

**COLCHESTER SWIMMING CLUB –  
2<sup>nd</sup> MIDSUMMER MADNESS OPEN MEET 2015  
License No 3ER150925**

## **Meet Rules**

1. The Competition is a category 3 Licensed Meet (License 3ER150925 and will be held under ASA Laws and ASA Technical Rules.
2. All entrants must be members of an ASA affiliated club and registered with the ASA.
3. All entries from visiting clubs must be submitted electronically by an authorised club official using SPORTSYSTEMS Entry Manager v 2.0 and sent to [open.entries@colchesterswimming.com](mailto:open.entries@colchesterswimming.com). Payment and a print-out of the electronic submission submitted with an Entries Summary Form should be sent to : Mr Jason Cole, 5 The Rayleighs, Drury Road, Colchester CO2 7BE.  
Forms and entry file can be downloaded from the Club web site: [www.colchesterswimming.com](http://www.colchesterswimming.com).
4. The closing date for entries is **midnight on 9<sup>th</sup> May 2015**.
5. Entries may be disqualified at the discretion of the promoter if not complying with any of these rules, if not clear and unambiguous, or if not accompanied by the correct fee.
6. In the event of over-subscription, entries will be restricted as the promoter sees fit to ensure the timely completion of the Meet.
7. All clubs entering **more than 10 swimmers** are requested to provide an official for the open meet
8. Age groups: 9 years, 10 years, 11 years, 12 years, 13 years, 14 years and 15 years & over. **Age as at date of Meet.**
9. Swimmers aged 9 and 10 years may only enter 50m races, 100m & 200m Individual Medley and 200m Freestyle. Swimmers aged 11 years & over may enter any race.
10. Qualifying times: Only swimmers whose times are within the official qualifying times, as notified on [www.colchesterswimming.com](http://www.colchesterswimming.com), may enter. There is the possibility of “Exhibition” swims being allowed for those swimmers who wish to compete **on a ‘Time Only’** basis, please note this on entry.
11. **Entry fee £5.00 per event.**
12. Each event will incorporate all relevant age groups and age group winners will be on a Heat Declared Winner (HDW) basis.
13. All events will be seeded on submitted times with the last three heats being spearheaded.
14. The first six swimmers in age category 9, 10, 11 and 12 will receive an award and the first three swimmers in age groups 13, 14 and 15+ will receive awards.
15. There will be awards for the top visiting club and for the highest scoring boy and girl overall. Points will be calculated as follows: 1st - 6 points; 2nd - 5 points; 3rd - 4 points; 4th - 3 points; 5th - 2 points; 6th - 1 point. In the event of a tie the youngest swimmer will take precedence.
16. **All competitors must register for each event they wish to compete in, on the official signing-in sheets, not less than 45 minutes before the start of the session.**

17. Swimmers will not normally be able to compete unless signed in by the stated deadline. The Chief Recorder may, at his/her discretion, accept late submissions in exceptional circumstances, having regard to whether or not heat processing has taken place. The Chief Recorder's decision will be final and **no** discussion will be entered into.
18. Competitors **not** reporting for their event on time will be excluded.
19. The promoter reserves the right to refuse admission to any person.
20. The accompanying 'Promoter's Meet Notes and Information' shall form part of the Meet Rules.
21. Any situation not covered by the above will be at the discretion of the Promoter.

## Promoter's Meet Notes and Information

### 1. Venue and Host Information

- a) Venue: Colchester Leisure World, Cowdray Avenue, Colchester CO1 1YH (Tel 01206 282000)
- b) The Pool is 25 metres long with 6 lanes.
- c) There are anti-wave ropes and Omega electronic timing will be used for all events where possible.
- d) Colchester Swimming Club is affiliated to the Amateur Swimming Association East Region.
- e) A Press photographer may be present at this event.

### 2. Admission and Facilities

- a) Admission for spectators will be £5.00 all day, £3.00 single session (children and senior citizens half-price).
- b) **Mobile phones must be turned off** or switched to silent in the pool area and spectator's gallery.
- c) Anyone wishing to use any form of video or camera photography (including mobile phones) must register at the entrance desk.
- d) Space is limited and only a small bag will be allowed on poolside. Swimmers are advised to bring a £1 coin (refundable) to use the lockers in the changing rooms. No valuables should be left unattended. The promoter cannot accept liability for any losses or damage that may occur.
- e) Refreshments will be on sale during the Meet.
- f) There will be a swim shop selling costumes, goggles and other accessories.
- g) Spectators will not be able to remain in the pool area or spectators' gallery between the two sessions.

### 3. Team Managers/Coaches

- a) Visiting clubs are responsible for ensuring they have sufficient Team Managers/Coaches to maintain adequate supervision of their swimmers; the required number of passes must be applied for in advance.
- b) Passes can be applied for with Entries Summary Forms at a cost of £15.00 each. The application must include the Club Secretary's confirmation that the Team Managers/Coaches have been CRB checked.
- c) Due to space restrictions, **a maximum of two** Team Managers/Coaches per club will be allowed around the edge of the pool at any one time.
- d) Passes entitle the holder to a programme and poolside drinks and lunch.

### 4. Officials

- a) Visiting clubs entering 10 or more swimmers **must** provide at least one registered, qualified judge.
- b) Qualified officials officiating at the Meet will be provided with poolside drinks and lunch.

### 5. Safety

- a) FIRE EXITS are clearly marked and a diagram is included in the programme. Everyone attending this Meet must ensure that they familiarise themselves with these exits in case of need in any emergency.
- b) The pool is 1.1 metres deep at the shallow end and 3.5 metres deep at the deep end. All starts will

be from the deep end and starting blocks are available which are 0.75 metres above the water level.

c) Team Managers/Coaches shall satisfy themselves that their swimmers are competent to the standard of the ASA Competitive Start Award. Any swimmer not competent must start from the poolside or in the water and shall inform the referee to this effect. In the event of a faulty start swimmers must execute a shallow racing dive. They must not topple in head first as this is dangerous.

## **6. Event Timings**

### **a) Session 1 Start 09:00 with an 08:00 warm-up**

1 Boys 200 IM

2 Girls 200 Freestyle

3/4 Boys/Girls 100m Backstroke

5/6 Boys/Girls 50m Butterfly

7/8 Boys/Girls 100m Freestyle

9/10 Boys/Girls 50m Breaststroke

11 Boys 100 Individual Medley

### **Session 2 Start TBA**

12 Girls 100M Individual Medley

13 Boys 200 Freestyle

14 Girls 200 IM

15/16 Boys/Girls 100m Butterfly

17/18 Boys/Girls 50m Freestyle

19/20 Boys/Girls 100m Breaststroke

21/22 Boys/Girls 50m Backstroke

b) The promoter reserves the right, in the interests of time, to operate 'over-the-top' starts.

c) The promoter reserves the right to delay the start time of session two.

## **7. Warm Up**

a) Swimmers will only be permitted to warm up at their designated time.

Morning session 08.00-09.00 Afternoon TBA

Full warm up details will be advised in due course.

b) Team Managers/Coaches are responsible for swimmers during the warm up period prior to the referee taking control of the Meet and at least one must be in attendance at each end of each lane before warm up will be allowed to commence.

c) No diving will be allowed from either end except when lanes are designated as sprint lanes at which time diving will be allowed in those lanes from the deep end only.

## **8. Race Administration**

a) Swimmers must register in advance of their events strictly in accordance with the rules.

b) Swimmers must report to the Competitors Stewards when instructed to do so by the announcer. Any competitor not reporting in time will be excluded.

c) It is the responsibility of the swimmers to be at their blocks in time for their race. Any swimmer not at his/her block at the start of the heat shall be excluded from the event.

## **9. Results and Awards**

a) Results sheets will be posted, as soon as possible after each event, in a position where spectators and swimmers can see the final positions for each event.

b) The first **six** swimmers in age category 9, 10, 11 and 12 will receive an award and the first **three** swimmers in age groups 13, 14 and 15+ will receive awards.

c) Only awards for the top visiting club, best boy and best girl overall will be formally presented. Other awards may be collected from the Medal table during the Meet.

d) All Competitors' times and disqualifications will be published on our web site:

[www.colchesterswimming.com](http://www.colchesterswimming.com) as soon as possible after the Meet