



LONG EATON 2017 DISTANCE OPEN MEET

(Under ASA Laws and ASA Technical Rules of Swimming)

Queens Leisure Centre, Derby Sunday 22nd October 2017

Rules and Information

1. Long Eaton 2017 Distance Meet will be held under ASA Laws and ASA Technical Rules of Swimming, and is Licensed at Level 3 (3EM171474)
2. The Meet will be held on Sunday 22nd October 2017. The venue will be Queens Leisure Centre, Cathedral Road, Derby.
3. The Age Groups are 10, 11, 12/13, 14/15 and 16 & Over. Ages are as at 31st December 2017.
4. The Events are 400m Freestyle and 400m Individual Medley, 800m for Girls and 1500m freestyle for Boys.
5. "Upper Limit Times" and "Qualifying Times" have been published, and entries outside these times will not be accepted.
6. The pool length is 25m, six lanes. The Pool will be equipped with electronic timing and anti-wave ropes.
7. Overhead starts may be used at the Promoter's discretion.
8. Awards will be made to the first 3 in each event.
9. If the Meet is oversubscribed, entries will be accepted on a "first-come, first-served" basis, *with restricted numbers in some events in order to control the overall meet time.*
10. All entries must be made on the official form (photocopies acceptable) and must include the swimmers ASA Registration Number together with the correct fees - cheques payable to "Long Eaton S.C." or please ask for details to make payment by Bank Transfer. Incomplete entry forms will not be accepted. No entries will be accepted after the closing date of 8th October, 2017. Late entries will not be accepted unless due to Promoter's error.
11. The Meet will consist of four sessions TBC
Session 1 - Warm Up 8:00am, Start 8:30am. **Session 2 - Warm Up 11:00am, Start 11:30am.**
Session 3 - Warm Up 1:45pm, Start 2:15pm. **Session 4 - Warm Up 4:30pm Start 5:00pm**
Session times will be confirmed after closure of entries.
12. The Entry Fee is £8.00 for the 400m events, £11 for the 800m and £12 for 1500m.
Please note that, due to the different entry fees for different events, the SportSystems calculation will give the wrong total fees.
A Coaches Pass for the day will cost £12.00 per individual to include food. Please indicate the number of coaches passes required and include remittance with entry fees.

Spectator admission prices: Per session - Adult £5.00, Child & OAP £2.00
All Day Pass - Adult £8.00, Child & OAP £5.00

Please Note: There is limited spectator accommodation and the area may be cleared between sessions even if you have an All Day Pass
13. Details of all accepted swimmers will be posted on the website after the closing date
14. Swimmers will be called prior to their swim and should report to the Clerk of the Course immediately. Swimmers will be sent to the starting area by the stewards.
15. No refunds will be given for cancellation of accepted entries.
16. Withdrawals from the first or all sessions should be made by 6:00pm on the day before the meet. The mechanism, together with withdrawal times for the other sessions will be published with details of accepted entries.
17. Draft Programme, detailing accepted entries, and results will be available on the Club web site,
http://lescwebsite.wix.com/lesc_website
18. All participants must observe safety precautions in operation at Queens Leisure Centre and must have footwear when leaving the Poolside. Please note that there is no longer a cafeteria at the Leisure Centre.
19. Any conditions not covered by this information will be at the discretion of the Promoters, **Long Eaton Swimming Club.**
20. If you have any officials within your Club who can help with the meet, please
e-mail leeannemellor@aol.com



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(Under ASA Laws and ASA Technical Rules of Swimming)
Queens Leisure Centre, Derby
Sunday 22nd October 2017

Programme

Session 1 - *Warm Up 8:00am, Start 8.30am*

1. Mens 1500m Freestyle

Session 2 – *Warm Up 11:45am Start 12.15*

2. Girls 400m Freestyle
3. Boys 400m Individual Medley

Session 3 – *Warm Up 14.00 Start 14.30*

4. Girls 800m Freestyle

Session 4 – *Warm Up 17:00 Start 17.30*

5. Boys 400m Freestyle
6. Girls 400m Individual Medley

Male		10 yrs	11 yrs	12/13 yrs	14/15 yrs	16 yrs & over
400m free	QT	8m 00.0s	7m 45.0s	7m 00.0s	6m 30.0s	5m 45.0s
	ULT	5m 15.0s	4m 50.0s	4m 30.0s	4m 15.0s	4m 10.0s
400m I M	QT	8m 40.0s	8m 00.0s	7m 30.0s	6m 55.0s	6m 05.0s
	ULT	6m 00.0s	5m 35.0s	5m 00.0s	4m 50.0s	4m 45.0s
1500m free	QT	28m 00.0s	28m 00.0s	27m 00.0s	24m 00.0s	21m 30.0s
	ULT	19m 10.0s	19m 10.0s	18m 00.0s	16m 55.0s	16m 45.0s

Female		10 yrs	11 yrs	12/13 yrs	14/15 yrs	16 yrs & over
400m free	QT	8m 00.0s	7m 45.0s	7m 00.0s	6m 30.0s	5m 45.0s
	ULT	5m 15.0s	4m 50.0s	4m 30.0s	4m 25.0s	4m 20.0s
400m I M	QT	8m 40.0s	8m 00.0s	7m 30.0s	6m 55.0s	6m 05.0s
	ULT	6m 00.0s	5m 35.0s	5m 00.0s	4m 50.0s	4m 45.0s
800m free	QT	15m 00.0s	15m 00.0s	13m 00.0s	12m 00.0s	11m 30.0s
	ULT	10m 00.0s	10m 00.0s	9m 40.0s	9m 30.0s	9m 25.0s