



**BRISTOL HENLEAZE  
SWIMMING CLUB**

**University of Bristol Performance & Bristol Henleaze National Qualifier Level 1  
Open Meet  
23<sup>rd</sup> & 24<sup>th</sup> March 2019 @ Hengrove Park Leisure Centre  
Licence Number: 1SW190355**

**PROGRAMME OF EVENTS**

**SATURDAY 23<sup>rd</sup> March 2019**

**Session 1      Warm up 8.30                      Start 9.00                      Finish 10.00 (all timings are approx.)**

- |    |                |                |     |
|----|----------------|----------------|-----|
| 1) | Female 12/over | 400m I.M.      | HDW |
| 2) | Male 12/over   | 400m Freestyle | HDW |

**Session 2      Warm up 10.15                      Start 11.00                      Finish 14.00 (all timings are approx.)**

- |    |                |                   |     |
|----|----------------|-------------------|-----|
| 3) | Female 12/over | 200m Backstroke   | HDW |
| 4) | Male 12/over   | 200m Breaststroke | HDW |
| 5) | Female 12/over | 100m Butterfly    | HDW |
| 6) | Male 12/over   | 100m Backstroke   | HDW |
| 7) | Female 12/over | 50m Freestyle     | HDW |
| 8) | Male 12/over   | 50m Breaststroke  | HDW |
| 9) | Mixed 12/over  | 1500m Freestyle   | HDW |

**Session 3      Warm up 14.15                      Start 15.00                      Finish 18.00 (all timings are approx.)**

- |     |                |                   |     |
|-----|----------------|-------------------|-----|
| 10) | Female 12/over | 200m Freestyle    | HDW |
| 11) | Male 12/over   | 200m I.M.         | HDW |
| 12) | Female 12/over | 200m Butterfly    | HDW |
| 13) | Male 12/over   | 100m Breaststroke | HDW |
| 14) | Female 12/over | 100m Freestyle    | HDW |
| 15) | Male 12/over   | 50m Butterfly     | HDW |
| 16) | Female 12/over | 50m Backstroke    | HDW |



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**PROGRAMME OF EVENTS**

**SUNDAY 24<sup>th</sup> March 2019**

**Session 4      Warm up 8.30      Start 9.00      Finish 10.00 (all timings are approx.)**

- |     |        |         |                |     |
|-----|--------|---------|----------------|-----|
| 17) | Male   | 12/over | 400m I.M.      | HDW |
| 18) | Female | 12/over | 400m Freestyle | HDW |

**Session 5      Warm up 10.15      Start 11.00      Finish 14.00 (all timings are approx.)**

- |     |        |         |                   |     |
|-----|--------|---------|-------------------|-----|
| 19) | Male   | 12/over | 200m Backstroke   | HDW |
| 20) | Female | 12/over | 200m Breaststroke | HDW |
| 21) | Male   | 12/over | 100m Butterfly    | HDW |
| 22) | Female | 12/over | 100m Backstroke   | HDW |
| 23) | Male   | 12/over | 50m Freestyle     | HDW |
| 24) | Female | 12/over | 50m Breaststroke  | HDW |
| 25) | Mixed  | 12/over | 800m Freestyle    | HDW |

**Session 6      Warm up 14.15      Start 15.00      Finish 18.00 (all timings are approx.)**

- |     |        |         |                   |     |
|-----|--------|---------|-------------------|-----|
| 26) | Male   | 12/over | 200m Freestyle    | HDW |
| 27) | Female | 12/over | 200m I.M.         | HDW |
| 28) | Male   | 12/over | 200m Butterfly    | HDW |
| 29) | Female | 12/over | 100m Breaststroke | HDW |
| 30) | Male   | 12/over | 100m Freestyle    | HDW |
| 31) | Female | 12/over | 50m Butterfly     | HDW |
| 32) | Male   | 12/over | 50m Backstroke    | HDW |



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LEVEL 1 QUALIFYING TIMES – EQUAL TO OR FASTER THAN (LONG COURSE ONLY)

Female				Events	Male			
12/13	14	15	16/Ov		12/13	14	15	16/Ov
34.00	32.90	32.20	31.90	50m Freestyle	33.00	31.30	29.70	28.40
1.12.70	1.10.70	1.09.60	1.08.10	100m Freestyle	1.09.80	1.06.90	1.04.40	1.01.50
2.36.20	2.32.10	2.29.10	2.25.80	200m Freestyle	2.32.60	2.25.60	2.20.70	2.13.70
5.26.30	5.18.00	5.12.80	5.06.30	400m Freestyle	5.21.80	5.07.00	4.57.60	4.44.60
11.10.80	10.56.00	10.45.50	10.35.10	800m Freestyle	12.40.00	11.35.00	11.15.00	10.52.00
21.54.00	20.30.00	19.50.00	19.30.00	1500m Freestyle	21.16.60	20.19.00	19.37.10	18.49.00
39.40	38.00	37.00	36.60	50m Backstroke	38.20	36.10	34.50	32.70
1.21.70	1.19.60	1.17.90	1.16.30	100m Backstroke	1.19.20	1.15.00	1.12.20	1.09.30
2.54.30	2.49.80	2.45.80	2.42.80	200m Backstroke	2.50.30	2.42.30	2.36.00	2.28.60
43.10	41.50	40.60	40.10	50m Breaststroke	41.80	39.70	37.80	35.80
1.30.80	1.28.50	1.27.50	1.25.20	100m Breaststroke	1.28.80	1.24.60	1.21.40	1.17.00
3.15.50	3.09.50	3.06.70	3.04.00	200m Breaststroke	3.12.50	3.02.50	2.55.40	2.47.00
36.70	35.70	34.80	34.20	50m Butterfly	35.90	34.00	32.20	30.60
1.19.10	1.17.20	1.15.50	1.14.00	100m Butterfly	1.16.80	1.12.80	1.09.80	1.06.50
2.53.50	2.48.00	2.44.70	2.41.30	200m Butterfly	2.49.90	2.40.90	2.34.40	2.27.60
2.56.80	2.52.30	2.48.90	2.45.50	200m Ind. Med.	2.52.70	2.44.80	2.38.40	2.31.00
6.10.60	6.02.00	5.55.20	5.48.70	400m Ind. Med.	6.06.40	5.49.30	5.36.20	5.22.60



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## **University of Bristol Performance & Bristol Henleaze National Qualifier Level 1 Open Meet**

**23<sup>rd</sup> & 24<sup>th</sup> March 2019 @ Hengrove Park Leisure Centre**

**Licence Number: 1SW190355**

### **PROMOTERS' CONDITIONS**

1. The Meet will be held under ASA Laws and Regulations and Technical Rules of Racing, and has been licensed Level 1 (Licence No **1SW190355**) by the ASA for entry into National Competitions and Championships.
2. All entries must be made on the understanding that the promoters' conditions are accepted.
3. Qualifying times will be applied to all events. Entries should be made by Hy-Tek file and reach the Meet Secretary on or before midnight on **Friday 15<sup>th</sup> February 2019** – no late entries will be accepted. For entries, times must show on current LC or SC rankings with SC times converted to LC.
4. All competitors must be members of an affiliated club, registered with the ASA at Category 2, and may compete in the name of one club only. It is important that swimmers enter under the exact name by which they are known to by the ASA, so that our computer software identifies the correct swimmers.
5. Teams are asked to **provide one licensed official for every 10 swimmers entered**. No club will be penalised or have entries rejected if they cannot meet this requirement.
6. In the case of oversubscription, the promoters reserve the right to limit entries in order that the meet can be run within the allotted time frame and that all licensing requirements are met. The Level 1 and Level 3 meets will be treated equally, therefore in the case of oversubscription we will reject entries evenly across both meets. A list of rejected swimmers and refund cheque will be sent.
7. Incorrect or incomplete entries will be rejected and entry fees will not be refunded. There will be no refunds for withdrawals after the closing date, except in the case of:
  - A swimmer being selected to represent their country on that day
  - The production of a doctor's note confirming the athlete is unfit to compete.
8. The meet is designated as 12 years and over and will be age as at **31<sup>st</sup> December 2019**. There are separate qualifying times for age groups for as follows: **12/13, 14, 15, 16 years and over**. Medals will be given to the top 3 in the following age groups: **12/13, 14, 15, 16, 17, 18 years and over** on a heat declared winner basis.
9. Entry times shall be those for 50m pool times, converted if necessary. All times submitted for the Level 1 meet must be from the ASA rankings database.

10. Scratches will be made on a fastest first basis, evenly split across age groups (and genders for mixed distance events) for each event. This process is necessary in order to keep the sessions within licensing guidelines.
11. Over the top starts may be used at the promoter's discretion.
12. Entry fees are £7.00 per event (50m-400m events), £10.00 for 800m and 1500m events and include the levy per accepted entry made by the ASA for licensed events. Coach passes are £15.00 each and include programme. Coach accreditation will not be available on the day and entry to poolside will not be allowed without a valid pass. Entry fees should be paid on ***one*** consolidated cheque, made payable to **Bristol Henleaze Swimming Club**, or via bank transfer to: **Account – 02134619, Sort Code – 30-94-80**
13. Entries and results for this Meet will be held on computer. As required by the Data Protection Act 2018 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.
14. There will be no entry cards or sign in for this Meet. Entries will be seeded into heats based on entry times, the slowest heats will be swum first. For the mixed long distance events swimmers will be seeded based on entry times. Both genders will swim together. Swimmers must report to the competitor stewards' eight heats prior to their own.
15. Only coaches' in possession of a coaches' pass are allowed on poolside. Wet swimmers are not allowed in the spectator areas. There will be a swim down pool available throughout the meet.
16. The promoters do not accept any liability for any loss or damage to personal belongings.
17. Following updated guidance the use of photographic equipment is no longer controlled. Spectators, coaches, and swimmers are reminded to stop and think about the guidelines on consent and decency must always apply. Photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording device. Social media guidance will apply if those images or recordings are being shared on social media platforms – a copy of this guidance can be found in the Wavepower document that all club welfare officers will have.
18. The promoters in consultation with the referee reserves the right to alter these conditions if necessary, any alterations being announced during the Meet. Any matter not covered by these conditions shall be at the referee's discretion if not covered by ASA Laws or Technical Rules.

A copy of the Hy-Tek entry file can be obtained by emailing [jonfalco@hotmail.com](mailto:jonfalco@hotmail.com) or from [bristolhenleazesc.net](http://bristolhenleazesc.net)  
Completed entry files should also be sent to this email address. Cheques should be sent along with entry summary sheet to:

*Jon Falco  
34 Buckingham Gardens  
Downend  
Bristol  
BS16 5TW*



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**Individual Entry Form**

**Name:**  
**ASA Number:**

**Club:**  
**Male/Female:**

**DoB:**

Event	Entry Time	Cost per Event	Cost
50m Freestyle		£7.00	
100m Freestyle		£7.00	
200m Freestyle		£7.00	
400m Freestyle		£7.00	
800m Freestyle		£10.00	
1500m Freestyle		£10.00	
50m Backstroke		£7.00	
100m Backstroke		£7.00	
200m Backstroke		£7.00	
50m Breaststroke		£7.00	
100m Breaststroke		£7.00	
200m Breaststroke		£7.00	
50m Butterfly		£7.00	
100m Butterfly		£7.00	
200m Butterfly		£7.00	
200m I.M.		£7.00	
400m I.M.		£7.00	
<b>Total Cost</b>			£

**Signed:**

**Club Official:**

**Note: Please send all entries via the Hy Tek software – paper entries should be for club use only**



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**Summary Sheet**

**Number of Boys Entries.....@ £7.00 per entry = £.....**

**Number of Boys Entries.....@ £10.00 per entry = £.....**

**Number of Girls Entries.....@ £7.00 per entry = £.....**

**Number of Girls Entries.....@ £10.00 per entry = £.....**

**Number of Coach Passes.....@ £15.00 per pass = £.....**

**Total Amount Payable = £.....**

*Cheques payable to "Bristol Henleaze Swimming Club"*

*Or Bank Transfer    Account: 02134619  
Sort Code: 30-94-80*

**Officials provided per club**

<b>Name of Official</b>	<b>Qualification</b>	<b>ASA Number</b>	<b>Sessions Available</b>

