

DISS OTTERS SWIMMING CLUB

21st DISS OTTERS OPEN SPRINT MEET

Level 3 Licence Open Meet (3ER181484)



The Diss Open returns on

Sunday 14th OCTOBER 2018 at

UEA SPORTSPARK NORWICH RESEARCH PARK, NORWICH, NR4 7TJ

Programme of Events

Session One: Warm-up 8:15 am	Session Two: Warm-up TBA
Start 9:00 am	Start TBA
Boys 100m Freestyle	Girls 100m Freestyle
Girls 50m Freestyle	Boys 50m Freestyle
Boys 50m Breaststroke	Girls 50m Breaststroke
Girls 100m Breaststroke	Boys 100m Breaststroke
Boys 100m Backstroke	Girls 100m Backstroke
Girls 50m Backstroke	Boys 50m Backstroke
Boys 50m Butterfly	Girls 50m Butterfly
Girls 100m Butterfly	Boys 100m Butterfly
Boys 200m IM	Girls 200m IM
Girls 400m Freestyle	Boys 400m Freestyle

Key Information

- **IDEAL OPPORTUNITY TO OBTAIN 2019 COUNTY CHAMPIONSHIPS QUALIFYING TIMES AT THIS LICENSED MEET (YOU HAVE TO OBTAIN COUNTY QUALIFYING TIMES AT A LICENSED MEET, NO IN HOUSE TIME TRIALS WILL BE ACCEPTED)**
- **Level 3 Short Course Meet * 8 Lane Short Course Pool, Electronic Timing, Quality Racing blocks * Free parking ***
- **Age Groups** 9, 10, 11, 12, 13, 14, 15-16, 17 and over – Age as 14th October 2018
- **Awards** for top three in each age category
- **Session One:** Warm-up 8:15 a.m. Start 9:00 a.m. **Session Two:** Warm-up TBA Start TBA
- **Fees:** Race Entry is £4.00 per event - Spectator Entry £3.00 for one session/£5.00 all day Programme £2.00
- **Enquiries** can be emailed to James Button (Promoter) Email: j.d.button@btinternet.com
- Swim merchandise on sale throughout the day from specialist suppliers.
- **Closing Date** for entries is **Monday 17th September 2018**

DISS OTTERS SWIMMING CLUB

Level 3 Licence Open Meet (3ER181484)

Sunday 14th OCTOBER 2018

UEA SPORTSPARK

Rules and Conditions

1. The competition is a Level 3 Licensed Meet, held under ASA Laws and Regulations, ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria.
2. All entrants must be Category 2 ASA, SASA, WASA members.
3. Level 3 Licensed Open Meet times achieved can be used for entry into County and Regional competitions.
4. Entry is initially first come first served. However, to comply with licensed meet timings we may still have to reduce the entries to individual events. Initially the 400m freestyle will be limited to a maximum of 3 heats. Full reimbursement of fees shall be made in respect of these events.
5. **Competitor's ages shall be as at 14th October 2018.**
6. All entry times must be from Short Course times and must meet the qualifying times stated (**see page 3**). Entries will not be accepted where an entry time: exceeds the upper limit; not submitted; or submitted as N/T (No Time).
7. Entry fees will be **£4.00** per event. Coach passes must be pre-ordered (see page 5) and will be **£15.00** (with food/drinks) and **£10.00** (without). No Coach passes will be issued on the day.
8. All clubs who have more than 5 swimmers entering this competition must submit their entries electronically through the club by the specified date and accepted by the promoters for an entry to be valid. The Sportsystem entry files will be sent to each club and will be available on the DOSC website to download. Payments details are; **cheques** made payable to Diss Otters Swimming Club, BACS **Account:** 90065455 **Sort:** 20-26-34 **Name:** Diss Otters Swimming Club. Ref: OPEN/club name.
9. Age Groups 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15-16 years, 17 and over
10. The heats for each event will combine all age groups, events will be seeded and the last heat will be spearheaded slowest to fastest, based on entry time submitted.
11. All events are heat declared winners.
12. No entries on the day will be accepted unless agreed with the Promoter.
13. **Closing date for entries is Monday 17th September 2018.**
14. Accepted entries will be published on www.dissotters.co.uk approx 2 weeks prior to the competition. It is the club/swimmers responsibility to check this list for accuracy.
15. Eight Lane, 25m short course racing pool, electronic timing and display. The depth of the pool is 1.8m.
16. **Withdrawals procedure:** It is the responsibility of the club to advise the gala organisers if they have swimmers not swimming either before the day of the meet in writing or via e-mail or on the day by completing a withdrawal form before the warm up for the relevant session starts. This will prevent the gala running with empty lanes. Any deviations from this condition may only be at the discretion of the lead referee and/or the promoter
17. Competitors **MUST** report to the Competitors Steward **TWO EVENTS BEFORE THE START OF ANY EVENT** they may be in, or **TEN MINUTES BEFORE THE START** of the first event of any session
18. Over the top starts may be used at the referee's discretion. In the event of a faulty/false start swimmers should perform a safe entry and not fall into the water
19. It is the responsibility of all clubs and coaches to ensure that swimmers are competent to the standard of the ASA Competitive Start Award. Swimmers may start in the water but must inform the relevant official before the start of the race
20. **AWARDS** will be made for the first three places in each age group and will be available for collection throughout the meet from the awards desk
21. Result sheets will be available for coaches and swimmers on poolside
22. Swimmers will be asked to place bags in the lockers provided in the changing areas. The Promoter cannot accept responsibility for any losses or damage that may occur. The pool area must be cleared between each session, and all belongings must be removed
23. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing
24. Entries to this meet will be held on a computer and consent to the holding of personal information as required by the Data Protection Act 1998 will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.
25. If you have any queries, please contact the Promoter: **James Button, Email: j.d.button@btinternet.com**

Diss Otters Swimming Club
21st DISS OTTERS OPEN SPRINT MEET
 AT UEA SPORTSPARK - ON SUNDAY 14th October 2018

Upper limit times

'No faster than times'		Girls				
	Age					
Event	9	10	11	12	13	14+
50m Free	34.00	31.00	29.50	28.50	28.00	27.00
100m Free	1.12.00	1.06.00	1.04.50	1.02.00	1.00.50	59.00
400m Free	5.02.50	4.50.00	4.38.50	4.26.50	4.20.00	4.12.00
50m Brst	43.00	39.50	37.50	36.00	35.00	33.50
100m Brst	1.32.00	1.25.00	1.21.00	1.17.50	1.14.00	1.11.00
50m Fly	37.50	35.00	33.00	31.00	30.50	29.50
100m Fly	1.20.50	1.16.00	1.12.50	1.09.00	1.06.00	1.03.00
50m Back	38.50	36.50	34.50	33.00	31.50	29.00
100m Back	1.20.00	1.15.00	1.12.00	1.09.50	1.06.00	1.04.00
200m IM	3.00.00	2.45.00	2.33.50	2.28.50	2.23.00	2.16.00

Key:
 Free = freestyle, Brst = Breaststroke, Fly = Butterfly, Back = Backstroke, IM = Individual Medley

'No faster than times'		Boys				
	Age					
Event	9	10	11	12	13	14+
50m Free	34.00	32.00	29.50	28.00	26.00	24.50
100m Free	1.12.00	1.08.00	1.04.00	1.02.00	59.00	55.00
400m Free	5.05.00	4.52.00	4.37.00	4.26.00	4.13.00	4.04.50
50m Brst	42.00	39.00	36.50	34.00	32.00	30.50
100m Brst	1.29.00	1.25.50	1.20.00	1.15.00	1.10.00	1.07.50
50m Fly	36.00	34.00	32.00	30.00	28.00	26.00
100m Fly	1.23.00	1.19.00	1.14.00	1.08.50	1.04.00	1.00.00
50m Back	40.50	38.00	35.00	32.50	30.50	28.00
100m Back	1.24.00	1.19.00	1.13.50	1.09.00	1.05.00	1.02.50
200m IM	3.00.00	2.45.00	2.30.00	2.20.00	2.16.00	2.07.00

Age is at 14th October 2018

Diss Otters Swimming Club
21st DISS OTTERS OPEN SPRINT MEET

AT UEA SPORTSPARK, Norwich Research Park, NR4 7TJ - ON SUNDAY 14th October 2018
 Under ASA Laws & Technical Rules and Affiliated to the East Regional ASA

ASA REGISTRATION NUMBER	
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FIRST NAME..... SURNAME M or F

DATE OF BIRTH..... CLUB.

ADDRESS

POSTCODE.....TELEPHONE NUMBER

EVENT	Event No	Entry Time <i>(check against upper limit)</i>	EVENT	Event No	Entry Time <i>(check against upper limit)</i>
Boys 100m Freestyle	1		Girls 50m Freestyle	2	
Boys 50m Breaststroke	3		Girls 100m Breaststroke	4	
Boys 100m Backstroke	5		Girls 50m Backstroke	6	
Boys 50m Butterfly	7		Girls 100m Butterfly	8	
Boys 200m IM	9		Girls 400m Freestyle	10	
Girls 100m Freestyle	11		Boys 50m Freestyle	12	
Girls 50m Breaststroke	13		Boys 100m Breaststroke	14	
Girls 100m Backstroke	15		Boys 50m Backstroke	16	
Girls 50m Butterfly	17		Boys 100m Butterfly	18	
Girls 200m IM	19		Boys 400m Freestyle	20	
Total Number of Events Entered:		Plus DOSC Coaching Fee £5.00			
Total Amount Payable £4 per event		Total £			

CLOSING DATE FOR ENTRIES ON MONDAY 17TH SEPTEMBER 2018

Please return this form to Julie Munnings with a cheque made payable to **Diss Otters Swimming Club** or via BACS. If **your payment is not received at the time of entry (Monday 17th September) your entry will not be submitted.**

I certify that the above information is correct and I have read the rules and conditions

Signed (Competitor)..... Date.....

Signed (Club Official)..... Date.....