



# **STOCKPORT METRO LONG COURSE MEET** **ASA LICENSED LEVEL 1, LONG COURSE**

**to be held at Grand Central Pools, Stockport**  
**Friday-Saturday-Sunday 16<sup>th</sup>-17<sup>th</sup>-18<sup>th</sup> April 2010**  
**Licence Number 1NW9217**

Under ASA Laws and ASA Technical Rules  
(SM affiliated to North West ASA & Cheshire County ASA)



Welcome

We are pleased to present to you our April Meet details. Now in its 4<sup>th</sup> year the Long Course Meet is going from strength to strength, and we hope to make this year's event the most successful ever, with great swimming and a superb atmosphere. Our programme of events has been amended to improve fluency and to help the swimmers produce high level swims. Both the 1500m and 800m races are now mixed, in line with the National Age Groups and Senior Nationals. We will also have a 10 minute break in each session for swimmers to swim down.

The main features of the event are:

- Qualifying entry times are based on the current ASA NQTs for National Age Group and Youth Championships
- Swimmers will swim Age on the Day (18.4.10)
- There will be an award for top visiting club
- Stronger 10 yr old swimmers can join the 11 yrs age group providing they will be 11 yrs by Nationals 2009.
- The 800m/1500m freestyle will be swum on Friday evening as a mixed event, each with a minimum of 3 heats and a significant number from each age group

Included in this pack:

- Programme of Events
- Minimum Qualifying Standards for a Level 1 Meet (as per ASA Licensing Guidelines)
- Competition Rules and Meet Information
- Individual Entry Form
- Club Entry Details

Our website, [www.stockport-metro.co.uk](http://www.stockport-metro.co.uk) will include all information and regular updates. A map of the area and directions to Grand Central Pools is also available on the website.

These events continue to be successful thanks to the support and hard work of the officials and volunteer helpers. If you have any comments or suggestions to help us improve the way we do things, please do not hesitate to tell us, either during the course of the event, or via the website, where a results service will also be available. Alternatively if you need any more information please contact me by phone or email.

I look forward to receiving your entries!

Richard Blackshaw  
Event Organiser  
email: [richard.blackshaw@stockportsportstrust.org.uk](mailto:richard.blackshaw@stockportsportstrust.org.uk)



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1. The meet will be held under ASA Laws and Technical Rules and is licensed by the ASA for entry into national competitions and championships. Ages are as on the final day of the competition.
2. The pool is 50 metres long with 8 lanes, jumbo anti-wave lane ropes and electronic Omega timing in operation, with continuous scoreboard display. Results service will operate on-line using Sportsystems. Live results will be posted onto the website immediately after each event. Results will also be published on [www.stockport-metro.co.uk](http://www.stockport-metro.co.uk)
3. “**Over the top**” starts will be used in the heats at the discretion of the promoter.
4. Warm-up and swim-down facilities are available before and after sessions and for 10 minutes during sessions. Coaches/team managers are responsible for ensuring that their swimmers use the facility for the purpose intended. Strictly no diving in or climbing over pads! It is recommended that stretch cords and skipping ropes are used to remove lactate build up.
5. The meet is cardless and will use start sheets to facilitate flow. It is the decision of the promoter not to carry reserves. However, to avoid empty lanes, reserves will be drawn from Stockport Metro swimmers. This is to avoid the unnecessary travelling and then disappointment often experienced by reserve swimmers from other clubs. All entries, rejections will be posted on the clubs website.  
Coaches/Team Managers are requested to inform the meet organisers at least 45 minutes prior to the start of the session of any withdrawals.
6. All coaches will receive a withdrawal form in their coaches pack.
7. The programme will cover the events swum at National Age and National Youth competitions (except relays). All events will be heat declared (**HDW**). All heats will be swum in combined Age or Youth categories as at National Age Group and National Youth competitions.

**Boys** Age category: 11/14, Youth category: 15/over

**Girls** Age category: 11/13, Youth category: 14/over

In the combined Age and Youth heats there is provision to accept a significant number of swimmers in each age group. 800m and 1500m events for 11/Over yrs will be swum on Friday evening.

8. At the promoter’s discretion some 10 yr old swimmers will be accepted for this meet, but only if they are 11 yrs by the date of the National Age Groups (1st August 2010). They will be considered in line with the 11yr old swimmers qualifying times.

9. **Awards** will be made with a formally announced presentation at the end of the meet to:
  - **Top 3** in the BAGCATs age groups for 11/12/13 & 14 year old boys only & 11/12/ & 13 year old girls who have accrued BAG points from their best event in each category section. Category sections will be Distance, I.M, Form, and 100s
  - **Top boy** in 15/over and **top girl** in 14/over for the best individual performance (Fina points)
10. An award will be made to the **top visiting team** using points scoring (1st = 8 points, 2nd = 7 points down to 8th = 1 point). Disqualified swimmers and non-starters will not score.
11. Coaches' passes will be available at a cost of £20.00 each and will include admission to all sessions, programmes, , start list, lunch and results sheets. Only pass holders, swimmers & officials will be allowed on poolside. Swimmers must wear footwear when leaving the pool area. No swimmers are allowed up to the balcony other than via the rear staircase.
12. Entries to events will be restricted and will be accepted on an entry time basis. There are no upper qualifying cut-off times. An entry fee of £5.00 per event for those clubs submitting disc based entries on Sportsystems entry files will be charged this and will include the 25p licensed meet levy per event.. Random checks will be made against the current ASA rankings database and any swimmer found to be submitting false times will be rejected from all events, unless a result sheet is available to confirm entry times. Entry times will be submitted as Long Course. Any entry not accepted will be refunded in full.
13. Sportsystems entry files for clubs will be provided by e mailing [swimming@proudys.plus.com](mailto:swimming@proudys.plus.com) the completed entry files to be returned by e mail to the same address (with cheques to follow by post and received by the due closing date of Thursday 25<sup>th</sup> March 2010). All entry forms must be completed in capitals and posted to **Stockport Metro SC** 67 Buckinghamshire Road Belmont Durham DH1 2BE **with cheques made payable to Stockport Metro SC** . Entry forms may be e-mailed to: [swimming@proudys.plus.com](mailto:swimming@proudys.plus.com) but will not attract the same discount as Sportsystems electronic entry files, which is the preferred method of entry to this meet. A full list of accepted/rejected will be posted on the website.
14. Users of any video, zoom or close range cameras must register their details at the entrance. Stockport Metro Swimming Club can not be held responsible for the loss or damage of spectators' or competitors' property. Competitors are advised to use the lockers in the changing area.
15. Rules for 'Invitation Medley Skins' are included in this information pack
16. Qualifying times are included below, Open age times are the same as 17yrs times
17. The promoters reserve the right to refuse admission to any competitor or spectator.

**Anything not covered above, and not printed in the programme, will be at the promoter's discretion.**



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NAME

MALE  FEMALE  CLUB

DATE OF BIRTH    AGE ON DAY

ASA Registration no.

Please complete with current best long course times.

EVENT NO	EVENT	BEST TIME	
		TICK IF TIME IS A CONVERSION	LONG COURSE TIME
	50m FREE		
	100m FREE		
	200m FREE		
	400m FREE		
	800m FREE		
	1500m FREE		
	50 BACK		
	100m BACK		
	200m BACK		
	50 BREST		
	100m BREST		
	200m BREST		
	50 FLY		
	100m FLY		
	200m FLY		
	200m I M		
	400m I M		
NO OF ENTRIES ..... @ £5.50 = £ ..... by cheque			

Entries to be returned by **March 25<sup>TH</sup> 2010**. The information above is correct.

Signed ..... Swimmer/Parent

A swimmer in a BAGCATS who wishes to be considered for a BAGCAT award should try to enter at least one  
 100 Event, one 200 Event (Fly, Back, B/S) one distance event and one I.M event



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### SESSION 1: Friday 16<sup>th</sup> April 2010 Extra W/up in between 800/1500

W/Up: 5.00pm Start: 5:45pm  
101 G/B OPEN 800 Freestyle (HDW)  
102 B/G OPEN 1500 Freestyle (HDW)

### SESSION 2: Saturday 17th April 2010

W/Up: 8:00am Start: 9:00 am  
201 G OPEN 400 IM  
202 B OPEN 200 IM  
203 G OPEN 100 Butterfly  
204 B OPEN 200 Backstroke  
**10 MINUTES SWIM DOWN**  
205 G OPEN 100 Breaststroke  
206 B OPEN 100 Freestyle  
207 G OPEN 50 Butterfly  
208 B OPEN 50 Backstroke

### SESSION 4: Sunday 18th April 2010

W/Up: 8.00am Start: 9.00am  
401 B OPEN 400 IM  
402 G OPEN 200 IM  
403 B OPEN 100 Butterfly  
404 G OPEN 200 Backstroke  
**10 MINUTES SWIM DOWN**  
405 B OPEN 100 Breaststroke  
406 G OPEN 100 Freestyle  
407 B OPEN 50 Butterfly  
408 G OPEN 50 Backstroke

### SESSION 3: Saturday 17th April 2010

W/Up: 2:00 pm Start: 3:00pm  
301 B OPEN 400 Freestyle  
302 G OPEN 200 Freestyle  
303 B OPEN 200 Breaststroke  
**10 MINUTES SWIM DOWN**  
304 G OPEN 100 Backstroke  
305 B OPEN 200 Butterfly  
306 G OPEN 50 Freestyle  
307 B OPEN 50 Breaststroke  
308 B 14/U Invitation Medley 'SKINS'  
309 B 15/O Invitation Medley 'SKINS'

### SESSION 5: Sunday 18th April 2010

W/Up: 1.30pm Start: 2.30pm  
501 G OPEN 400 Freestyle  
502 B OPEN 200 Freestyle  
503 G OPEN 200 Breaststroke  
**10 MINUTES SWIM DOWN**  
504 B OPEN 100 Backstroke  
505 G OPEN 200 Butterfly  
506 B OPEN 50 Freestyle  
507 G OPEN 50 Breaststroke  
508 G 13/U Invitation Medley 'SKINS'  
509 G 14/O Invitation Medley 'SKINS'

**To remove lactate build up,**  
**coaches/swimmers are**  
**recommended to bring stretch**  
**cords and skipping ropes**  
**OVER THE TOP STARTS**  
*(wherever possible)*  
**Age as at 18.04. 10**

Please return all entries to Meet Entries Co-ordinator:  
Stockport Metro S.C.  
67 Buckinghamshire Road  
Belmont  
Durham  
DH1 2BE  
[swimming@proudys.plus.com](mailto:swimming@proudys.plus.com)  
ENTRY FEE: £5.00 per event (via electronic entries)  
£5.50 per event via the form on page 4 of this document  
CLOSING DATE: 25/03/10

[www.stockport-metro.co.uk](http://www.stockport-metro.co.uk)

FOR MEET INFORMATION PLEASE CONTACT:

Richard Blackshaw  
Grand Central Pools  
12 Grand Central Square  
Wellington Road South  
Stockport SK1 3TA  
0161 480 5138



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### **Stockport Metro Medley Skins**

1. This 'Skins Event' will be a continuous competition commencing with 8 competitors and over a continuous series of races over a distance of 50m. One or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 3 minutes from the start of the previous race a warning signal being given 10 seconds prior to the start of each round.
2. The Event shall take place at Grand central pools Stockport, on the 18th and 19th of April 2009.
3. Skins competitions will be held for:
  - a. Boys 14 years and under
  - b. Boys 15 years and over
  - c. Girls 13 years and under
  - d. Girls 14 years and overEvents (a) and (b) will swim concurrently with a separation of 90 seconds between races.  
Young age group starts 1st.  
Events (c) and (d) will follow the same format.
4. Age as at midnight on 18th April 2010
5. The Prizes for each event will be:  
**1<sup>st</sup> - £40 2<sup>nd</sup> - £35 3<sup>rd</sup> - £30 4<sup>th</sup> - £25**  
**5<sup>th</sup> - 20 6<sup>th</sup> - £15 7<sup>th</sup> - £10 8<sup>th</sup> - £5**
6. The competitors for each Event shall be the eight swimmers with the highest number of accumulated GB points determined by the published results from the qualifying events. The qualifying events shall be the 200 I.M in each age
7. Lanes will be allocated on the basis of 'spearheading' in accordance with FINA swimming rule SW312 – the highest point scoring swimmer occupying the centre lane. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race. The remaining two swimmers will occupy the centre lanes – the highest point qualifying swimmer occupying Lane 4 the second swimmer in Lane 5.
8. The stroke for each individual race will by random draw from a choice of Freestyle, Breaststroke, Butterfly and Backstroke. The draw for the stroke to be contested in the first round to be undertaken by the swimmer with the highest qualifying score in the Event. Draws for subsequent rounds will be by the swimmer eliminated from the previous round. If more than one swimmer is eliminated in a round, the draw will be by the first swimmer eliminated, or by decision of the Referee if eliminated at the same time.
9. The first race in each Event will commence in accordance with ASA Swimming Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m.
10. Subsequent rounds will start at the starting end of the pool, following an interval of 3

minutes from the previous Start. The starter will verbally alert the swimmers 10 seconds prior to the Starting signal being sounded. Competitors feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips when the Start Signal is given. For Backstroke rounds competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the Starting Platform.

- 11.** In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions – failure to do so will lead to elimination by disqualification – any competitor so eliminated will receive any prize money won to that time including the round in which eliminated.
- 12.** The slowest competitor in each round shall be eliminated – unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition.
- 13.** Apart from the first round, times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmer will be by the Referee utilising either Automatic Officiating Equipment (AOE) or manual Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly.
- 14.** In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated and the accumulated prize money for the positions divided equally between the relevant swimmers.
- 15.** Should for any reason the competition have to be halted before its conclusion it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.
- 16.** In the case of a dead heat in the final race, it will be re-swum as an additional round in accordance with the Event conditions. Determination of the result following a subsequent dead heat maybe determined by any means agreed by the affected swimmers.

