

CITY OF OXFORD SWIMMING CLUB

Affiliated to South East Region ASA



City of Oxford Long distance meet 1

Licensed Level 3 Meet (licence number 3SE182301)
(Under ASA law and ASA technical rules)

Sunday 14th October 2018, Leys Pool and Leisure Centre, Pegasus Road,
Blackbird Leys, Oxford, OX4 6JL

CLOSING DATE FOR ENTRIES: Friday 21st September 2018

Swimmers can enter with or, if they have not competed before, without a time. **If swimmers do not have a time, Clubs can hold internal time trials and submit those times if they wish. It would be preferable to enter a time instead of no time at all, so they can be seeded into the correct heat**

All times submitted should be achieved in a 25m pool (short course) times. Long course conversions times permitted, using official ASA conversion tables only.

Heats will be swum mixed seeded according to entry time

Age groups will be: 10/11, 12/13, 14/15, 16, 17/Over

£10 per event

Age at 14th October 2018

City of Oxford long Distance meet 14th October 2018 Programme of Events & Provisional Timings

The following Warm Up and Session times are provisional. Session timings will be finalised once all entries have been processed, and swimmers/clubs will be notified accordingly.

Programme of Events

All events are heat declared winners. All times are approximate.

Sun 14th October 2018

Session 1 Wu: 4.00 Start:4.30 Estimated finish 7.30	1	Mixed	1500	Free
	2	Mixed	800	Free

Not faster than times – Mixed gender

Event	10/11yrs	12/13yrs	14/15ys	16yrs	17yrs/Over
800m Free	12:09.66	10:33.94	9:53.50	9:11.49	8:42.42
1500m Free	21:48.92	19:35.22	17:53.59	16:09.94	15:31.65

We will hold 4 heats of 1500m and 7 heats of 800m TBC-In the event of the meet being over-subscribed, the slowest swimmers in each age group will be rejected first, starting with the youngest swimmers.

Competition Rules & Conditions

1. Licence

- a. The competition will be swum under ASA laws & Technical Rules together with the conditions & rules described herein.
- b. This is an **LICENSED** meet, times achieved may be used for entry into County championships, Level 3 & 4 meets only.

2. Acceptance of Entries

- a. All entrants must be members of an Affiliated Club as defined by ASA Law. ASA registration numbers must be included on the entry form. COSC takes no responsibility to identify missing ASA registration numbers and reserves the right to reject a swimmer if their ASA registration number is not provided.
This can be found by entering family name on the following website
<http://www.swimming.org/asa/clubs-and-members/membership-check/>
- b. Closing Date for Entries – Friday 21st September 2018 - No late entries will be accepted after this date, without exception. Please note: under FCFS for an entry to be deemed valid it means, receipt of a completed entry form and Sportssys file (where applicable) PLUS receipt of payment which is either; receipt of an electronic bank payment, receipt of a cheque or receipt of cash, all of which are considered equal.
- c. Refunds for rejected entries will be returned to the clubs after the meet.

3. Withdrawals

- a. Refunds for withdrawal from an event, will only be given if a valid medical certificate is produced prior to the closing date. Refunds will be returned to the clubs after the meet.

4. Changes to the Program

- a. The promoter reserves the right to change the program of events to facilitate the smooth running of the meet.
- b. All changes will be notified on the City of Oxford Swimming Club website at the same time as accepted entries are published.
- c. Withdrawals from the meet due to changes in the program will be offered a refund of entry monies at the promoter's discretion and their decision is final.
- d. Guidelines for refunds under these circumstances will be notified on the website when the change of program is published.

5. Responsibility for Swimmers

- a. Coaches, please note you are responsible for your swimmers at all times.
- b. The promoter or COSC meet staff will not be responsible for swimmers who do not report to marshaling in time to swim their event (as defined under Meet Proceedings)

6. Access to Poolside

- a. Access to poolside is restricted to officials, meet admin staff, swimmers and coaches **only**. Please note parents are **not** allowed on poolside.
- b. Poolside is defined as all deck space commencing from lane 1 up to and including lane 8, the marshaling area (around the learner / splash pool) and the far side of the pool (referee, starters and system managers areas).

7. Warm-Up

- a. See warm-up information sheet, posted on poolside on the day of the meet, for lane allocation and warm-up times. Coaches are required to ensure that their swimmers adhere to the warm up procedures, as announced, or they may be requested to leave the pool.

8. Meet Proceedings

- a. Heats will be swum mixed with all age groups combined and swimmers seeded by entry times, with the slowest heat swum first. The last heat of HDW events and all finals will be swum in spearhead formation.
- b. Competitors must report to the whipping marshals at least one event before their own event and must remain in the marshaling area until called to compete. The promoter reserves the right to withdraw a swimmer if this is not adhered to.
- c. The competition will be held under the One Start rule and over the top starts will be at the discretion of the Referee.
- d. Any unclaimed awards, at the end of the meet, will be deemed as unwanted by the promoter and no responsibility will be taken by the promoter or COSC to provide unclaimed awards.

9. Data Protection

- a. City of Oxford Swimming Club uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, age, club, entered and recorded times may be made public during or after the meet.

10. Liability

- a. City of Oxford Swimming Club, Fusion or Leys Pool and Leisure Centre cannot be held responsible for any mistakes, omissions or any act beyond their control or responsibility.

11. Promoter

- a. The promoter of the Oxford Long Distance Meet 1, 2018 is the Internal meet Manager, City of Oxford Swimming Club Committee.

City of Oxford Swimming Club Member Entries

Check with your coach which events you should enter.

Log on to COSC Swim Manager <https://cosc.swimmanager.co.uk> go to the Meets tab on the left hand side menu, select your child / children allocated to distance meet and enter your events. Please ensure you submit your entry and make your payment prior to the closing date of the meet. Any entries, which remain as draft or unpaid after this time will be rejected.

External Clubs

Collect and collate your clubs entries into a SportsSystems entry file (available for free download from <http://www.sportsys.co.uk/> and select entry manager).

Complete the Club summary form (at the end of this pack).

Transfer payment to Barclays Bank, sort code 20 65 18, account no. 90260991, reference your club name and DIST1 and obtain proof of payment.

Email your Club summary, meet officials form, SportsSys file, and proof of payment to external.fixtures+CoscMeets@gmail.com (if your club do not pay by bank transfer you should email all files as above and then print out a club summary and send with a Cheque to 22 Abingdon road. Dorchester- On –Thames, OX10 7JY

Officials

Please ask your officials to go to the officials on-line form via the link below and complete if they are able to help out at the meet: <https://goo.gl/forms/WNJ37TD5ItJALLB72>

- Please refer to our website at www.oxfordswim.com for further information or contact