



Rugby Swimming Club Open Meet 2019

(Level 3 License: WM190439)

Event	Rugby Swimming Club Open Meet 2019
Venue	The Queen's Diamond Jubilee Centre, Bruce Williams Way, Rugby, CV22 5LJ
Date	Friday 8, Saturday 9 and Sunday 10 March 2019
Time	Session 1: Friday 8 March, warm up 7:00pm, start 7:30pm Session 2: Saturday 9 March, warm up 12:45pm, start 1:45pm Session 3: Saturday 9 March, TBC Session 4: Sunday 10 March, warm up 8:30am, start 9:30am Session 5: Sunday 10 March, TBC
Pool	Electronic timing, 8 lane, 25m pool
Events	50, 100, 200m All strokes 400m Freestyle 100, 200, 400m Individual medley
Age groups	9/10 years, 11/12 years, 13/14 years, 15/over. Age as of 10 March 2019
Fees	£7.00 per race
Entries to	rugbyopen@rugbyswimmingclub.co.uk
Closing date for entries	Midnight, Saturday 9 February 2019



Information

Swimmers and coaches

EVENT: This event has been licensed at Level 3 (license number WM190439) by the ASA for Entry into County Competitions.

VENUE: The Queens Diamond Jubilee Centre, Bruce Williams Way, Rugby, Warwickshire, CV22 5LJ. There's a large car park at the Centre and an adjacent recreation park. The Centre is only a short walk from the town centre.

DATE: It'll be a spectacular three day event on Friday 8, Saturday 9 and Sunday 10 March 2019.

TIME: Make sure you check the timings and arrive in plenty of time for warm up;

- Session 1: Friday 8 March, warm up 7:00pm, start 7:30pm
- Session 2: Saturday 9 March, warm up 12:45pm, start 1:45pm
- Session 3: Saturday 9 March, TBC
- Session 4: Sunday 10 March, warm up 8:30am, start 9:30am
- Session 5: Sunday 10 March, TBC

POOL: The length of the pool is 25m (eight lanes) with anti-turbulence lane ropes. We'll be using Swiss Timing Quantum Aquatics electronic timing and OMEGA timing pads. The depth of water at the shallow end is 1 metre and at the deep end is 2.5 metres.

We'll be using the studio pool for warm down, it's 17m x 8m, with a maximum depth of 1.8m.

Warm up will take place one hour before the start of each session, except Session 1 where it will be 30 minutes before the start.

AGE GROUPS: 9/10 years, 11/12 years, 13/14 years, 15 and over. Age is at 10th March 2019.

SEEDING: All events will be seeded in time classification – the slowest competitors will be in the first heats.

AWARDS: Individual awards will be made to the first three swimmers in each age category: 9/10, 11/12, 13/14 and 15/over. Winners will be announced at the event and they'll be able to collect their medals poolside.

POOLSIDE: Only Swimmers, Coaches, Personal Attendants with a pass and Officials will be allowed on poolside during the Meet.

COACH PASS: Pre-booked coach's passes will be available at £5 for Friday (no food), £20 for other days and £30 for the weekend (including food). This includes a programme, club result sheets and pass. These are collected from the Meet Management Desk and pre-ordered on the entry form contained within this information pack.

It is the responsibility of the Club applying for Coach passes to make sure their Coaches and team manager is DBS checked and named on the application form. Passes will only be given to those named by their Club.

Officials

OFFICIALS: Visiting clubs with ten or more swimmers are requested to provide at least one qualified official to each session. Please contact the Officials Coordinator officials@rugbyswimmingclub.co.uk with your volunteers and any questions. Mileage expenses will be paid where claimed and free professional catering and refreshments will be provided.

Organisation: We'll be running the Meet using Sportsystems meet management system.



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Spectators

There's a large balcony at the Centre so you'll be able to watch your swimmer and cheer them on. We'll be charging £4.00 per session or £7.00 all day entry to spectate and a programme will cost £1.00.

Wet swimmers are not allowed in the spectator area.

REFRESHMENTS: There's a café at the Centre which serves hot and cold food and drink. There are also vending machines available in the foyer.

PHOTOGRAPHY: Sorry, you're not allowed to take any photos or videos inside The Queen's Diamond Jubilee Centre. You might be asked to leave if you do. However we have invited a professional photographer along so you could still get that fantastic action shot.

SWIM SHOP: We've arranged for a swim shop to be open in the Centre during the Saturday and Sunday of the meet, with a large range of stock.



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Rules and conditions

1. The Promoter of the Rugby Open Meet 2019 is Rugby Swimming Club.
2. The competition will be held under A.S.A. Law and A.S.A. Technical Rules.
3. There are both minimum and maximum qualifying times for this Meet and they're included in this pack - times are from 01/01/18.
4. All events will be heat declared winners.
5. Swimmers diving into the pool must have reached the standard of the A.S.A. Preliminary Competitive Start Award. Those who have not achieved this standard must start in the water. Coaches are to oversee their own swimmers during the warm up.
6. Age groups will be: Girls and Boys – 9/10 Years, 11/12 years, 13/14 years, 15/over. Age is at 10/03/2019.
7. Awards will be made to the first three swimmers in the 9/10, 11/12, 13/14 and 15/over age groups.
8. Entry fee - £7.00 per event. Total fee must be paid at the time of entry, cash or bank transfer only.
9. We would like as many entries as possible to be by Sportsystems Entry Manager, with one submission only per club, please. Therefore, no more than three paper entries per club will be allowed - please co-ordinate with your club coach / secretary before submitting individual paper entries. The Sportsystems entry file set can be found on the club website www.rugbyswimmingclub.co.uk, which should be returned via email to rugbyopen@rugbyswimmingclub.co.uk. The fee is to accompany the entry form and will be non-returnable if the entry is accepted. Bank transfer account name: Rugby Swimming Club, Sort Code 20-73-48, Account Number 83410730, Reference swimmers name/name of meet). Completed entry forms should be emailed to the Open Meet organisers at rugbyopen@rugbyswimmingclub.co.uk. Entries will not be accepted without the appropriate fee being paid.
10. The closing date for entries is midnight on **Saturday 9 February 2019**. No entries will be accepted after the closing date. The club reserve the right to close entries at an earlier date, should the meet be full. Please check the club website for details.
11. The Promoter reserves the right to restrict the number of entries, based on a 'First Come, First Served' basis.
12. All details of accepted/rejected entries will be posted on the club website, www.rugbyswimmingclub.co.uk, and no details will be sent by post. All details must be checked by swimmers (or their guardians) and any changes notified immediately by email to rugbyopen@rugbyswimmingclub.co.uk. Refunds for any rejected entries will be made by bank transfer.
13. Competitors not reporting in time for an event may be excluded from that event.
14. The start list will be created one hour before each session. If swimmers don't attend their heat then it will be swum with an empty lane. No changes can be made after the start list is created, and no filling of empty lanes will be allowed. Please make every effort to withdraw from events that you are not swimming in.
15. Over the top and side by side (for backstroke) starts may be used.
16. Start times are as stated in this information pack. If they need to change you'll find details on the club website.
17. Sportsystems meet management system will be used to run the event.
18. Please email withdrawals to rugbyopen@rugbyswimmingclub.co.uk. Alternatively, complete a withdrawal slip on the day, at least one hour before the start of the session, and post it at the meet management desk on poolside. On Friday 8th March, there will not be time for withdrawals on poolside. Please email withdrawals by midday.
19. Any item not covered within these conditions will be at the sole discretion of the Promoter.
20. All details of accepted / rejected entries will be posted on the club website, Results will be posted on the club website www.rugbyswimmingclub.co.uk and results files will be provided to ASA Rankings.
21. Visiting clubs with ten or more swimmers are requested to provide at least one qualified official to each session. Please contact the Officials Coordinator officials@rugbyswimmingclub.co.uk with your volunteers and any questions. Mileage expenses will be paid where claimed and free professional catering and refreshments will be provided.

You can find a copy of this information pack at www.rugbyswimmingclub.co.uk



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Programme of Events

Session 1: Friday 8 March			
Warm up: 7.00pm, start 7.30pm			
Event no.	Event		
1	B	400m	Freestyle
2	G	400m	Freestyle
3	B	50m	Backstroke
4	G	50m	Backstroke

Session 2: Saturday 9 March			
Warm up: 12.45pm, start 1.45pm			
Event no.	Event		
5	G	200m	Breaststroke
6	B	200m	Breaststroke
7	G	100m	Freestyle
8	B	100m	Freestyle
9	G	100m	Indiv. Medley
10	B	100m	Indiv. Medley

Session 3: Saturday 9 March			
Warm up: TBC			
Event no.	Event		
11	G	200m	Backstroke
12	B	200m	Backstroke
13	G	50m	Butterfly
14	B	50m	Butterfly
15	G	200m	Indiv. Medley
16	B	200m	Indiv. Medley

Session 4: Sunday 10 March			
Warm up: 8.30am, start 9.30am			
Event no.	Event		
17	G	200m	Butterfly
18	B	200m	Butterfly
19	G	100m	Backstroke
20	B	100m	Backstroke
21	G	50m	Freestyle
22	B	50m	Freestyle
23	G	100m	Breaststroke
24	B	100m	Breaststroke

Session 5: Sunday 10 March			
Warm up: TBC			
Event no.	Event		
25	B	200m	Freestyle
26	G	200m	Freestyle
27	B	50m	Breaststroke
28	G	50m	Breaststroke
29	B	100m	Butterfly
30	G	100m	Butterfly
31	B	400m	Indiv. Medley
32	G	400m	Indiv. Medley

Start times for sessions 3 & 5 to be confirmed after entries have been received



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Upper and lower time limits (Short Course 25m)

Upper Times (you must be slower than this to enter)

BOYS							EVENT	GIRLS						
9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
0:32.9	31.1	29.6	27.9	26.6	25.6	24.8	50m Free	0:32.9	31.4	30	28.6	27.9	27.5	27.1
1:12.8	1:07.8	1:03.9	59.8	56.8	54.8	53.6	100m Free	1:11.9	1:09.0	1:04.3	1:01.0	59.6	58.6	58
2:35.9	2:26.1	2:18.0	2:09.8	2:03.4	1:59.0	1:56.4	200m Free	2:35.2	2:26.5	2:18.4	2:11.0	2:07.6	2:05.9	2:04.4
5:33.1	5:07.2	4:47.7	4:31.7	4:19.5	4:11.6	4:05.8	400m Free	5:26.1	5:11.3	4:47.2	4:32.4	4:26.0	4:22.7	4:19.4
0:42.9	41	38.5	36.1	33.8	32.5	31.4	50m Breast	0:42.5	41	38.5	36.4	35.2	34.5	34
1:35.1	1:29.3	1:22.7	1:17.2	1:12.3	1:09.5	1:07.3	100m Breast	1:34.0	1:29.6	1:22.5	1:18.0	1:15.1	1:13.0	1:12.4
3:22.1	3:10.6	2:57.4	2:46.6	2:36.7	2:30.2	2:26.1	200m Breast	3:22.1	3:10.2	2:56.9	2:47.2	2:41.1	2:37.7	2:36.3
0:35.6	34.9	32.8	31.1	29.3	28.1	27.1	50m Fly	0:35.7	34.8	33.1	31.4	30.5	29.9	29.4
1:24.7	1:19.6	1:12.5	1:07.6	1:03.6	1:00.8	58.8	100m Fly	1:23.4	1:19.3	1:12.6	1:08.2	1:06.2	1:04.6	1:04.1
3:15.4	2:54.0	2:38.3	2:28.8	2:20.5	2:14.6	2:09.1	200m Fly	3:08.4	2:56.0	2:39.8	2:29.4	2:24.4	2:20.9	2:18.8
0:37.9	36	34.1	32.3	30.4	29.4	28.4	50m Back	0:36.6	35.9	34	32.5	31.6	31	30.7
1:22.0	1:18.3	1:12.3	1:08.0	1:04.1	1:01.4	59.5	100m Back	1:21.9	1:18.1	1:12.3	1:08.2	1:06.2	1:05.1	1:04.1
2:53.3	2:44.0	2:33.8	2:25.0	2:17.2	2:11.7	2:08.1	200m Back	2:53.9	2:45.1	2:32.5	2:25.0	2:21.5	2:19.2	2:16.9
1:23.2	1:22.7	1:18.3	1:12.9	1:08.1	1:05.5	1:02.9	100m IM	1:23.7	1:23.2	1:18.3	1:13.0	1:10.7	1:09.2	1:08.1
2:58.1	2:48.10	2:36.8	2:27.9	2:20.7	2:14.6	2:11.2	200m IM	2:57.4	2:47.4	2:36.3	2:28.2	2:24.7	2:22.1	2:20.5
6:36.6	6:36.6	5:32.4	5:11.6	4:56.9	4:44.8	4:37.1	400m IM	6:32.3	6:32.3	5:29.9	5:11.9	5:02.8	4:58.1	4:54.8

Lower Times (you must be faster than this to enter)

BOYS							EVENT	GIRLS						
9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
0:51.1	0:48.7	0:46.2	0:43.7	0:41.4	0:39.8	0:37.6	50m Free	0:52.1	0:49.6	0:46.6	0:44.7	0:43.5	0:42.8	0:41.7
1:52.3	1:46.9	1:39.5	1:34.0	1:28.8	1:25.2	1:20.6	100m Free	1:54.4	1:49.0	1:40.2	1:35.5	1:32.8	1:31.6	1:29.2
3:51.2	3:51.2	3:36.7	3:23.7	3:13.3	3:05.9	2:56.0	200m Free	3:53.0	3:53.0	3:37.3	3:26.9	3:18.8	3:16.8	3:10.7
7:15.8	7:15.8	6:45.6	6:24.6	6:05.9	5:53.4	5:33.9	400m Free	7:22.6	7:22.6	6:48.0	6:27.7	6:14.4	6:08.3	5:59.9
1:07.0	1:03.9	1:00.0	0:56.0	0:52.4	0:50.3	0:46.9	50m Breast	1:07.5	1:04.3	1:00.1	0:56.9	0:54.8	0:53.5	0:52.4
2:25.5	2:18.6	2:08.2	1:59.8	1:52.6	1:47.8	1:41.1	100m Breast	2:26.3	2:19.3	2:08.3	2:01.5	1:56.9	1:53.8	1:51.8
4:38.6	4:38.6	4:38.6	4:20.2	4:04.3	3:52.6	3:39.2	200m Breast	4:36.8	4:36.8	4:36.8	4:21.7	4:11.1	4:05.2	4:00.9
0:57.0	0:54.2	0:51.3	0:48.4	0:45.4	0:43.4	0:40.1	50m Fly	0:57.0	0:54.2	0:51.2	0:48.8	0:47.2	0:46.0	0:44.7
2:08.4	2:02.3	1:52.2	1:45.4	1:38.5	1:33.9	1:27.3	100m Fly	2:08.6	2:02.5	1:52.2	1:46.1	1:42.0	1:40.0	1:37.3
4:10.2	4:10.2	4:10.2	3:52.7	3:39.2	3:27.6	3:12.6	200m Fly	4:10.3	4:10.3	4:10.3	3:54.3	3:43.9	3:37.9	3:31.5
0:58.7	0:55.9	0:52.8	0:49.8	0:47.2	0:45.3	0:42.0	50m Back	0:58.8	0:56.0	0:52.6	0:50.4	0:49.0	0:47.9	0:46.3
2:06.7	2:00.7	1:51.6	1:45.0	1:39.4	1:34.7	1:28.8	100m Back	2:07.8	2:01.7	1:52.0	1:45.8	1:42.6	1:40.7	1:37.5
3:59.0	3:59.0	3:59.0	3:44.2	3:33.0	3:24.0	3:11.5	200m Back	3:59.3	3:59.3	3:59.3	3:47.4	3:39.6	3:34.6	3:28.4
2:06.3	2:00.3	1:54.1	1:47.9	1:41.5	1:36.0	1:30.1	100m IM	2:07.7	2:01.6	1:53.8	1:48.4	1:44.6	1:42.6	1:39.6
4:15.1	4:15.1	3:58.1	3:44.2	3:32.5	3:23.7	3:11.5	200m IM	4:15.2	4:15.2	3:57.3	3:46.8	3:38.8	3:34.8	3:29.7
7:55.1	7:55.1	7:55.1	7:22.4	6:59.5	6:42.0	6:18.2	400m IM	7:53.4	7:53.4	7:53.4	7:25.3	7:09.6	6:59.7	6:48.2



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INDIVIDUAL ENTRY FORM

FORENAME(S): SURNAME:

ADDRESS:

DATE OF BIRTH: AGE AS AT 10/03/2019:

EMAIL ADDRESS: SEX: Male / Female

TEL. No: CLUB:

A.S.A REGISTRATION No:

<i>EVENT</i>	<i>Male Event No</i>	<i>Female Event No</i>	<i>Entry time (Enter time for selected event)</i>
50m FREESTYLE	22	21	
100m FREESTYLE	8	7	
200m FREESTYLE	25	26	
400m FREESTYLE	1	2	
50m BACKSTROKE	3	4	
100m BACKSTROKE	20	19	
200m BACKSTROKE	12	11	
50m BREASTSTROKE	27	28	
100m BREASTSTROKE	24	23	
200m BREASTSTROKE	6	5	
50m BUTTERFLY	14	13	
100m BUTTERFLY	29	30	
200m BUTTERFLY	18	17	
100m INDIVIDUAL MEDLEY	10	9	
200m INDIVIDUAL MEDLEY	16	15	
400m INDIVIDUAL MEDLEY	31	32	

No. of events entered @ £7.00 each: Total Cost:

Payment by bank transfer to Rugby Swimming Club, Sort Code: 20-73-48, account Number 83410730, Ref: [swimmer's name]. This is to be made at the same time as submitting this form.

I declare that I am eligible to compete in the Rugby Open Meet 2019 accepting the Promoter's conditions of entry.

Signed

Signature of Club Official / Coach

This form to be returned to the Meet Secretary at rugbyopen@rugbyswimmingclub.co.uk

IMPORTANT

Please check on the club website (www.rugbyswimmingclub.co.uk) that the meet is not full before submitting entry.

Accepted entries will be posted on the club website after the closing date – it is the club's / swimmer's responsibility to check that these details are correct.



Rugby Open Meet 2019
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Officials Coordinator
 Email: officials@rugbyswimmingclub.co.uk

Dear Official,

It is with great pleasure that I invite you to officiate at our Rugby Open Meet 2019. This meet takes place at the Queens Diamond Jubilee Centre, Rugby on 8 - 10 March 2019.

- Session 1: Friday 8 March, warm up 7:00pm, start 7:30pm**
- Session 2: Saturday 9 March, warm up 12:45pm, start 1:45pm**
- Session 3: Saturday 9 March, TBC**
- Session 4: Sunday 10 March, warm up 8:30am, start 9:30am**
- Session 5: Sunday 10 March, TBC** *Sessions 3 & 5 timing to be confirmed closer to the date.*

Visiting clubs with ten or more swimmers are requested to provide at least one qualified official to each session. Please contact me on officials@rugbyswimmingclub.co.uk with your volunteers and any questions. Mileage expenses will be paid where claimed and free professional catering and refreshments will be provided.. Please use the form below to let me know the details of your Officials by 9 Feb 2019.

I'll brief all Officials at 7:00pm on Friday, 1:15pm on Saturday and 9am on Sunday. Food is provided between sessions 2 and 3, and between sessions 4 and 5. Travel expenses are available on request.

If you require any further information, please email me at the address above.

Yours faithfully,

Jo Marlow

Club	Club name												
Name	ASA No.	DBS No.	Email address	Sessions					Current level				
				1	2	3	4	5	TK	J1	J2	J2s	R e f r e s h i n g



Summary of Entries and Coaches Passes

Total No of Entries: _____ @ £7.00 per entry Total £ _____

No of 1- Day Coaches Pass Fri: _____ @ £5.00 Total £ _____

No of 1- Day Coaches Pass Sat: _____ @ £20.00 Total £ _____

No of 1- Day Coaches Pass Sun: _____ @ £20.00 Total £ _____

No of 3- Day Coaches Pass _____ @ £30.00 Total £ _____

Total Cost _____

Please provide the names and DBS of all coaches using passes:

Name of Coach	DBS Number

Coach Passes can only be purchased in advance of the Meet.

For administration purposes, please fill in contact details below:

Contact Name: _____ Club: _____

Tel No: _____ Email address: _____

I certify that all the above details are correct and that I will abide by the Promoter's conditions

Signed on behalf of all swimmers entered _____
Club official

Return to:
Meet Secretary, rugbyopen@rugbyswimmingclub.co.uk