



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

JANUARY LAST CHANCE TIME TRIAL

(Held Under ASA Law and Technical Rules)

Saturday 11th & Sunday 12th January 2014

Kingfisher Leisure Centre, Sudbury

Level 3 Licence – 3ER4127



January Last Chance Time Trial

(Aimed at Swimmers looking for County Championship Qualifying Times)

Saturday 11th & Sunday 12th
January 2014



ENTRY PACK

If you need further help please don't hesitate to call or look us up on the Internet at

www.sudburyswimming.org.uk

Where general information about us and further entry packs can be found.



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

JANUARY LAST CHANCE TIME TRIAL

(Held Under ASA Law and Technical Rules)

Saturday 11th & Sunday 12th January 2014

Kingfisher Leisure Centre, Sudbury

Level 3 Licence – 3ER4127



Rules and Conditions

- 1 All entrants must be members of an ASA affiliated club.
- 2 Age as at date of gala, however, any swimmer aged 8 who will be 9 before 23rd March 2014 will be permitted to enter the competition. **Entries will not be accepted for 9 year old girls and 9 & 10 year old boys in any of the 100m single stroke events.**
- 3 The promoters reserve the right to restrict the number of entries per event. If the event is oversubscribed, priority will be given in the following order: 1. SDSC Swimmers. 2. Swimmers from Other Suffolk Clubs who have not already achieved a Suffolk County ASA Championship qualifying time for the 2014 Championships. 3. Swimmers from any other Clubs attempting to gain a qualifying time for their County ASA Championships.
- 4 The promoters reserve the right that if after applying the priority order above the event is still oversubscribed, to reject the slowest entries across all age groups in order to conform to the licensing criteria of a maximum swim time of 7½ hours a day.
- 5 The competition will be held under the 'One start Rule'. 'Over the top' starts will be used wherever possible.
- 6 The heats for each event will cover all age groups and competitors. Events will be seeded slowest to fastest, based on entry time submitted. Each heat will be spearheaded. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
- 7 Clubs with more than 10 swimmers should provide at least 1 official for each attended session. In the event of the meet being oversubscribed preference will be given to those clubs providing officials.
- 8 Results will be available on the club's website or can issued in electronic format (HTML) please provide a USB Memory stick on the day of the meet, NO CD/DVD's.
- 9 No swimmer may enter the water during warm up unless under the supervision of his or her team coach. There will be no diving during the warm up periods except in designated sprint lanes.
- 10 The pool is a 25m 6 lane pool with anti-turbulence lane ropes and full electronic timing. The depth in lane 6 is 1.00m and in lane 1 is 2.00m. The height of the starting blocks above the surface of the water is 630mm. Only swimmers who have achieved the ASA Competitive Start Award or equivalent are permitted to use the starting blocks. Swimmers who are starting in the water must report to the Referee.
- 11 Electronic entries would be preferred, if you are happy to use this method please email the promoter and they will issue your appointed Club Official with a formatted spreadsheet to complete and email back by the closing date. The completed entry forms to support the spreadsheet must be sent to the promoter by 21st December.
- 12 Entries can also be made on the enclosed form (please feel free to photocopy) and posted to the promoter by the closing date, but only forms with original signatures will be accepted.
- 13 **Clubs with more than 1 swimmer entering should consolidate ALL entries – 1 payment per club.**
- 14 This will be a cardless meet. Prior to the meet accepted entries will be sent to 1 nominated contact only via email for each club. For individual entries, a full list of accepted entries will be available on the club website. **Please check details carefully & report back to the promoter promptly if any errors are found.**
- 15 Withdrawal forms will be included for each session in each clubs' coach pack.
- 16 Entry fees will be **£3.25** per event. Cheques should be made payable to Sudbury & District Swimming Club (S.D.S.C.) Club's wishing to pay by direct bank transfer please contact the promoter for SDSC Bank Account details.
- 17 Coach Passes will cost £5.00 per day excluding food or £15.00 per day including food & drinks in both breaks on Saturday and Sunday.
- 18 **CLOSING DATE FOR ENTRIES IS MONDAY 16th DECEMBER 2013**
- 19 Anything not covered by the above conditions will be at the discretion of the Promoters – Sudbury & District Swimming Club. The promoter's decision is final.
- 20 Contact sdsc.galas@gmail.com if further information is required.



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

JANUARY LAST CHANCE TIME TRIAL

(Held Under ASA Law and Technical Rules)

Saturday 11th & Sunday 12th January 2014

Kingfisher Leisure Centre, Sudbury

Level 3 Licence – 3ER4127



Programme of Events

Session 1 Saturday 11th January WARM UP 12.45pm START 1.30pm

- Event 1 Male 100m Individual Medley
- Event 2 Female 200m Individual Medley
- Event 3 Male 100m Freestyle
- Event 4 Female 50m Breaststroke
- Event 5 Male 200m Butterfly

Session 2 Saturday 11th January WARM UP TBA START TBA

- Event 6 Female 100m Backstroke
- Event 7 Male 50m Butterfly
- Event 8 Female 400m Individual Medley
- Event 9 Male 200m Backstroke
- Event 10 Female 50m Freestyle

Session 3 Saturday 11th January WARM UP TBA START TBA

- Event 11 Male 400m Individual Medley
- Event 12 Female 100m Individual Medley
- Event 13 Male 100m Butterfly
- Event 14 Female 100m Freestyle
- Event 15 Male 50m Freestyle

Session 4 Sunday 12th January WARM UP 9.00am START 9.45am

- Event 16 Female 400m Freestyle
- Event 17 Male 100m Breaststroke
- Event 18 Female 50m Backstroke
- Event 19 Male 200m Freestyle
- Event 20 Female 200m Butterfly
- Event 21 Male 100m Backstroke

Session 5 Sunday 12th January WARM UP TBA START TBA

- Event 22 Female 200m Breaststroke
- Event 23 Male 400m Freestyle
- Event 24 Female 50m Butterfly
- Event 25 Male 50m Breaststroke
- Event 26 Female 200m Backstroke
- Event 27 Male 50m Backstroke

Session 6 Sunday 12th January WARM UP TBA START TBA

- Event 28 Female 200m Freestyle
- Event 29 Male 200m Individual Medley
- Event 30 Female 100m Butterfly
- Event 31 Male 200m Breaststroke
- Event 32 Female 100m Breaststroke



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

JANUARY LAST CHANCE TIME TRIAL

(Held Under ASA Law and Technical Rules)

Saturday 11th & Sunday 12th January 2014

Kingfisher Leisure Centre, Sudbury

Level 3 Licence – 3ER4127



Upper Limit Times = No Faster Than

Age as at 12th January 2014

QT	FEMALE QUALIFYING TIMES								EVENT	MALE QUALIFYING TIMES							
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15/16 yrs	17+ yrs		9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15/16 yrs	17+ yrs
Upper	0.39.2	0.35.7	0.32.8	0.31.5	0.29.9	0.29.2	0.28.5	0.28.4	50m Free	0.39.2	0.35.7	0.31.5	0.29.7	0.27.9	0.27.4	0.25.5	0.25.1
Upper		1.18.4	1.10.4	1.06.6	1.04.2	1.02.6	1.00.9	1.00.6	100m Free			1.07.6	1.04.4	1.01.2	0.58.8	0.55.0	0.54.3
Upper	3.09.0	2.47.4	2.31.5	2.23.2	2.18.1	2.14.5	2.10.9	2.10.5	200m Free	3.03.1	2.46.7	2.33.8	2.20.0	2.13.2	2.07.6	1.59.9	1.58.4
Upper	6.22.0	5.55.5	5.16.4	4.59.9	4.49.7	4.42.1	4.34.6	4.34.0	400m Free	6.02.7	5.50.8	5.22.2	4.54.5	4.40.8	4.29.8	4.13.9	4.11.4
Upper	0.43.6	0.41.1	0.37.5	0.35.5	0.33.3	0.33.2	0.33.0	0.32.4	50m Back	0.43.6	0.41.4	0.36.6	0.33.5	0.31.6	0.31.0	0.30.2	0.29.1
Upper		1.31.0	1.19.1	1.14.5	1.11.7	1.09.8	1.07.8	1.07.5	100m Back			1.17.0	1.13.4	1.09.2	1.06.1	1.01.6	1.01.2
Upper	3.15.3	3.06.7	2.48.4	2.38.9	2.33.4	2.29.2	2.25.1	2.25.1	200m Back	3.18.0	3.06.9	2.52.5	2.36.7	2.28.8	2.22.2	2.13.5	2.12.4
Upper	0.51.3	0.48.6	0.41.6	0.44.3	0.37.9	0.37.4	0.36.8	0.36.0	50m Breast	0.51.3	0.49.9	0.40.8	0.38.8	0.36.0	0.35.1	0.33.5	0.32.4
Upper		1.46.9	1.30.0	1.24.9	1.21.4	1.19.3	1.17.1	1.17.1	100m Breast			1.27.3	1.23.2	1.18.1	1.15.0	1.09.7	1.08.7
Upper	3.48.6	3.37.0	3.12.9	3.01.4	2.54.9	2.50.6	2.46.2	2.46.2	200m Breast	3.45.9	3.37.0	3.19.8	3.00.3	2.50.4	2.42.8	2.31.9	2.30.7
Upper	0.47.7	0.46.3	0.39.9	0.35.1	0.32.9	0.32.4	0.31.9	0.31.1	50m Fly	0.47.7	0.46.3	0.39.4	0.34.0	0.32.2	0.31.3	0.28.8	0.27.9
Upper		1.41.8	1.19.9	1.14.6	1.11.7	1.09.6	1.07.6	1.07.2	100m Fly			1.16.9	1.13.2	1.08.6	1.05.3	1.00.7	0.59.8
Upper	3.34.2	3.19.0	2.56.3	2.44.7	2.36.9	2.32.3	2.27.7	2.27.7	200m Fly	3.36.9	3.18.1	3.00.6	2.42.5	2.32.9	2.24.6	2.14.9	2.13.0
Upper	1.37.6	1.35.8	1.25.5	1.15.6	1.12.9	1.11.5	1.10.2	1.08.4	100m I.M	1.39.0	1.36.3	1.23.7	1.14.7	1.11.1	1.08.4	1.06.6	1.03.0
Upper	3.22.5	3.11.4	2.51.4	2.22.1	2.36.6	2.32.7	2.28.8	2.28.0	200m I.M	3.18.0	3.11.6	2.55.4	2.39.9	2.31.5	2.25.3	2.15.6	2.14.5
Upper	6.58.5	6.51.2	6.04.2	5.42.0	5.29.4	5.21.1	5.12.8	5.12.4	400m I.M	6.58.5	6.52.1	6.15.9	5.38.7	5.21.0	5.08.2	4.48.7	4.48.5



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

JANUARY LAST CHANCE TIME TRIAL

(Held Under ASA Law and Technical Rules)

Saturday 11th & Sunday 12th January 2014

Kingfisher Leisure Centre, Sudbury

Level 3 Licence – 3ER4127



Male Entry Form

Name (As registered with the ASA).....

Address

Town..... County Post Code

Telephone Number..... Date of Birth / /

ASA Reg No.....

CLUB

Event	Distance/Stroke	Time
1	100m I.M.	
3	100m Freestyle	
5	200m Butterfly	
7	50m Butterfly	
9	200m Backstroke	
11	400m I.M.	
13	100m Butterfly	
15	50m Freestyle	

Event	Distance/Stroke	Time
17	100m Breaststroke	
19	200m Freestyle	
21	100m Backstroke	
23	400m Freestyle	
25	50m Breaststroke	
27	50m Backstroke	
29	200m I.M.	
31	200m Breaststroke	

Total No of entries_____ @ £3.25 each	£	:
---------------------------------------	---	---

I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters

(Sudbury & District Swimming Club)

Signature of competitor:

I certify that the above competitor is an ASA registered member of our club and are eligible to compete as defined

by ASA law: **Signature of Club Official:** **Post:**

Please make cheque payable to Sudbury & District Swimming Club (S.D.S.C.) and send to:

Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN

CLOSING DATE Monday 16th December 2013



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

JANUARY LAST CHANCE TIME TRIAL

(Held Under ASA Law and Technical Rules)

Saturday 11th & Sunday 12th January 2014

Kingfisher Leisure Centre, Sudbury

Level 3 Licence – 3ER4127



Female Entry Form

Name (As registered with the ASA).....

Address

Town..... County Post Code

Telephone Number..... Date of Birth / /

ASA Reg No..... CLUB.....

Event	Distance/Stroke	Time
2	200m I.M.	
4	50m Breaststroke	
6	100m Backstroke	
8	400m I.M	
10	50m Freestyle	
12	100m I.M.	
14	100m Freestyle	
16	400m Freestyle	

Event	Distance/Stroke	Time
18	50m Backstroke	
20	200m Butterfly	
22	200m Breaststroke	
24	50m Butterfly	
26	200m Backstroke	
28	200m Freestyle	
30	100m Butterfly	
32	100m Breaststroke	

Total No of entries_____ @ £3.25 each	£	:
---------------------------------------	---	---

I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters

(Sudbury & District Swimming Club)

Signature of competitor:

I certify that the above competitor is an ASA registered member of our club and are eligible to compete as defined

by ASA law: **Signature of Club Official:** **Post:**

Please make cheque payable to Sudbury & District Swimming Club (S.D.S.C.) and send to:

Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN

CLOSING DATE Monday 16th December 2013



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

JANUARY LAST CHANCE TIME TRIAL

(Held Under ASA Law and Technical Rules)

Saturday 11th & Sunday 12th January 2014

Kingfisher Leisure Centre, Sudbury

Level 3 Licence – 3ER4127



Summary Form

CLUB.....

CLUB CONTACT NAME:

Address

Town..... County

Post Code Telephone Number.....

Email Address:

	No		Total
Male Entries		@ £3.25 each	£ :
Female Entries		@ £3.25 each	£ :
Coach Pass for Saturday (exc. food)		@ £5.00 each	£ :
Coach Pass for Saturday (inc. food)		@ £15.00 each	£ :
Coach Pass for Sunday (exc. food)		@ £5.00 each	£ :
Coach Pass for Sunday (inc. food)		@ £15.00 each	£ :
		Total	£ :

We are also able to export the results in electronic format (HTML) to a USB memory stick.

Results will also be published on our website www.sudburyswimming.org.uk

Please make cheque payable to Sudbury & District Swimming Club (S.D.S.C.) **1 PAYMENT PER CLUB**
and send to:

Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN

Please note list of accepted entries will be sent to only 1 named contact at each club

CLOSING DATE for Entries Monday 16th December 2013



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

JANUARY LAST CHANCE TIME TRIAL

(Held Under ASA Law and Technical Rules)

Saturday 11th & Sunday 12th January 2014

Kingfisher Leisure Centre, Sudbury

Level 3 Licence – 3ER4127



Officials Details

CLUB _____

Saturday 11th January 2014

Name of Official (Session 1)	Referee	Starter	Judge L1	Judge L2	T/Keeper

Name of Official (Session 2)	Referee	Starter	Judge L1	Judge L2	T/Keeper

Name of Official (Session 3)	Referee	Starter	Judge L1	Judge L2	T/Keeper

Sunday 12th January 2014

Name of Official (Session 4)	Referee	Starter	Judge L1	Judge L2	T/Keeper

Name of Official (Session 5)	Referee	Starter	Judge L1	Judge L2	T/Keeper

Name of Official (Session 6)	Referee	Starter	Judge L1	Judge L2	T/Keeper

CLUB CONTACT NAME: _____

Telephone Number: _____

Email Address: _____