



Exeter Hub Championship Meet 2016

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

License Number:

Level 3 – 22/10/16 – 23 /10/16 3SW162259

29/10/16 – 3SW162260

Saturday October 22nd

Sunday 23rd October 26th

and Saturday 29th October 2016

Pyramids Swimming Pool, Exeter EX1 2LA

The L3 Meet will enable swimmers to Obtain Qualifying Times for Entry into County and Regional events.

25M POOL, 6 LANE, ANTI WAVE LANE ROPES



Terms and Conditions

1. This Closed meet is by invitation only and will take place at Pyramids Swimming Pool on 22nd October, 23rd October and 29th October 2016 and is licensed by South West ASA for entry into County and Regional Championships. It will be run in accordance with ASA laws, FINA Technical Rules of Swimming and the following terms and conditions:

This meet will be run in accordance with the permissions granted by the ASA, allowing level 3 licensed competitions and is restricted to invited clubs only.

2. **All ages are Age on 31 December 2016**

(9 year old girls & 9 year old boys are not permitted to enter the 100m events except for the 100 Ind. Medley or the 400m Individual Medley)

Age groups are:

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

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

3. **Qualifying times**

These are set at Level 3 to include the maximum number of entries from the participating clubs

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. Entry fees are set at £5.00 per event entered. Payment from each participating club should be made as a single payment either via BACS or a single cheque payable to Exeter City Swimming Club. BACS details available on request.
6. **Electronic entries only.** For clubs entering, please email entries@exeterswimming.com requesting the electronic entry files. Electronic entries are only accepted once payment has been received in full. All entrants are still bound by these Terms and Conditions of entry.
7. Entries will only be restricted to ensure we complete the events within the time allotted under Level 3 licencing restrictions.
8. The promoters reserve the right to refuse entries at their discretion. **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.**
9. Both 1500m and 800m events will be held at the end of session 1 and 3 depending on the number of entries received and time required to swim the events these may be restricted.
10. **Closing date is MIDNIGHT Friday 7th October 2016.**

All entries to be returned to

Martin Walters, ECSC Competition Secretary, 34 Parkers Cross Lane Exeter, EX1 3TA email:

galas@exeterswimming.com.

Entries will be emailed to contacts listed in the entry file 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, and part of the Exeter Hub or a club invited to attend. In this instance this means members of Exeter City, Exmouth, Honiton, Dawlish, Sidvale, Paignton, Torquay, Crediton, Barnstaple, Okehampton, Newton Abbot and Tiverton swimming clubs.
13. **The competition pool** is 25m in length with 6 lanes. Anti-turbulence ropes will be used.
14. At the promoter's discretion, starts may be 'over the top' except for backstroke.

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. Only Team Managers and Coaches will be allowed on Poolside. Passes must be worn at all times. Passes will be issued free of charge to named individuals only.
17. Clubs entering more than 6 swimmers are required to supply a registered official for each session they are entering along with a parent helper to assist in other tasks. The names and contact details of officials should be sent to Adrian White: officials@exeterswimming.com.
18. 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.
19. 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.
20. 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.
21. **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.
22. **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.”
23. **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.
24. 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 in discussion with the Lead Referee on the day to ensure smooth running of the meet. 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.
25. Lead Referee decision is final
26. The Promotor of this meet is Exeter City Swimming Club for and on behalf of Exeter City Swimming Club.
27. **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.**

Email galas@exeterswimming.com

PROGRAMME OF EVENTS

Event No.	Gender	Age	Event		Session 1 Saturday 22/10/16 Warm-up 8:30am Girls: 8:30 – 8:55am Boys: 8:55 – 9:25am Start 9:45am
1	F	10 & Over	400m Ind. Medley	HDW	
2	M	9 & Over	200m Breaststroke	HDW	
3	F	9 & Over	200m Butterfly	HDW	
4	M	9 & Over	100m Ind. Medley	HDW	
5	F	9 & Over	50m Butterfly	HDW	
6	M	11 & Over	1500m Freestyle	HDW	

Event No.	Gender	Age	Event		Session 2 Saturday 22/10/16 Warm-up TBA Start TBA
7	F	10 & Over	400m Freestyle	HDW	
8	M	9 & Over	50m Backstroke	HDW	
9	F	9 & Over	200m Backstroke	HDW	
10	M	10 & Over	100m Butterfly	HDW	
11	F	9 & Over	50m Freestyle	HDW	

Event No.	Gender	Age	Event		Session 3 Sunday 23/10/16 Warm-up 8:30am Boys: 8:30 – 8:55am Girls: 8:55 – 9:25am Start 9:45am
12	M	10 & Over	400m Ind. Medley	HDW	
13	F	9 & Over	200 Ind. Medley	HDW	
14	M	9 & Over	50m Butterfly	HDW	
15	F	11 & Over	800m Freestyle	HDW	

Event No.	Gender	Age	Event		Session 4 Sunday 23/10/16 Warm-up TBA Start TBA
16	M	10 & Over	400m Freestyle	HDW	
17	F	9 & Over	200m Breaststroke	HDW	
18	M	9 & Over	200m Backstroke	HDW	
19	F	9 & Over	100m Ind. Medley	HDW	
20	M	10 & Over	100m Freestyle	HDW	
21	F	10 & Over	100m Freestyle	HDW	

Event No.	Gender	Age	Event		Session 5 Saturday 29/10/16 Warm-up 8:30am Boys: 8:30 – 8:55am Girls: 8:55 – 9:25am Start 9:45am
22	M	9 & Over	200 Freestyle	HDW	
23	F	10 & Over	100m Backstroke	HDW	
24	M	10 & Over	100m Breaststroke	HDW	
25	F	10 & Over	100m Butterfly	HDW	
26	M	9 & Over	200m Butterfly	HDW	
27	F	10 & Over	100m Breaststroke	HDW	

Event No.	Gender	Age	Event		Session 6 Saturday 29/10/16 Warm-up TBA Start TBA
28	M	9 & Over	200m Ind. Medley	HDW	
29	F	9 & Over	50m Backstroke	HDW	
30	M	9 & Over	50m Breaststroke	HDW	
31	F	9 & Over	200 Freestyle	HDW	
32	M	10 & Over	100m Backstroke	HDW	
33	F	9 & Over	50 Breaststroke	HDW	
34	M	9 & Over	50m Freestyle	HDW	

Individual Entry Form

ASA REGISTRATION NUMBER

FULL NAME

D.O.B.

___ / ___ / ___

CLUB

TELEPHONE:

AGE AS AT 31/12/16

..... Yrs

1) DISTANCE

200m Freestyle 9 & Over

400m Freestyle 10 & Over

800m Freestyle (F) 11 & Over

1500m Freestyle (M) 11 & Over

2) FORM

200m Backstroke 9 & Over

200m Breaststroke 9 & Over

200m Butterfly 9 & Over

3) MEDLEY

100m IND. MEDLEY 9 & Over

200m IND. MEDLEY 9 & Over

400m IND. MEDLEY 10 & Over

5) 100's

100m Freestyle 10 & Over

100m Backstroke 10 & Over

100m Breaststroke 10 & Over

100m Butterfly 10 & Over

6) Sprint

50m Freestyle 9 & Over

50m Backstroke 9 & Over

50m Breaststroke 9 & Over

50m Butterfly 9 & Over

No entries: x £5.00 = Total: £

EXETER HUB CHAMPIONSHIPS 2016

Poolside Pass Application

I apply for Poolside passes to be worn by the named individuals below:

1.

2.

3.

4.

I confirm that the individuals named above are members of our club and have DBS clearance.

Signed:

Name:

Position:

Club:

Exeter City Hub Invitational Meet 2016 Cut off times.

Boys No Faster than Cut off times																	
Age Group	50m Free	100m Free	200m Free	400m Free	1500m Free	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	50m Back	100m Back	200m Back	100m IM	200m IM	400m IM
9	36.06		02:58.1			49.48		03:58.6	42.29		03:40.3	42.06		03:23.4	01:34.0	03:26.5	
10	33.16	01:13.3	02:39.5	05:45.8		44.33	01:37.6	03:28.4	37.22	01:27.7	03:31.3	38.24	01:23.5	02:55.7	01:24.7	03:01.3	07:34.4
11	30.97	01:07.9	02:27.1	05:11.9	21:39.2	41.03	01:29.8	03:12.9	34.37	01:18.1	02:55.4	35.61	01:16.3	02:42.8	01:19.0	02:47.0	06:03.4
12	29.08	01:03.7	02:18.5	04:51.5	19:33.3	37.8	01:22.0	02:57.1	32.26	01:12.1	02:42.7	33.59	01:12.4	02:34.1	01:13.6	02:37.7	05:36.9
13	27.47	59.64	02:10.9	04:37.0	18:30.3	35.4	01:17.1	02:46.2	30.09	01:07.7	02:30.5	31.52	01:07.6	02:25.3	01:08.9	02:27.9	05:15.5
14	26.44	57.32	02:04.5	04:23.6	17:49.3	33.63	01:13.8	02:36.7	28.86	01:03.7	02:24.5	29.98	01:04.1	02:17.8	01:05.9	02:20.8	05:02.3
15+	24.37	53.36	01:56.9	04:15.5	17:50.7	31.32	01:08.2	02:28.1	26.41	58.67	02:13.7	27.93	01:00.1	02:11.8	01:01.5	02:12.9	04:48.8

Girls No Faster than Cut off times																	
Age Group	50m Free	100m Free	200m Free	400m Free	800m Free	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	50m Back	100m Back	200m Back	100m IM	200m IM	400m IM
9	37.36		03:03.5			49.68		03:58.2	43.38		03:30.1	42.89		03:25.0	01:35.2	03:29.1	
10	33.45	01:15.1	02:42.9	05:45.8		44.37	01:37.4	03:27.6	37.46	01:26.6	03:21.1	38.94	01:25.1	02:59.3	01:26.1	03:01.7	06:55.3
11	31.2	01:09.0	02:28.9	05:14.5	11:37.4	40.26	01:28.5	03:09.5	34.67	01:19.6	02:59.7	35.69	01:16.5	02:42.8	01:19.7	02:48.5	06:05.4
12	29.53	01:04.5	02:18.8	04:53.4	10:09.7	37.67	01:22.5	02:56.0	32.38	01:12.2	02:42.3	33.63	01:11.9	02:34.1	01:14.0	02:38.2	05:35.4
13	28.58	01:01.7	02:13.4	04:42.2	09:43.4	36.27	01:19.0	02:51.0	31.1	01:09.5	02:33.9	32.21	01:09.0	02:27.7	01:11.1	02:30.8	05:24.7
14	28.05	01:00.1	02:10.8	04:35.8	09:35.3	35.58	01:16.5	02:44.6	30.4	01:07.5	02:28.9	31.29	01:07.1	02:23.3	01:09.5	02:28.0	05:10.2
15+	27.37	59.36	02:09.0	04:30.8	09:48.7	35.25	01:16.9	02:46.1	29.38	01:05.9	02:34.5	30.92	01:06.1	02:25.4	01:08.2	02:28.2	05:19.9