



Affiliated to the Northumberland & Durham A.S.A.

Present Their
MAY 2010
LEVEL 3 MEET

(Under FINA Rules & ASA Guidance & ASA Law)

DATE 15th/16th MAY 2010
Venue: - Woodhouse Close, Leisure Complex,
Bishop Auckland, Co. Durham

SATURDAY 15th May

Session 1 (a.m.)

Warm-up 8:10am (Start 9:15am)

1. Girl's 9/Over 200m Freestyle
2. Boy's 9/Over 50m Butterfly
3. Girl's 9/Over 50m Backstroke
4. Boy's 9/Over 200m Butterfly
5. Girl's 9/Over 100m Breaststroke
6. Boy's 9/Over 100m Backstroke
7. Girl's 9/Over 100m I.M.

Session 2 (p.m.)

Warm-up 1:10pm (Start 2:15pm)

8. Boy's 9/Over 200m I.M.
9. Girl's 9/Over 200m Backstroke
10. Boy's 9/Over 50m Breaststroke
11. Girl's 9/Over 50m Freestyle
12. Boy's 9/Over 200m Breaststroke
13. Girl's 9/Over 100m Butterfly
14. Boy's 9/Over 100m Freestyle

SUNDAY 16th May

Session 3 (a.m.)

Warm-up 8:10am (Start 9:15am)

15. Boy's 9/Over 200m Freestyle
16. Girl's 9/Over 50m Butterfly
17. Boy's 9/Over 50m Backstroke
18. Girl's 9/Over 200m Butterfly
19. Boy's 9/Over 100m Breaststroke
20. Girl's 9/Over 100m Backstroke
21. Boy's 9/Over 100m I.M.

Session 4 (p.m.)

Warm-up 1:10pm (Start 2:15pm)

22. Girl's 9/Over 200m I.M.
23. Boy's 9/Over 200m Backstroke
24. Girl's 9/Over 50m Breaststroke
25. Boy's 9/Over 50m Freestyle
26. Girl's 9/Over 200m Breaststroke
27. Boy's 9/Over 100m Butterfly
28. Girl's 9/Over 100m Freestyle

- Electronic Timing
- Computer Recording
- 25m 6 Lane Anti-Wave Pool
- **Entry Fee:-** Individual swims-4.00 for disk entries
4.50 for paper entries

All swims are HDW
AGE GROUPS 9, 10, 11,12, 13,14, 15/over

FURTHER INFORMATION FROM
Jacqui Teasdale, 1 Calder Close, Bishop Auckland, Co Durham DL14 0RT Tel: 01388 451881
E-mail JACQUITEASDALE@AOL.COM



MAY 2010 LEVEL 3 MEET INFO.

1. This meet is held under FINA Rules & ASA Guidance & ASA Law.
2. The pool is 25m in length having 6 lanes fitted with anti-wave lane ropes using the Colorado Electronic Timing System.
3. All warm-ups will be split, having the morning warm-up starting @ 8:10 with the afternoon warm-up starting @ 1:10pm.
4. The meet is cardless. All withdrawals must be presented in the back room no later than 45 minutes before the commencement of each session.
5. Entries will not be accepted from swimmers who have swam faster than the enclosed cut off times.
6. All events are HDW with awards being made to the first 3 in each age group as stated on the program. Ages are as at 16th May 2010.
7. Heats will be seeded by submitted entry times. The organizers reserve the right to limit entries if necessary to ensure completion within the scheduled timescale.
8. In the event of over subscription Wear Valley ASC reserves the right to adjust the lower cut off times.
9. All heats except backstroke will use over the top starts.
10. All competitors must go through the marshalling process. If a competitor does not report to marshalling on time, the heat will proceed without the competitor concerned. **We will not call for individual swimmers.**
11. Poolside entries will be accepted at the discretion of WVASC.
12. The order of events may be changed at the discretion of the meet organizer.
13. When swim down facilities are available, a lifeguard will be present for safety reasons. However, club coaches will be responsible for the behaviour of their own swimmers. Any swimmers found to be misbehaving or not utilising the swim down facility appropriately will be asked to leave the swim down pool.
14. For health & safety reasons any swimmer wearing body paint will not be allowed to enter the water.
15. Swimmers & spectators are advised to ensure the safety of their belongings as neither the competition organizers nor pool management can accept any responsibility for loss or damage. Any property lost or found should be handed to the organizer.
16. Please be aware that we share the premises with other users. This especially applies to changing room facilities. Anyone causing a nuisance in shared areas will be required to leave the premises immediately without any refund of entries.
17. Any swimmer or spectator found vandalizing Wood House Close Leisure Complex will be required to leave the premises without any refund of entries.



MAY 2010

LEVEL 3

MEET

ENTRY FORM

Club

Tel. No

Competition Secretary

Address

Total No of Individual Entries _____

Total No of Team Entries _____

Indiv.entries entered on disk _____ @ 4.00 £ _____ or on Paper _____ @ 4.50 £ _____

Number of Coach Passes _____ @ 12.00 £ _____
(Includes: results, programme & meals)

Total to Pay £ _____

Please forward all entries, email address and contact details together with a cheque made payable to WEAR VALLEY ASC to:-

Jacqui Teasdale, 1 Calder Close, Bishop Auckland, Co Durham DL14 0RT
Telephone: 01388 451881

CLOSING DATE FOR ENTRIES
16th April 2010