

## Hemel Hempstead Swimming Club

Affiliated to ASA East Region and Hertfordshire ASA

# 104<sup>th</sup> Birthday Open 7<sup>th</sup> and 8<sup>th</sup> October 2017

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

Level 3 License 3ER170859

At SportSpace, Park Road, Hemel Hempstead, Hertfordshire, HP1 1JS

**Closing date for entries: 10<sup>th</sup> September 2017**

## PROGRAMME OF EVENTS

Saturday, 7 <sup>th</sup> October					Sunday, 8 <sup>th</sup> October					
<b>Session 1</b>	Active withdrawal to meet recorders at least 45 mins before Session starts.					<b>Session 3</b>	Active withdrawal to meet recorders at least 45 mins before Session starts.			
	Warm up			12:45	Warm up				12:45	
	Start			13:45	Start				13:45	
<b>1</b>	Girls 9+	200m	IM		<b>15</b>	Boys 9+	200m	Breaststroke		
<b>2</b>	Boys 9+	200m	Freestyle		<b>16</b>	Girls 9+	200m	Backstroke		
<b>3</b>	Girls 9+	50m	Freestyle		<b>17</b>	Boys 9+	50m	Butterfly		
<b>4</b>	Boys 9+	50m	Backstroke		<b>18</b>	Girls 9+	50m	Breaststroke		
<b>5</b>	Girls 9+	100m	Butterfly		<b>19</b>	Boys 9+	100m	IM		
<b>6</b>	Boys 9+	100m	Breaststroke		<b>20</b>	Girls 9+	100m	Freestyle		
<b>7</b>	Girls 9+	100m	Backstroke		<b>21</b>	Boys 9+	100m	Backstroke		
<b>8</b>	Boys 9+	200m	Butterfly							
<b>Session 2</b>	Active withdrawal to meet recorders at least 45 mins before Session starts.					<b>Session 4</b>	Active withdrawal to meet recorders at least 45 mins before Session starts.			
	Warm up			c. 17:00	Warm up				c. 17:00	
	Start			c. 18:00	Start				c. 18:00	
<b>9</b>	Boys 9+	200m	IM		<b>22</b>	Girls 9+	200m	Breaststroke		
<b>10</b>	Girls 9+	200m	Freestyle		<b>23</b>	Boys 9+	200m	Backstroke		
<b>11</b>	Boys 9+	50m	Freestyle		<b>24</b>	Girls 9+	50m	Butterfly		
<b>12</b>	Girls 9+	50m	Backstroke		<b>25</b>	Boys 9+	50m	Breaststroke		
<b>13</b>	Boys 9+	100m	Butterfly		<b>26</b>	Girls 9+	100m	IM		
<b>14</b>	Girls 9+	100m	Breaststroke		<b>27</b>	Boys 9+	100m	Freestyle		
	<b>Boys top 6</b>	<b>50m</b>	<b>Skins</b>		<b>28</b>	Girls 9+	200m	Butterfly		
	<b>Girls top 6</b>	<b>50m</b>	<b>Skins</b>							



## Hemel Hempstead Swimming Club

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### 104<sup>th</sup> Birthday Open 7<sup>th</sup> & 8<sup>th</sup> October 2017

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

Level 3 License 3ER170859

Closing date for entries: 10<sup>th</sup> September 2017

Venue: SportSpace, Park Road, Hemel Hempstead, Hertfordshire, HP1 1JS

## MEET CONDITIONS

### A) General conditions

1. The event is run under ASA Laws and Regulations and ASA Technical Rules of Racing.
2. 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.
3. The Meet Promoter is Andrew Farrow on behalf of Hemel Hempstead Swimming Club (the "Club") ([chair@hhsc.org.uk](mailto:chair@hhsc.org.uk)).

### B) Eligibility

4. All swimmers must be Category 2 ASA registered or members of SASA or WASA.
5. Entries are subject to No Faster Than Times (see table below). Any swimmer who has a time faster than the No Faster Than Times is not eligible to swim.

### C) The events

6. All events will be swum as heat declared winner.  
Male/Female - 50m, 100m and 200m freestyle, backstroke, breaststroke and butterfly  
Male/Female - 100m and 200m individual medley

### D) Age groups

7. Male/Female – 9, 10, 11, 12, 13, 14, 15, 16, 17+
8. Age as at 8<sup>th</sup> October 2017.

### E) Entries

9. The closing date for entries is **midnight on 10<sup>th</sup> September 2017**.
10. Entry times need not be from licenced meets and entries with No Time will be accepted.
11. The Promoter reserves the right to limit the number of entries to comply with time limits. Priority will be given to entries from members of the Club, thereafter entries will be accepted from other clubs in order of receipt: that is, first come, first served. If it is



necessary to reject entries, swimmers whose entry times are slowest in relation to the No Faster Than Times will be rejected first. The Club will continue to accept entries after the closing date if the event is under-subscribed and this will be advertised on the Club's website.

12. By submitting entries competitors and clubs accept the rules of this competition.
13. All entries must be made using Hy-Tek's Meet Manager or Meet Manager Lite. The events file is available from the Club website, or by email from [entries@hpsc.org.uk](mailto:entries@hpsc.org.uk). Completed electronic entry files should be submitted to [entries@hpsc.org.uk](mailto:entries@hpsc.org.uk). The completed Summary Sheet should either be emailed to [entries@hpsc.org.uk](mailto:entries@hpsc.org.uk) or posted to Andrew Farrow, 52 Cross Oak Road, Berkhamsted, Herts HP4 3HZ.
14. The entry fee is **£5.50** per individual event.
15. Payment may be by cheque payable to Hemel Hempstead Swimming Club or direct to our bank account: Hemel Hempstead Swimming Club, Sort Code 80-11-60, Account Number: 06025702 quoting a reference of BOpen [club name].
16. Confirmation of accepted entries will be posted on the Club website at [www.hpsc.org.uk](http://www.hpsc.org.uk).
17. There will be no refunds for late arrivals or cancellations after the closing date other than for medical conditions or injuries sustained after the closing date subject to the production of a doctor's certificate or for any other reason at the Promoter's discretion.
18. All enquiries concerning entry requirements should be made via [entries@hpsc.org.uk](mailto:entries@hpsc.org.uk).
19. Entries to this meet will be held on a computer and consent, as required by Data Protection Act 1984, to the holding of personal information on computer 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 Meet Promoter.

## F) Administration

20. Coaches passes including mid-session refreshments at £10 per pass, per day must be requested at the same time as entries are submitted up to a maximum of 4 passes per club.
21. Coaches should supervise their swimmers during warm up sessions and are responsible for their behaviour whilst poolside at all times.
22. Swimmers will not be allowed into the viewing gallery or cafeteria area in swimming costumes and must wear suitable footwear around the centre.
23. The pool has 6 lanes and is 25m long. The shallow end is 1.2m deep and the deep end is 1.9m deep. The height of the starting platforms is 700mm above water level at the deep end.
24. AOE timing will be in operation.
25. Hy-Tek computerised meet administration will be used and results will appear on the ASA Rankings database and the Club's website.

## G) Meet procedure

26. Once an entry has been accepted a competitor shall swim or give notice of withdrawal either in person or via a designated representative. Notice of withdrawals shall be reported to the meet recorders at least 45 minutes before the start of each session. **Any swimmer not present when required to swim will incur a £10 penalty.** In the event of a competitor not

paying the penalty, the club in whose name the competitor has entered the competition shall be responsible for payment.

27. All events are seeded on submitted times. Each event will be spearheaded, i.e. fastest swimmer in lane 3, next fastest in lane 4, then lanes 2, 5, 1 and 6.
28. At the Referees' discretion races may be started "over the top".

## H) Awards

29. Medals will be awarded to the top three swimmers in each age group.
30. A shield will be awarded to the top visiting club. This award will be determined by excluding all swimmers from the Club and then awarding points to all other swimmers based on their performance, with 1<sup>st</sup> receiving 6 points, 2<sup>nd</sup> receiving 5 points, 3<sup>rd</sup> receiving 4 points, 4<sup>th</sup> receiving 3 points, 5<sup>th</sup> receiving 2 points, and 6<sup>th</sup> receiving 1 point. The club with the highest aggregate points total will receive the shield.
31. The fastest six female and six male swimmers (+2 reserves) in events 3 & 11 respectively will qualify to compete in the 50m Freestyle Skins event at the end of Session 2.

## I) Other matters

32. Entry to the spectator gallery may be restricted.
33. Any person wishing to engage in video or still photography must conform to the recommendations of the ASA Child Protection Policy. The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Photography in the changing rooms is absolutely forbidden by both the Club and the swimming pool management.
34. All participants must observe the safety precautions in operation at Hemel SportSpace. Neither the Meet Promoter nor Hemel Hempstead Swimming Club will be responsible for any loss or damage occurring during this meet.

## J) No Faster Than Times

Boys		Girls	
50FR	00:20.00	50FR	00:25.00
100FR	00:45.00	100FR	00:50.00
200FR	01:45.00	200FR	02:00.00
50BA	00:25.00	50BA	00:30.00
100BA	00:55.00	100BA	01:00.00
200BA	02:00.00	200BA	02:15.00
50BR	00:30.00	50BR	00:35.00
100BR	00:55.00	100BR	01:10.00
200BR	02:20.00	200BR	02:30.00
50FL	00:25.00	50FL	00:28.00
100FL	00:55.00	100FL	01:00.00
200FL	02:10.00	200FL	02:20.00
100IM	00:50.00	100IM	01:00.00
200IM	02:00.00	200IM	02:20.00



## Hemel Hempstead Swimming Club 104<sup>th</sup> Birthday Open

Level 3 License 3ER170859

### Entry Summary Sheet

Payment may be by cheque payable to Hemel Hempstead Swimming Club [HHSC]) to be received by midnight on 10<sup>th</sup> September 2017 to: Andrew Farrow, 52 Cross Oak Road, Berkhamsted, Herts HP4 3HZ. Alternatively by electronic transfer as follows: Account name: Hemel Hempstead Swimming Club, Sort Code: 80-11-60 Account Number: 06025702. Quote reference BOpen[Club name].

**BLOCK CAPITALS PLEASE**

Club Name.....Contact Name.....

Address.....

Contact Telephone Number.....E Mail.....

Entries @ £5.50 each	Number	£
Coach passes @ £10.00 each per day	Number (max 4 per day)	£
Total Cheque enclosed (payable to HHSC) or online payment ref.....	Total	
	£	

**Officials: Officials will be provided with mid-session refreshments. Email Louise Farrow at [openmeets@hhsc.org.uk](mailto:openmeets@hhsc.org.uk) for information or to provide details of officials from your club who can help.**

<u>Name</u>	<u>Qualifications</u>	<u>Sessions available</u> please state 1, 2, 3, 4



## Hemel Hempstead Swimming Club 104<sup>th</sup> Birthday Open

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### INDIVIDUAL ENTRY FORM: BOYS

ASA number									
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**COMPLETE IN BLOCK CAPITALS PLEASE**

Full Name \_\_\_\_\_ D.O.B:    /    /   

Age as at 8th October 2017 \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Telephone No \_\_\_\_\_

	EVENT NO.	Girls/ Boys	Age	EVENT	ENTRY TIME
<b>Session 1</b>	<b>2</b>	Boys	9+	200m Freestyle	
"	<b>4</b>	Boys	9+	50m Backstroke	
"	<b>6</b>	Boys	9+	100m Breaststroke	
"	<b>8</b>	Boys	9+	200m Butterfly	
<b>Session 2</b>	<b>9</b>	Boys	9+	200m IM	
"	<b>11</b>	Boys	9+	50m Freestyle	
"	<b>13</b>	Boys	9+	100m Butterfly	
<b>Session 3</b>	<b>15</b>	Boys	9+	200m Breaststroke	
"	<b>17</b>	Boys	9+	50m Butterfly	
"	<b>19</b>	Boys	9+	100m IM	
"	<b>21</b>	Boys	9+	100m Backstroke	
<b>Session 4</b>	<b>23</b>	Boys	9+	200m Backstroke	
"	<b>25</b>	Boys	9+	50m Breaststroke	
"	<b>27</b>	Boys	9+	100m Freestyle	
	<b>TOTAL ENTRY FEE</b>			£ _____	

TOTAL NUMBER OF SWIMS ..... £5.50 each = £.....

I ENCLOSE A CHEQUE FOR £..... MADE PAYABLE TO .....Swimming Club.

**Closing date for entries: Sunday 10<sup>th</sup> September 2017**



## Hemel Hempstead Swimming Club 104<sup>th</sup> Birthday Open

Level 3 License 3ER170859

### INDIVIDUAL ENTRY FORM: GIRLS

ASA number										
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**COMPLETE IN BLOCK CAPITALS PLEASE**

Full Name \_\_\_\_\_ D.O.B: / /

Age as at 8th October 2017 \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Telephone No \_\_\_\_\_

	EVENT NO.	Girls/ Boys	Age	EVENT	ENTRY TIME
<b>Session 1</b>	<b>1</b>	Girls	9+	200m IM	
"	<b>3</b>	Girls	9+	50m Freestyle	
"	<b>5</b>	Girls	9+	100m Butterfly	
"	<b>7</b>	Girls	9+	100m Backstroke	
<b>Session 2</b>	<b>10</b>	Girls	9+	200m Freestyle	
	<b>12</b>	Girls	9+	50m Backstroke	
"	<b>14</b>	Girls	9+	100m Breaststroke	
<b>Session 3</b>	<b>16</b>	Girls	9+	200m Backstroke	
"	<b>18</b>	Girls	9+	50m Breaststroke	
"	<b>20</b>	Girls	9+	100m Freestyle	
<b>Session 4</b>	<b>22</b>	Girls	9+	200m Breaststroke	
"	<b>24</b>	Girls	9+	50m Butterfly	
"	<b>26</b>	Girls	9+	100m IM	
	<b>28</b>	Girls	9+	200m Butterfly	
	<b>TOTAL ENTRY FEE</b>			£ _____	

TOTAL NUMBER OF SWIMS ..... £5.50 each = £.....

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**Closing date for entries: Sunday 10<sup>th</sup> September 2017**

# HEMEL HEMPSTEAD SWIMMING CLUB

Affiliated to ASA East Region and Hertfordshire ASA

Invite you to their

# 104<sup>th</sup> BIRTHDAY OPEN MEET

**Level 3 License 3ER170859**

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

**Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> October 2017**

**SESSIONS 1 & 3: w/up 12.45pm SESSIONS 2 & 4: w/up 5pm (est)**

**At SPORTSPACE, HEMEL HEMPSTEAD HP1 1JS**

25 metre, 6 lanes, 'Olympic-style' starting blocks & anti-turbulence ropes, Electronic Timing, Mailsports shop



- 50m, 100m & 200m in all strokes
- Six fastest Girls & Boys 50m Free Skins event with cash prizes!



- **Closing date for entries: Sunday 10<sup>th</sup> September 2017**