



BEXLEY SWIMMING CLUB

FOUNDED 1968 • AFFILIATED A.S.A.L.R

BEXLEY LONG COURSE OPEN MEET (License no. 1LR9271)
To be held at Crystal Palace National Sports Centre
On 21st & 22nd November 2009

Competition Rules and Meet Information

Facilities: Eight Lane 50 metre Pool
Swim Down Pool

Electronic timing with display.

Results will be e-mailed if e-mail address is left at the information desk. Results will be published on BSC website. Result sheets will also be available to purchase at 20 pence each.

RULES:

The meet will be held under ASA Laws and ASA Technical Rules.

All events will be on a heat declared winner basis.

INFORMATION:

Mrs Loraine Cousins, 37 Coniston Road, Barnehurst, Kent DA7 6PX. Telephone 01322-403456.

E-mail windyridge37@ntlworld.com

WEBSITE ADDRESS: bexleyswimmingclub.com

AGE GROUPS: 11 and under, 12/13, 14/15, 16+

Age as at 22nd November 2009

ENTRIES: Closing date for entries is 30th October 2009.

All submitted times must be short course times.

All entries must be legible and on the correct entry form (photo copies acceptable). Accompanied with a stamped self-addressed envelope.

All entries must show the swimmer's full date of birth and ASA registration number.

Entries will be considered provided they are inside our set qualifying times.

If the event is oversubscribed, and in order to keep the time of each session within the appropriate time period, the slowest entries from each age group will be rejected.

Improved times will not be accepted after the entries have closed and been accepted.

Bexley Swimming Club reserves the right to reject any entry without giving reason.

By submitting entries on the official entry forms, clubs and competitors accept the rules of the competition.

DATA PROTECTION: Swim meet entries and results will be managed on a computer. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitted & recorded times, may be made public during the meet.

ENTRY FEES: £5.00 per event. 800/1500 freestyle £7.00

Cheques payable to Bexley Swimming Club.

The fees include the 25p levy per event, payable to ASA London Region.

AWARDS: Awards will be made to the first three placed swimmers in each age group for each event (presentations will not be made, medals can be collected from the awards table).





BEXLEY SWIMMING CLUB

FOUNDED 1968 • AFFILIATED A.S.A.L.R

COACHES PASSES: £10.00 per day - to include admittance to pool side in all sessions, programme, food/refreshments and results sheets, which will be e-mailed after the event. (Please forward e-mail address when applying for the pass).

Only pass holders, swimmers and officials will be allowed on poolside.

ENTRY CARDS: This meet will operate without cards. Swimmers must report to the appropriate desk and sign against their name in each event that is being swum in that particular session. The signing in sheets will be by event number and then alphabetical order by first name. Swimmers must only sign themselves in. Swimmers/Parents/Coaches etc must not sign in on behalf of swimmers. The signing in sheets will be removed 45 minutes prior to the advertised start time of the session. When registration time has closed, heat start lists will be posted on the lower concourse in the whipping area (near the diving pit). Swimmers are advised to check the lists, prior to the event being swum, to ensure that they have been accepted into the event. It is the swimmers responsibility to ensure that their name appears on the heat start list.

Swimmers must report to the stewards when instructed to do so. Any competitor not reporting in time may be excluded. The organisers reserve the right to amend the running order of events and to add non-scoring swimmers at their sole discretion, should it be necessary. Over the top starts will operate where applicable.

As soon as possible after the closing date, written confirmation bearing details of each swimmer will be sent for the entries accepted. Any refund in respect of entries not accepted will be made 'en-bloc' to the official named on the resume sheet, and can be collected from the information desk on the day of the event. (or if possible sent with the accepted entry lists).

Swimmers may enter for any number of individual events in their own age group.

TIME TRIALS: Swimmers may be allowed on the day to do time trials, for the 200/400 metre events, and will be on a first come first served basis and will be governed by available lane space. For the 800/1500's we will retain a list of reserves (if we are oversubscribed) and these swimmers should report on the day and if there is space available they will be given first refusal, this will solely be at the discretion of the meet director. The time trial list will be at the information desk on the lower concourse and will be charged at £5.50 per event (£7.50 for 800/1500).

SEEDING: All events are seeded, slowest to fastest, based on submitted entry times and the last heat will be spearheaded.

SKINS: An Individual Medley skins event for male and female swimmers will be held at the end of session two & four.

The top eight fastest junior and senior male and female swimmers from the 200 metre Individual Medley heats will be entered into the skins event. We will be running a Junior (13 & Under) and Senior (14+) skins for both sexes. Stroke swam will be decided by the use of coloured balls drawn during the event. Blue = Breaststroke, Red = Freestyle, Yellow = Backstroke and Green = Butterfly. The names of the successful swimmers will be announced as soon as possible after the final heat of the 200 metres Individual Medley event (together with reserves). Swimmers must inform the information desk immediately, if they do not wish to compete.

The skins events will each consist of seven rounds.





BEXLEY SWIMMING CLUB

FOUNDED 1968 • AFFILIATED A.S.A.L.R

There will be an interval of three minutes between each round of the event with a start for Junior and Seniors alternately every one and a half minutes.

The start of round one shall be as normal ie whistle, take your marks, start signal.

The start for the following rounds shall be as follows:

At 10 seconds prior to the start time - one long blast on the whistle - which will be followed 10 seconds later by the start signal.

NOTE: The command, 'take your marks' will not be given.

The slowest swimmer in each round will be eliminated. Should there be an equal last place in a round, no swimmer shall be eliminated in that round, but in the following round the number of swimmers to be eliminated will be the same as the number of swimmers involved in the equal last place in the previous round. In the last round, should there be a tie the 2 swimmers shall swim again after an interval of three minutes.

Swimmers shall be allocated a lane on the spearhead principle based on heat times. They remain in the same lanes for all the rounds of the event, unless eliminated, except in the final round when the remaining swimmers will be placed in the middle lanes of the pool.

There will be a cash prize awarded for the top three places in each of the skins events.

SAFETY AND SECURITY GUIDELINES FOR SWIMMERS, COACHES, OFFICIALS AND SPECTATORS.

STARTS: It is the responsibility of the competitors, coaches and clubs, to ensure that all swimmers are competent to the standard of the ASA competitive start award, to perform a shallow racing dive into the water. In the event of a false start, swimmers should perform a safe entry with a shallow racing dive and not fall into the water. Swimmers are reminded that they are permitted to start in the water for all events, but must advise the referee of this prior to the start of their heat.

WARM UP: during the warm up, swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others. The instructions of the pool lifeguards or others in authority must be obeyed immediately.

SWIM DOWN: Any swimmers in the swim down pool must be supervised by a coach or club representative.

SAFETY: everyone attending the event must familiarise themselves with the location of the emergency exits, which must be kept clear at all times. Everyone is asked to observe all normal precautions in the pool area and when moving around the sports centre, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to one of the meet directors representatives.

The pool depths are 2.06 metres at the starting end of the pool and 1.8 metres at the teaching end of the pool.

Swimmers must not leave the poolside unless wearing shoes and having dried themselves.

BEHAVIOUR: The organisers and the pool management reserve the right to remove any swimmer or spectator from the pool area whose behaviour is either against the pool rules or the efficient





BEXLEY SWIMMING CLUB

FOUNDED 1968 • AFFILIATED A.S.A.L.R

running of the meet. Stewards will be patrolling the sports centre and anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building.

SECURITY: Competitors are advised not to leave their belongings unattended and to ensure valuables are placed in a locked locker or deposited with someone for safekeeping. Neither Bexley Swimming Club nor the pool management will be held responsible for the property that is lost.

PHOTOGRAPHY: In line with the recommendation in the ASA Child Protection Policy, the Meet Director of this event insists that any person wishing to engage in any video, zoom or close range photography and using a mobile phone with photographic capability should register their details in the book provided at the information desk on the lower concourse, before carrying out any such photography.

LITTER: Competitors and spectators are asked to place all litter in the receptacles provided and not to leave it on the floor, particularly in the spectator gallery, where it may become a safety hazard.

SWIMSHOP: We are pleased to confirm that **MAILSPORTS** will again be providing a swimshop with a full range of products, during the meet.

CAR PARKING: There is ample car parking on site for which the pool operator may levy charges.

ANY SITUATION NOT COVERED BY THE ABOVE MEET RULES AND INFORMATION, WILL BE AT THE DISCRETION OF THE MEET DIRECTOR, WHO ALSO RESERVES THE RIGHT TO MAKE ANY CHANGES THAT MAY BE CONSIDERED NECESSARY FOR THE SMOOTH RUNNING AND DISCIPLINE OF THE EVENT.





BEXLEY SWIMMING CLUB

FOUNDED 1968 • AFFILIATED A.S.A.L.R



