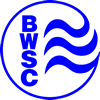
**BRACKNELL AND WOKINGHAM**

**SWIMMING CLUB**

**Affiliated to ASA South East Region**



**THE BRACKNELL LEVEL 3 OPEN MEET 2017**

**30th June 2018**

**Short Course at**

**Bracknell Leisure Centre**

**Licensed – Level 3 *(3SE180989)***

**INFORMATION PACK &**

**ONLINE ENTRY INSTRUCTIONS**

***Entries accepted on a first come, first served basis***

***Ages at 30 June 2018***

### Promoter: Bracknell & Wokingham Swimming Club

### (queries should be addressed to the Entries Secretary)

**Entries Secretary: Amanda Bond**

**Telephone: 07712618513**

**Email:** [**L3meet@bwsc.org.uk**](http:///h)

#### PROMOTER'S CONDITIONS AND GENERAL INFORMATION

##### Entry Procedure

##### All entries must be made online and paid for at the same time using the payment link to PayPal/ credit/debit card. The charge per event is £6.00. Please visit [www.bwsc.org.uk](http:///h) for further details and the web entry link.

##### All entry times should be short course (either short course, or converted long course), and must be achieved after 30 June 2017

##### The on-line entry system will import your fastest qualifying time since 30 June 2017 (either short course of converted long course) from ASA Rankings. You enter this by clicking the green “PB”.

##### Where you have achieved a faster time (but still slower than the Upper Limit Time) since 30 June 2017 at a non-licensed meet you should overwrite the imported time with this achieved time.

##### If you have no qualifying time on ASA Rankings, you will be able to enter a time achieved at a non-licensed meet (provided that it falls between the Qualifying and Upper Limit Time).

##### Where you have a time achieved since 30 June 2017 (either short course, or converted long course) on ASA Rankings that is faster than the Upper Limit Time, you are not eligible to enter and the on-line entry system will prevent you from entering.

##### The promoter reserves the right to seek confirmation of submitted times from non-licensed meets.

Entries made and paid for in the on-line system will be accepted on a first come first served basis but must be made by midnight on **Thursday 7 June 2018**.  **No entries will be accepted until the on-line payment process has been completed.**

If it is necessary to restrict the number of entries, this will be done by accepting those entries received earliest until the event is full. The meet or individual sessions/events may be closed to new entrants if they are filled prior to the published closing date of Thursday 7 June 2018.

##### All persons making entries in the on-line system are deemed to be confirming that:

##### all entrants are ASA registered swimmers,

##### the swimmers have all read and understood the Promoter's Conditions and accept them,

##### all entrants are Club members and the swimmers wish to swim in the name of that Club,

##### the dates of birth declared and entry times have been checked and found to be correct,

##### all entrants’ details, i.e. Name, Date of Birth and Club are the same as is recorded on their ASA Registration. This is necessary to facilitate the compilation of National Rankings.

##### As soon as possible after the closing date, a list of accepted/rejected entries, together with key swimmer information will be posted at [www.bwsc.org.uk](http:///h).

##### Qualifying and Upper Limit Times

In accordance with the ASA guidelines for licensed meets, swimmers must have achieved a “Qualifying Time” to enter all events. Also, as the meet is a Level 3 meet, there are Upper Limit Times and swimmers may not enter times faster than the Upper Limit Time. The Qualifying and Upper Limit Times are attached and are all short course times. Please note that the Qualifying Times shown are consideration times and it may be necessary to reject entries from swimmers who have achieved Qualifying Times to keep the meet running time within the limits imposed by the ASA, however we have designed our programme of events to ensure we can accept as many swimmers as possible.

##### Meet officials

BWSC strive to provide a professionally run Open Meet and rely on the valuable contribution of officials who volunteer their time to support us. All clubs submitting entries are requested to assist in the running of the meet by supplying details of any Licensed officials who are willing to assist at this Gala.

**Poolside passes**

Clubs attending may apply for Poolside passes**.** We require **clubs entering more than 6 swimmers to purchase 1 poolside pass, and thereafter to purchase poolside passes at the ratio of 1 pass per 10 swimmers (as per the ASA recommendation).**

The cost of a poolside pass is £10.00 per person, and cover pre-meet reports, admission to poolside, a programme and heat sheets. A buffet tea will be served between Sessions 1 & 2; coaches who purchase a poolside pass may also purchase a food pass for £7.50. Please indicate your requirement online and make the appropriate payment. Only individuals wearing a poolside pass will be permitted on poolside, so do not forget to order these for team managers if they will be on poolside.

##### ASA law

The meet will be held under ASA Laws & ASA Technical Rules of Racing. No jury of appeal will be appointed.

Over the top starts will be used wherever possible. Swimmers must remain in their lane after finishing their race until the next race has started, or instructed to leave the pool by the referee. Swimmers should leave the pool promptly by the sides, so as not to interfere with the timing equipment.

##### Recognition of times

This Meet has been licensed at Level 3 by the ASA. Times recorded at the meet will be accepted for entry into District and Regional Competitions and Championships, and will be sent to the ASA for inclusion in the National Rankings.

# Changes and Refunds

The promoters do not permit swimmers to change their times once entered.

No refunds will be made for withdrawals from events that have been closed to new entrants. Refunds will only be made where a swimmer is rejected by the entries secretary as a consequence of the meet being oversubscribed.

**Programme of events**

The programme of events for the meet is attached. All events are open to all age groups. All age groups will be swum together, and the Age Groups for awards are:

**Girls and Boys:** 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years & over.

**Ages are at 30 June 2018**. Swimmers under 9 at 30 June 2018 may not enter.

**Depending on the level of entries and if time allows, we may run a boys and girls 50m Medley skins competition immediately following the end of session 1.  This is intended as some end of season fun and will not form part of the licensed level 3 meet and times will not be submitted to rankings.  We will confirm if the skins competition will run and provide full information and conditions when entries have closed.**

The Promoter reserves the right to amend the Programme of Events to ensure the smooth running of the Meet.

**Awards**

All events are Heat Declared Winner (HDW). Heats will be seeded from submitted entry times with slowest swimmers first. The final heat will be spearheaded. Awards will be made to the fastest three swimmers in each age group.

##### Other Matters

Competitors in the first event of each session must report to the Stewards 10 minutes before the scheduled start time. Competitors in other events must report to the Stewards one clear event before the event in which they are swimming.

Registration for competitors will be situated in the pool reception foyer on the 1st floor and will be closed at the times stated. Only competitors intending to swim should register. If a competitor does register and notice of withdrawal is not given to the Competitors’ Helpdesk, that competitor will be deemed to have retired from all other events at the Meet.

Any dispute related to a matter not covered in these conditions shall be determined by the Promoter.

##### Warm-up facilities

The Pool will be available for warm-up before the start of each session; see the summary programme for warm up timings. A second pool is available at the Bracknell Leisure Centre, which will be available for continuous warm up and swim down during the meet.

# Time Trials

# Time Trials may be offered where there would otherwise be empty lanes. Time trials will be swum in the appropriate seeding order (but not in the final heat) based on submitted times which must fall within the qualifying times criteria. Time trials will be initially offered to rejected swimmers on a first come first served basis, and competitors wishing to swim time trials should email the entries secretary prior to the meet ([l3meet@bwsc.org.uk](mailto:l3meet@bwsc.org.uk)).

# Please note, Time trial requests will not be accepted on the day of the meet and all requests must be made and submitted, along with payment before midday Friday 29 June 2018. There will be a charge of £7.50 per time trial swim. Time trials will not be accepted where payment has not been received before the day of the meet.

**SUMMARY PROGRAMME OF EVENTS**

**Saturday 30th June 2018**

**Session 1 Warm-up: 12:15, Start: 13:00, Registration by: 12:10**

**Estimated Finish: 16:00**

Event

1 Girls 200m Freestyle

2 Boys 200m Freestyle

3 Girls 50m Butterfly

4 Boys 50m Butterfly

5 Girls 200m Backstroke

6 Boys 200m Backstroke

7 Girls 100m Breaststroke

8 Boys 100m Breaststroke

9 Girls 100m Individual Medley

10 Boys 100m Individual Medley

11 Girls 100m Butterfly

12 Boys 100m Butterfly

13 Girls 50m Freestyle

14 Boys 50m Freestyle

**Session 2 Warm-up: 17:00, Start: 17:30, Registration by: 16:55**

**Estimated Finish: 20:30**

Event

15 Girls 200m Individual Medley

16 Boys 200m Individual Medley

17 Girls 50m Backstroke

18 Boys 50m Backstroke

19 Girls 100m Freestyle

20 Boys 100m Freestyle

21 Girls 200m Breaststroke

22 Boys 200m Breaststroke

23 Girls 100m Backstroke

24 Boys 100m Backstroke

25 Girls 200m Butterfly

26 Boys 200m Butterfly

27 Girls 50m Breaststroke

28 Boys 50m Breaststroke

\* Please note times are tentative and will be confirmed once all of the entries for the Meet have been processed. Full details will be sent with confirmation of entries.

###### QUALIFYING AND UPPER LIMIT TIMES

**BOYS**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| All times are short course i.e. a 25m pool: | | | |  |  |  |  |  |  |  |  |  |  |
| Event |  |  | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 200m Freestyle | Upper time | 2:22.00 | 2:22.00 | 2:.15.00 | 2:07.00 | 2:04.00 | 2:01.00 | 1:55.00 |  |  |  |  |
|  | 200m Freestyle | Qualifying time | 3:52.36 | 3:52.36 | 3:32.70 | 3:17.95 | 3:02.39 | 2:47.87 | 2:38.02 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 50m Butterfly | Upper time | 34.00 | 34.00 | 31.00 | 29.00 | 28.00 | 27.00 | 26.00 |  |  |  |  |
|  | 50m Butterfly | Qualifying time | 54.17 | 54.17 | 49.40 | 46.19 | 42.46 | 39.02 | 36.35 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 200m Backstroke | Upper time | 2:46.00 | 2:46.00 | 2:33.00 | 2:25.00 | 2:19.00 | 2:12.00 | 2:04.00 |  |  |  |  |
|  | 200m Backstroke | Qualifying time | 4:16.49 | 4:16.49 | 3:54.13 | 3:38.48 | 3:20.64 | 3:04.40 | 2:52.83 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 100m Breaststroke | Upper time | 1:30.00 | 1:30.00 | 1:23.00 | 1:18.00 | 1:13.00 | 1:09.00 | 1:03.00 |  |  |  |  |
|  | 100m Breaststroke | Qualifying time | 2:18.03 | 2:18.03 | 2:04.96 | 1:55.64 | 1:45.63 | 1:37.13 | 1:30.79 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 | 100m Individual Medley | Upper time | 1:19.00 | 1:19.00 | 1:12.00 | 1:07.00 | 1:05.00 | 1:02.00 | 58.00 |  |  |  |  |
|  | 100m Individual Medley | Qualifying time | 2:03.08 | 2:03.08 | 1:53.21 | 1:45.62 | 1:37.15 | 1:28.97 | 1:23.49 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 | 100m Butterfly | Upper time | 1:17.00 | 1:17.00 | 1:09.00 | 1:03.00 | 1:01.00 | 58.00 | 55.00 |  |  |  |  |
|  | 100m Butterfly | Qualifying time | 2:02.08 | 2:02.08 | 1:49.13 | 1:41.06 | 1:32.45 | 1:24.75 | 1:19.15 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 | 50m Freestyle | Upper time | 31.00 | 31.00 | 29.00 | 27.00 | 25.00 | 24.50 | 24.00 |  |  |  |  |
|  | 50m Freestyle | Qualifying time | 48.93 | 48.93 | 44.96 | 41.93 | 38.73 | 35.67 | 33.41 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 | 200m Individual Medley | Upper time | 2.45.00 | 2:45.00 | 2:34.00 | 2:22.00 | 2:16.00 | 2:09.00 | 2:02.00 |  |  |  |  |
|  | 200m Individual Medley | Qualifying time | 4:24.01 | 4:24.01 | 4:00.01 | 3:43.46 | 3:26.37 | 3:08.96 | 2:57.52 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 | 50m Backstroke | Upper time | 35.00 | 35.00 | 32.00 | 30.00 | 28.00 | 27.00 | 26.00 |  |  |  |  |
|  | 50m Backstroke | Qualifying time | 55.76 | 55.76 | 51.15 | 47.88 | 43.86 | 40.65 | 37.87 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20 | 100m Freestyle | Upper time | 1:04.00 | 1:04.00 | 1:02.00 | 58.00 | 55.00 | 53.00 | 51.00 |  |  |  |  |
|  | 100m Freestyle | Qualifying time | 1:46.88 | 1:46.88 | 1:37.66 | 1:30.79 | 1:23.55 | 1:16.99 | 1:12.42 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 | 200m Breaststroke | Upper time | 3:20.00 | 3:20.00 | 3:04.00 | 2:50.00: | 2:44.00 | 2:33.00 | 2:16.00 |  |  |  |  |
|  | 200m Breaststroke | Qualifying time | 4:56.12 | 4:56.12 | 4:28.87 | 4:09.72 | 3:48.96 | 3:29.94 | 3:16.89 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 | 100m Backstroke | Upper time | 1:16.00 | 1:16.00 | 1:11.00 | 1:04.00 | 1:02.00 | 1:01.00 | 59.00 |  |  |  |  |
|  | 100m Backstroke | Qualifying time | 2:01.02 | 2:01.02 | 1:49.07 | 1:41.61 | 1:33.25 | 1:25.53 | 1:20.08 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 | 200m Butterfly | Upper time | 3:14.00 | 3:14.00 | 2:.36.00 | 2:24.00 | 2:18.00 | 2:12.00 | 2:06.00 |  |  |  |  |
|  | 200m Butterfly | Qualifying time | 4:28.31 | 4:28.31 | 3:59.33 | 3:42.76 | 3:24.45 | 3:07.80 | 2:54.18 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 28 | 50m Breaststroke | Upper time | 41.00 | 41.00 | 39.00 | 36.00 | 34.00 | 32.00 | 29.00 |  |  |  |  |
|  | 50m Breaststroke | Qualifying time | 1:03.40 | 1:03.40 | 57.91 | 53.71 | 49.08 | 45.18 | 42.19 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Ages are at 30 June 2018** Revised 24/3/18

###### QUALIFYING AND UPPER LIMIT TIMES

**GIRLS**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| All times are short course i.e. a 25m pool: | | |  |  |  |  |  |  |  |  |  |  |  |
| Event |  |  | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 200m Freestyle | Upper time | 2:36.00 | 2:36.00 | 2:17.00 | 2:14.00 | 2:10.00 | 2:06.00 | 2:02.00 |  |  |  |  |
|  | 200m Freestyle | Qualifying time | 3:47.61 | 3:47.61 | 3:28.68 | 3:13.27 | 3:01.35 | 2:53.36 | 2:48.22 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 50m Butterfly | Upper time | 36.00 | 36.00 | 33.00 | 31.00 | 30.00 | 29.00 | 28.00 |  |  |  |  |
|  | 50m Butterfly | Qualifying time | 53.03 | 53.03 | 48.89 | 45.41 | 42.55 | 40.54 | 39.21 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 200m Backstroke | Upper time | 2:51.00 | 2:51.00 | 2:31.00 | 2:27.00 | 2:23.00 | 2:19.00 | 2:15.00 |  |  |  |  |
|  | 200m Backstroke | Qualifying time | 4:12.90 | 4:12.90 | 3:48.79 | 3:32.50 | 3:19.79 | 3:10.64 | 3:04.46 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 100m Breaststroke | Upper time | 1:35.00 | 1:35.00 | 1:25.00 | 1:20.00 | 1:15.00 | 1:12.00 | 1:10.00 |  |  |  |  |
|  | 100m Breaststroke | Qualifying time | 2:15.80 | 2:15.80 | 2:02.68 | 1:53.44 | 1:45.65 | 1:40.03 | 1:37.42 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 100m Individual Medley | Upper time | 1:24.00 | 1:24.00 | 1:15.00 | 1:13.00 | 1:08.00 | 1:05.00 | 1:03.00 |  |  |  |  |
|  | 100m Individual Medley | Qualifying time | 1:59.76 | 1:59.76 | 1:51.71 | 1:43.96 | 1:37.11 | 1:33.06 | 1:30.39 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 | 100m Butterfly | Upper time | 1:24.00 | 1:24.00 | 1:12.00 | 1:08.00 | 1:07.00 | 1:05.00 | 1:03.00 |  |  |  |  |
|  | 100m Butterfly | Qualifying time | 1:59.22 | 1:59.22 | 1:47.55 | 1:38.97 | 1:32.84 | 1:28.04 | 1:25.74 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 | 50m Freestyle | Upper time | 32.00 | 32.00 | 30.00 | 29.00 | 28.00 | 27.00 | 26.50 |  |  |  |  |
|  | 50m Freestyle | Qualifying time | 48.37 | 48.37 | 44.75 | 41.66 | 39.14 | 37.43 | 36.26 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 | 200m Individual Medley | Upper time | 2:56.00 | 2:56.00 | 2:35.00 | 2:30.00 | 2:25.00 | 2:20.00 | 2:15.00 |  |  |  |  |
|  | 200m Individual Medley | Qualifying time | 4:18.65 | 4:18.65 | 3:55.69 | 3:38.35 | 3:25.15 | 3:15.40 | 3:09.74 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 | 50m Backstroke | Upper time | 37.00 | 37.00 | 34.00 | 32.00 | 31.00 | 30.00 | 29.00 |  |  |  |  |
|  | 50m Backstroke | Qualifying time | 55.00 | 55.00 | 50.58 | 47.12 | 44.19 | 42.11 | 41.00 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 | 100m Freestyle | Upper time | 1:12.00 | 1:12.00 | 1:04.00 | 1:02.00 | 1:00.00 | 58.00 | 56.00 |  |  |  |  |
|  | 100m Freestyle | Qualifying time | 1:46.25 | 1:46.25 | 1:36.70 | 1:29.64 | 1:24.25 | 1:20.44 | 1:18.22 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21 | 200m Breaststroke | Upper time | 3:25.00 | 3:25.00 | 2:58.00 | 2:52.00 | 2:46.00 | 2:41.00 | 2:35.00 |  |  |  |  |
|  | 200m Breaststroke | Qualifying time | 4:49.60 | 4:49.60 | 4:23.14 | 4:03.42 | 3:46.76 | 3:35.79 | 3:29.90 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 | 100m Backstroke | Upper time | 1:19.00 | 1:19.00 | 1:12.00 | 1:07.00 | 1:05.00 | 1:03.00 | 1:02.00 |  |  |  |  |
|  | 100m Backstroke | Qualifying time | 1:59.06 | 1:59.06 | 1:47.88 | 1:39.64 | 1:33.24 | 1:29.02 | 1:26.19 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 | 200m Butterfly | Upper time | 3:02.00 | 3:02.00 | 2:43.00 | 2:37.00 | 2:34.00 | 2:21.00 | 2:19.00 |  |  |  |  |
|  | 200m Butterfly | Qualifying time | 4:24.49 | 4:24.49 | 3:56.66 | 3:37.18 | 3:22.89 | 3:12.56 | 3:06.58 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 | 50m Breaststroke | Upper time | 43.00 | 43.00 | 38.00 | 36.00 | 34.00 | 33.00 | 33.00 |  |  |  |  |
|  | 50m Breaststroke | Qualifying time | 1:02.42 | 1:02.42 | 57.12 | 52.83 | 49.43 | 47.02 | 45.53 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Ages are at 30 June 2018** Revised 24/3/18

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