8:50am  <b>Start 9:00am</b>
33 & 34	3 & 2	F	14 & Over	50m Butterfly	HDW	
35 & 36	3 & 2	M	14 & Over	50m Breaststroke	HDW	
37 & 38	3 & 2	F	All Ages	200m Breaststroke	HDW	
39 & 40	3 & 2	M	All Ages	200m Backstroke	HDW	
41 & 42	3 & 2	F	10 & Over	100m Butterfly	HDW	
43 & 44	3 & 2	M	11 & Over	100m Breaststroke	HDW	

Event No.	Level	Gender	Age	Event	HDW	
45 & 46	3 & 2	F	12 & Over	400m Freestyle	HDW	<b>Session 4</b> <b>Warm-up TBC</b>  Girls: TBC Boys: TBC  <b>Start TBC</b>
47 & 48	3 & 2	M	14 & Over	50m Butterfly	HDW	
49 & 50	3 & 2	F	14 & Over	50m Freestyle	HDW	
51 & 52	3 & 2	M	11 & Over	100m Freestyle	HDW	
53 & 54	3 & 2	F	All Ages	200m Backstroke	HDW	
55 & 56	3 & 2	M	All Ages	200m Butterfly	HDW	
57 & 58	3 & 2	F	All Ages	200m Ind. Medley	HDW	
59 & 60	3 & 2	M	11 & Over	100m Backstroke	HDW	
<b>9 year old girls and 9-10 year old boys are not permitted to enter the 100m events</b>						



Exeter City Swimming Club

October Open Meet

Saturday 4th & Sunday 5th October 2015



**COMPETITION QUALIFYING and UPPER LIMIT TIMES**

Minimum Qualifying Times for Level 2 AND Maximum Qualifying Times for Level 3																		
MALE									Event	FEMALE								
9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/Over		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/Over
					30.0	29.0	28.0	27.8	<b>50m Free</b>						32.0	31.0	30.5	30.0
		1:17.8	1:14.0	1:09.5	1:07.0	1:02.5	59.5	58.0	<b>100m Free</b>		1:24.6	1:17.5	1:15.0	1:10.0	1:08.5	1:08.0	1:04.5	1:04.0
3:31.1	3:15.0	2:56.0	2:44.0	2:32.0	2:24.0	2:22.0	2:11.0	2:10.0	<b>200m Free</b>	3:40.0	3:26.0	2:56.0	2:44.0	2:37.0	2:29.0	2:28.0	2:25.0	2:23.2
			5:35.0	5:22.0	5:01.5	4:55.0	4:49.0	4:45.0	<b>400m Free</b>				5:40.0	5:25.0	5:15.0	5:11.0	5:10.0	5:09.0
					41.0	40.0	38.0	37.0	<b>50m Breast</b>						44.0	43.0	42.0	41.0
		1:40.1	1:35.0	1:32.0	1:27.0	1:26.0	1:22.0	1:21.0	<b>100m Breast</b>		1:48.8	1:43.0	1:40.0	1:35.5	1:34.0	1:31.0	1:29.0	1:27.0
4:26.0	4:20.0	3:47.5	3:35.0	3:20.0	3:08.0	3:00.0	2:50.0	2:48.5	<b>200m Breast</b>	4:18.0	4:09.0	3:46.0	3:32.0	3:22.0	3:17.0	3:14.0	3:02.0	3:01.2
					36.0	35.0	32.0	31.1	<b>50m Fly</b>						37.5	36.5	35.5	34.5
		1:40.5	1:33.0	1:23.0	1:22.0	1:17.0	1:10.0	1:08.0	<b>100m Fly</b>		1:50.0	1:42.0	1:37.0	1:28.0	1:25.0	1:24.0	1:19.0	1:18.0
4:10.0	4:03.0	3:45.5	3:32.0	3:16.0	3:04.0	2:55.0	2:43.0	2:41.0	<b>200m Fly</b>	4:33.6	4:18.0	4:09.0	3:37.5	3:26.0	3:05.0	2:57.0	2:56.0	2:55.0
					37.0	36.0	35.0	34.5	<b>50m Back</b>						39.0	38.0	37.0	36.0
		1:29.0	1:25.0	1:20.0	1:19.0	1:18.0	1:17.0	1:16.0	<b>100m Back</b>		1:35.2	1:29.0	1:25.0	1:20.0	1:19.0	1:18.0	1:17.0	1:16.5
3:55.00	3:40.0	3:16.0	3:07.5	3:03.0	2:38.0	2:37.0	2:29.0	2:28.0	<b>200m Back</b>	3:55.0	3:42.0	3:10.0	3:00.0	2:54.0	2:51.0	2:44.0	2:42.0	2:41.0
4:02.00	3:46.0	3:26.0	3:06.0	2:57.0	2:47.0	2:36.0	2:33.0	2:30.3	<b>200m IM</b>	3:46.0	3:41.0	3:26.0	3:06.5	2:56.0	2:50.0	2:49.0	2:47.0	2:46.0
			6:20.90	6:02.00	5:42.0	5:26.0	5:25.0	5:24.0	<b>400m IM</b>				6:17.0	6:12.0	6:02.0	5:57.0	5:56.0	5:55.5

**Minimum Qualifying Times for Level 3**

MALE										FEMALE								
9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/Over	Event	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/Over
					38.0	37.0	36.0	35.0	<b>50m Free</b>						38.0	36.0	35.0	34.0
		1:35.3	1:29.0	1:25.0	1:20.0	1:15.0	1:12.0	1:10.0	<b>100m Free</b>		1:43.1	1:38.0	1:32.0	1:28.0	1:22.0	1:16.0	1:14.8	1:13.1
4:38.0	3:59.5	3:29.0	3:05.0	2:55.0	2:45.0	2:42.0	2:40.0	2:37.0	<b>200m Free</b>	4:19.0	3:37.0	3:28.0	3:15.0	3:10.0	3:00.0	2:50.0	2:40.0	2:30.0
			6:27.2	5:50.7	5:27.9	5:14.0	5:09.7	5:05.6	<b>400m Free</b>				6:08.1	5:45.7	5:36.2	5:31.9	5:30.4	5:28.0
					49.0	48.0	45.0	44.0	<b>50m Breast</b>						48.0	46.0	45.0	44.0
		2:01.7	1:50.0	1:45.0	1:38.0	1:36.0	1:33.0	1:32.0	<b>100m Breast</b>		2:10.0	1:56.0	1:52.0	1:48.0	1:45.0	1:40.5	1:35.0	1:30.7
5:49.0	5:04.0	4:25.0	4:00.0	3:50.0	3:40.0	3:30.0	3:26.0	3:20.0	<b>200m Breast</b>	5:26.5	4:36.5	4:15.0	4:05.0	3:55.0	3:45.0	3:35.0	3:28.0	3:20.0
					43.0	41.0	40.0	39.0	<b>50m Fly</b>						39.0	38.0	37.0	36.0
		1:46.8	1:38.0	1:32.0	1:28.0	1:25.0	1:23.0	1:20.0	<b>100m Fly</b>		1:55.2	1:50.0	1:45.0	1:38.0	1:33.0	1:30.0	1:28.0	1:27.0
5:28.4	4:39.0	3:58.5	3:45.00	3:35.0	3:25.0	3:00.0	2:50.0	2:45.0	<b>200m Fly</b>	5:13.0	4:14.0	4:00.0	3:55.0	3:45.0	3:40.0	3:30.0	3:10.0	2:58.0
					39.0	38.0	37.0	36.0	<b>50m Back</b>						43.0	41.0	40.5	40.0
		1:46.7	1:37.0	1:33.0	1:29.5	1:27.0	1:25.0	1:22.0	<b>100m Back</b>		1:55.20	1:48.0	1:38.0	1:34.0	1:32.0	1:29.0	1:27.0	1:26.0
5:07.0	4:22.7	3:51.0	3:24.0	3:12.0	3:05.0	3:00.0	2:55.0	2:50.0	<b>200m Back</b>	4:45.0	4:00.5	3:40.0	3:30.0	3:20.0	3:12.0	3:10.0	3:08.0	3:06.0
5:13.5	4:31.5	3:55.5	3:40.0	3:22.0	3:15.0	3:07.0	3:02.0	2:58.0	<b>200m IM</b>	4:51.0	4:10.0	3:40.5	3:35.0	3:25.0	3:18.0	3:12.0	3:08.0	3:05.0
			7:20.0	6:55.0	6:25.0	6:05.0	6:04.0	6:03.0	<b>400m IM</b>				7:00.0	6:52.0	6:38.0	6:34.0	6:33.0	6:32.0



