



Registered to M.A.S.A., K.C.A.S.A., A.S.A.S. & R.L.S.S.



**BLACK LION LEVEL 3**  
Black Lion Swimming Club

# **SPRING OPEN MEET 2017**

License No: 3SE170440

**SATURDAY 29<sup>th</sup> APRIL and  
SUNDAY 30<sup>th</sup> April 2017**

**Medway Park  
Mill Road Gillingham Kent ME7 1HL**

**Entries must be received by midnight on Saturday 18th April 2017**

**For further information visit our website**

[www.blacklionswimming.club](http://www.blacklionswimming.club)

**Under ASA Rules & Technical Rules of  
Swimming & Promoters conditions**

**Email: [blscspringopen@gmail.com](mailto:blscspringopen@gmail.com)**



# Black Lion Swimming Club

Affiliated to M.A.S.A., K.C.A.S.A., A.S.A.S.E.R, R.L.S.S.

Black Lion Level 3 Spring Open Meet 2017

License No: 3SE170440

## PROGRAMME OF EVENTS

### Saturday 29<sup>th</sup> April 2017

#### Session 1

Warm Up: 08:30

Start: 09:30

- |    |                        |       |
|----|------------------------|-------|
| 1. | 100m Individual Medley | Girls |
| 2. | 200m Butterfly         | Boys  |
| 3. | 200m Butterfly         | Girls |
| 4. | 50m Backstroke         | Boys  |
| 5. | 50m Backstroke         | Girls |
| 6. | 100m Breaststroke      | Boys  |
| 7. | 100m Breaststroke      | Girls |

#### Session 2

Warm Up: tbc

Start: tbc

- |     |                        |       |
|-----|------------------------|-------|
| 8.  | 200m Freestyle         | Boys  |
| 9.  | 200m Freestyle         | Girls |
| 10. | 100m Backstroke        | Boys  |
| 11. | 100m Backstroke        | Girls |
| 12. | 50m Breaststroke       | Boys  |
| 13. | 50m Breaststroke       | Girls |
| 14. | 200m Individual Medley | Boys  |

### Sunday 30<sup>th</sup> April 2017

#### Session 3

Warm Up: 08:30

Start: 09:30

- |     |                        |       |
|-----|------------------------|-------|
| 15. | 100m Individual Medley | Boys  |
| 16. | 200m Breaststroke      | Girls |
| 17. | 200m Breaststroke      | Boys  |
| 18. | 100m Freestyle         | Girls |
| 19. | 100m Freestyle         | Boys  |
| 20. | 50m Butterfly          | Girls |
| 21. | 50m Butterfly          | Boys  |

#### Session 4

Warm Up: tbc

Start: tbc

- |     |                        |       |
|-----|------------------------|-------|
| 22. | 200m Backstroke        | Girls |
| 23. | 200m Backstroke        | Boys  |
| 24. | 50m Freestyle          | Girls |
| 25. | 50m Freestyle          | Boys  |
| 26. | 100m Butterfly         | Girls |
| 27. | 100m Butterfly         | Boys  |
| 28. | 200m Individual Medley | Girls |



# Black Lion Swimming Club

Black Lion Level 3 Spring Open Meet 2017

License No: 3SE170440

## Qualifying Times

<b>Girls</b>		9	10	11	12	13	14	15/over
50m Freestyle	Upper	35.7	33.4	31.5	30.3	29.3	28.5	27.8
	Lower	46.8	44.6	42.5	40.5	38.7	37.2	36.2
100m Freestyle	Upper	1:19.0	1:14.5	1:08.2	1:04.0	1:02.0	1:00.4	58.9
	Lower	1:36.0	1:34.1	1:27.2	1:21.5	1:17.5	1:14.5	1:12.4
200m Freestyle	Upper	2:59.2	2:42.5	2:28.1	2:18.0	2:13.4	2:11.2	2:09.2
	Lower	3:30.8	3:13.0	3:02.2	2:54.7	2:49.3	2:45.6	2:42.2
50m Breaststroke	Upper	44.4	42.4	40.4	38.6	37.2	36.3	35.5
	Lower	1:01.8	57.1	53.5	50.5	48.7	47.0	45.7
100m Breaststroke	Upper	1:45.0	1:39.7	1:28.7	1:22.5	1:20.0	1:18.2	1:17.1
	Lower	2:15.0	2:05.0	2:02.4	1:50.5	1:44.8	1:40.7	1:35.9
200m Breaststroke	Upper	3:43.0	3:23.6	3:08.9	2:57.2	2:51.8	2:47.7	2:45.1
	Lower	4:31.9	4:13.7	3:54.8	3:41.9	3:33.2	3:28.8	3:24.7
50m Backstroke	Upper	43.5	39.6	36.6	34.6	33.2	32.4	31.7
	Lower	55.4	52.2	49.2	46.5	44.0	42.2	40.8
100m Backstroke	Upper	1:32.0	1:26.7	1:18.5	1:12.8	1:09.3	1:07.7	1:06.2
	Lower	1:51.0	1:45.0	1:39.2	1:34.3	1:30.4	1:27.3	1:24.6
200m Backstroke	Upper	3:18.8	2:58.6	2:44.6	2:35.4	2:30.0	2:27.2	2:25.1
	Lower	3:52.6	3:37.3	3:26.2	3:17.0	3:10.2	3:05.5	3:02.9
50m Butterfly	Upper	42.5	37.9	34.9	32.7	31.3	30.4	30.1
	Lower	55.4	51.0	47.4	44.2	41.5	39.5	38.1
100m Butterfly	Upper	1:35.0	1:27.1	1:17.6	1:11.8	1:09.0	1:07.4	1:06.1
	Lower	2:05.0	1:57.8	1:47.1	1:38.5	1:33.9	1:30.8	1:28.5
200m Butterfly	Upper	3:42.5	3:12.0	2:52.0	2:39.7	2:32.1	2:28.7	2:26.0
	Lower	4:46.5	4:11.0	3:49.0	3:31.8	3:19.1	3:10.4	3:04.2
100m Individual Medley	Upper	1:38.2	1:28.7	1:19.1	1:13.2	1:10.3	1:08.6	1:07.2
	Lower	2:01.8	1:53.0	1:45.5	1:39.4	1:35.4	1:32.7	1:31.3
200m Individual Medley	Upper	3:23.0	3:01.9	2:46.8	2:36.5	2:31.6	2:29.1	2:26.6
	Lower	4:25.5	3:55.1	3:38.7	3:25.3	3:15.1	3:07.6	3:02.0



# Black Lion Swimming Club

Black Lion Level 3 Spring Open Meet 2017

License No: 3SE170440

## Qualifying Times

<b>Boys</b>		9	10	11	12	13	14	15/over
50m Freestyle	Upper	34.0	31.6	29.8	28.3	27.1	26.1	25.2
	Lower	47.5	44.8	42.3	40.2	38.0	35.9	34.4
100m Freestyle	Upper	1:19.0	1:14.5	1:07.6	1:02.5	59.0	56.6	54.6
	Lower	1:36.0	1:32.0	1:24.3	1:19.3	1:15.4	1:12.9	1:11.0
200m Freestyle	Upper	2:50.9	2:30.7	2:25.0	2:15.5	2:08.5	2:03.1	1:58.7
	Lower	3:32.0	3:17.4	3:04.3	2:54.4	2:49.1	2:43.4	2:38.5
50m Breaststroke	Upper	45.5	42.1	39.4	37.1	35.1	33.4	32.0
	Lower	1:04.1	59.7	55.5	51.5	47.8	44.5	41.9
100m Breaststroke	Upper	1:45.0	1:40.2	1:30.4	1:21.9	1:16.5	1:13.2	1:10.2
	Lower	2:15.0	2:05.5	2:01.5	1:50.0	1:42.3	1:36.6	1:32.0
200m Breaststroke	Upper	3:48.4	3:24.0	3:07.5	2:55.7	2:46.8	2:39.3	2:33.1
	Lower	4:35.1	4:14.4	3:53.1	3:40.8	3:32.3	3:25.2	3:17.7
50m Backstroke	Upper	41.0	38.1	35.7	33.6	31.9	30.5	29.7
	Lower	57.1	52.3	48.2	44.9	42.1	39.7	37.7
100m Backstroke	Upper	1:32.0	1:27.1	1:18.4	1:12.0	1:07.8	1:04.9	1:02.2
	Lower	1:51.0	1:44.5	1:37.2	1:31.2	1:27.4	1:24.5	1:22.1
200m Backstroke	Upper	3:22.7	2:59.3	2:44.9	2:33.9	2:25.4	2:19.4	2:14.5
	Lower	3:56.5	3:39.1	3:25.4	3:16.4	3:09.1	3:03.5	2:59.5
50m Butterfly	Upper	40.6	36.2	33.0	31.0	29.4	28.1	27.1
	Lower	55.9	51.9	48.2	44.8	41.6	38.6	36.2
100m Butterfly	Upper	1:35.0	1:24.9	1:16.8	1:10.8	1:06.0	1:02.8	59.8
	Lower	2:05.0	1:57.3	1:46.5	1:37.6	1:31.5	1:27.5	1:24.2
200m Butterfly	Upper	3:44.2	3:16.1	2:53.2	2:39.1	2:28.0	2:20.1	2:13.8
	Lower	4:48.6	4:11.1	3:47.8	3:30.8	3:18.1	3:07.0	2:57.8
100m Individual Medley	Upper	1:38.2	1:26.5	1:18.3	1:12.2	1:07.3	1:04.0	1:01.9
	Lower	2:06.0	1:56.1	1:46.4	1:37.5	1:33.0	1:28.9	1:25.5
200m Individual Medley	Upper	3:23.9	3:00.5	2:45.5	2:34.4	2:26.3	2:20.3	2:15.0
	Lower	4:26.6	3:53.7	3:34.8	3:19.1	3:10.8	3:03.0	2:59.9

## **Black Lion Level 3 Spring Open Meet 2017**

**Licence No: 3SE170440**

*Run under ASA laws, ASA technical rules of swimming and promoters conditions*

### **MEET RULES AND INFORMATION**

The competition will be held under ASA laws and technical rules of swimming. This event is licensed at Level 3 for entry into Level 1 and 2 meets and Regional Championships. Officials will be obtained from the National & Regional lists of qualified personnel.

#### **FACILITIES**

The meet will take place at the Medway Park (formerly known as the Black Lion Leisure Centre), Mill Road, Gillingham, Kent. The pool is a 6 lane, 25 metre facility fully equipped with electronic timing, display board and anti-wave ropes. Parking is available in the large pay and display car park adjacent to the Leisure Centre. Refunds for up to 4 hours parking are given in the sports centre upon presentation of the parking voucher obtained with the ticket.

#### **ENTRIES**

Swimmers must be, or have applied to be registered with the ASA. Swimmers may only enter events in their own age group. Ages are at midnight on Sunday 30<sup>th</sup> April 2017.

#### **AGE GROUPS**

The age groups are 9 years, 10 years, 11years, 12 years, 13years, 14 years and 15+ years.

#### **EVENTS**

The events are 50m, 100m, 200m of all 4 strokes plus 100m and 200m Individual Medley.

#### **SUBMISSION OF ENTRIES**

The entry fee is £5.50 for all events. The entry fee includes the 20p levy per event, payable to the South East Region. If the event is oversubscribed, the slowest entrants to some events will be rejected to keep the meet within acceptable time limits. Entries must be submitted either electronically using SportsSystems Meet Manager or be on the official entry form (photocopies accepted). Entries must include the entrant's ASA registration number, date of birth, and entry times, together with all entry fees. Entry times submitted should be those achieved in a 25m pool. Only times that fall within the upper and lower qualifying standards will be considered (please see qualifying times). The closing date for entries is midnight on Saturday 18<sup>th</sup> March 2017. No entries will be accepted after the closing date or during the meet, unless due to the promoter's error or omission. Proof of postage may be required. Entries will not be registered unless accompanied by the correct entry fee. Cheques must be made payable to Black Lion Swimming Club. Completed entry forms should ideally be sent in one envelope per club. Details of accepted entries will be emailed to club's representatives. If the meet is oversubscribed, each event will be kept to an acceptable duration by rejecting slower entries; the promoter reserves the right to reject entry without any reason. Refunds will be issued by one cheque or by BACs to each club and sent to the contact named on the entry summary sheet as soon as possible after the closing date.

#### **COACHES PASSES**

Coach's passes are available at a cost of £12.00 per person per day. This fee includes a daily programme, a full set of results sheets and lunch. A maximum of 3 passes may be issued to each club. For child protection reasons, these must all be pre-ordered at the time of submitting entries. Coach's passes will be collected on each day of the gala.

#### **SIGNING IN**

During this meet a 'card-less' entry system will be operating. Upon arrival you will need to sign in at the front desk for every event that you intend to swim. Signing in sheets will be removed 45 minutes prior to the start of each session. Failure to sign in may result in exclusion of the competitor.

#### **WARM UP**

Coaches must supervise their swimmers at all times during the warm up. A warm up schedule will be available 15 minutes before the start of each warm up session at the starting end of the pool.

#### **RACE PROCEDURES**

It is the responsibility of the competitors and coaches from participating clubs to ensure that all swimmers are competent to the standard of the ASA Competitive Start Award. All events are heat declared winners. Heats will be swum with all age groups combined and swimmers seeded by entry times. The fastest heat in each event will be spear-headed. Starts will be at the deep end of the pool and over the top starts will be used for all events except backstroke. Swimmers must leave the pool using the steps at the side of the pool and must not climb over the electronic timing pads at the end of each lane.

## **Black Lion Level 3 Spring Open Meet 2017**

**Licence No: 3SE170440**

*Run under ASA laws, ASA technical rules of swimming and promoters conditions*

### **SWIM DOWN**

A continuous swim down facility will be available in the diving pit, adjacent to the main competition pool. Coaches are responsible for supervising their swimmers when using this facility. If swimmers are not supervised then the permission to use the facility may be withdrawn by the sports centre.

### **RESULTS**

Competitor's times will be computer processed using the Sportsystems operating system. These results will then be displayed both on poolside and upstairs in the balcony area, we are also planning to use a live results service which will be available via the internet - <http://results.swimapp.net/>. Following the meet, all results will be published on our website <http://www.blacklionswimming.club> by Wednesday 3<sup>rd</sup> May 2017. Anyone wishing to have these emailed directly must leave their details at the information desk. Meet results will also be sent to the ASA to be included on their official rankings list.

### **AWARDS**

Awards will be given to the top six placed swimmers in 9, 10, and 11 years age group in each individual event and for the top three placed swimmers in 12, 13, 14 and 15+ years age groups in each individual event. There will be no official presentations so all swimmers must collect their medals from the awards desk..

### **OFFICIALS**

It is appreciated if attending clubs could provide a licensed official to assist with the running of the event. Each club entering six or more swimmers are requested to supply at least two officials who can act as Time Keeper and/or Judge. The contact details of such persons should be supplied with their qualification at the time of entry. An official organiser will then contact them.

### **SPECTATOR ADMISSIONS**

Admission prices are as follows: Adults, one session either day £3.00, all day £5.00. Concessions, one session either day £2.00, all day £3.00. Children are free. Programmes are £1.

### **RAFFLE**

Raffle tickets will be available to purchase at £1.00 per strip.

### **PHOTOGRAPHY**

Photos will also be available for purchase on the day through our official photographer.

### **SAFETY**

For the purposes of child protection, no persons, unless officials, staff, coaches or team managers displaying a valid pass, shall be allowed on poolside. Competitors are advised not to leave their belongings unattended and to ensure that valuables are placed in a secure locker or deposited with someone for safe keeping. Neither Black Lion Swimming Club nor the pool management will be held responsible for property that is damaged, lost or stolen. Swimmers must not leave the poolside without wearing a top, shoes, and having dried themselves off. Swimmers are advised to remove all jewellery to prevent accidental injury to themselves.

### **DATA PROTECTION**

All entry information and results will be managed on a computer system. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer.

### **BEHAVIOUR**

Coaches and team managers are at all times responsible for the conduct of the swimmers in their care. The promoter reserves the right to refuse admission or to ask any persons to leave during the event.

*Any conditions not covered in the above information will be at the discretion of the promoter of Black Lion Swimming Club. By entering this event, competitors and coaches agree to abide by these conditions.*



# Black Lion Swimming Club

**Black Lion Level 3 Spring Open Meet 2017**

**License No: 3SE170440**

## **OFFICIALS' FORM**

I am a Registered Qualified Licensed Official (please state capacity):

.....

I am willing to officiate/\* if my child's entry is accepted

NAME: .....

CLUB: .....

TEL No: .....

CHILD'S NAME: .....

SESSIONS I CAN DO: .....

THANK YOU

**Please return this form with completed entry form to:**

**ALAN ELVY**

Email: [blscspringopen@gmail.com](mailto:blscspringopen@gmail.com)

**Or by post to:**

Black Lion Swimming Club, 16 Lineacre Close, Gillingham, Kent ME8 9NW

**Or simply phone:**

Paul Caller on: 07771 644 537

*Note:*

*Each club entering six or more swimmers are requested to supply at least two officials who can act as Time Keeper and/or Judge.*