



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

to be held at Grand Central Pools, Stockport
Friday-Saturday-Sunday 13th – 14th – 15th April 2012
Licence Number 1NW2320

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 6th year, our Long Course Meet is growing in quality; we hope to make this year's event the most successful ever, with fast swimming and a superb atmosphere. Our programme of events has been amended to help the swimmers produce high level swims. Both the 1500m and 800m races have now reverted to single sex, in line with the National Age Groups and Youth Champs. 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 (15.04.12)
- There will be an award for top visiting club
- The Women's 800m and Men's 1500m freestyle will be swum on Friday evening as separate events, each with a minimum of 3 heats and a significant number from each age group
- There will be two finals for each 100m event; an age group (B11-14, G11-14) final and a youth / senior final (B15+, G15+)
- There are no medals or awards for individual events.

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

Our website, 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.

We look forward to receiving your entries.

Richard Blackshaw
Meet Promoter
Richard.blackshaw@lifeleisure.net



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Session 1: Friday 13 th April 2012, Long Course			
Warm up 17:00	Start 17:45		
101	G	Open	800 Freestyle HDW
10 minutes warm-up / swim-down			
102	B	Open	1500 Freestyle HDW

Session 2: Saturday 14 th April 2012, Long Course			
Warm up 08:00	Start 09:00		
201	G	Open	400 IM HDW
202	B	Open	200 IM HDW
203	G	Open	100 Butterfly
204	B	Open	200 Backstroke HDW
10 minutes warm-up / swim down			
205	G	Open	100 Breaststroke
206	B	Open	100 Freestyle
207	G	Open	50 Butterfly HDW
208	B	Open	50 Backstroke HDW
209	G	Age	100 Butterfly FINAL
210	G	Youth	100 Butterfly FINAL
211	B	Age	100 Freestyle FINAL
212	B	Youth	100 Freestyle FINAL
213	G	Age	100 Breaststroke FINAL
214	G	Youth	100 Breaststroke FINAL

Session 3: Saturday 14 th April 2012, Long Course			
Warm up 14:00	Start 15:00		
301	B	Open	400 Freestyle HDW
302	G	Open	200 Freestyle HDW
303	B	Open	200 Breaststroke HDW
10 minutes warm-up / swim-down			
304	G	Open	100 Backstroke
305	B	Open	200 Butterfly HDW
306	G	Open	50 Freestyle HDW
307	B	Open	50 Breaststroke HDW
308	G	Age	100 Backstroke FINAL
309	G	Youth	100 Backstroke FINAL
310	B	Age	Medley 'SKINS'
311	B	Youth	Medley 'SKINS'

Session 4: Sunday 15 th April 2012, Long Course			
Warm up 08:00	Start 09:00		
401	B	Open	400 IM HDW
402	G	Open	200 IM HDW
403	B	Open	100 Butterfly
404	G	Open	200 Backstroke HDW
10 minutes warm-up / swim down			
405	B	Open	100 Breaststroke
406	G	Open	100 Freestyle
407	B	Open	50 Butterfly HDW
408	G	Open	50 Backstroke HDW
409	B	Age	100 Butterfly FINAL
410	B	Youth	100 Butterfly FINAL
411	G	Age	100 Freestyle FINAL
412	G	Youth	100 Freestyle FINAL
413	B	Age	100 Breaststroke FINAL
414	B	Youth	100 Breaststroke FINAL

Session 5: Sunday 15 th April 2012, Long Course			
Warm up 14:00	Start 15:00		
501	G	Open	400 Freestyle HDW
502	B	Open	200 Freestyle HDW
503	G	Open	200 Breaststroke HDW
10 minutes warm-up / swim-down			
504	B	Open	100 Backstroke
505	G	Open	200 Butterfly HDW
506	B	Open	50 Freestyle HDW
507	G	Open	50 Breaststroke HDW
508	B	Age	100 Backstroke FINAL
509	B	Youth	100 Backstroke FINAL
510	G	Age	Medley 'SKINS'
511	G	Youth	Medley 'SKINS'

- Over the top starts (wherever possible)
- Age as at 15.04.12
- Closing Date: 16.03.12
- Entries to be submitted to: Ian Proud, Entry Co-ordinator, Stockport Metro April Meet, 67 Buckinghamshire Road, Belmont, Durham, DH1 2BE. (swimming@prouds.plus.com).
Entry Fee: £5.00 per event via electronic entries, £5.50 per event via the form in this information pack.



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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 in real time. Full results will also be published in PDF format on the website after the meet 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 during the warm up / cool down in the competition pool. 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. All entries, rejections will be posted on the clubs website; there is no requirement to send a stamped addressed envelope. 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**), except the 100m events where there will be finals for Age and Youth as explained below. All heats will be swum combined.
Boys Age category: 11/14, Youth category: 15/over
Girls Age category: 11/14, Youth category: 15/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 (26th July 2012). 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 1** in each age group for 11/12/13/14 year old boys and 11/12/13/14 year old girls who have accrued FINA 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 15/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. We will try to maintain a similar standard of accepted entries across the age groups. There are no upper qualifying cut-off times. An entry fee of £5.00 per event for those clubs submitting disk 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 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 midnight Friday March 16th 2012. 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 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. Consideration times are attached below. Entries slower than the published times will be rejected immediately. However achievement of a consideration time does not guarantee acceptance to the meet. We have used the minimum permitted times for a level 1 meet so as to fill the meet. As a consequence there may be a number of rejected entries – we apologise in advance if you are affected by this but we hope you understand our reason for setting the times at this level.
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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Stockport Metro Invitation 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 9th and 10th April 2011
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. Younger age group starts first. Events (c) and (d) will follow the same format.
4. Age as on 10th April 2011
5. The Prizes for each event will be:

1st - £40	2nd - £35	3rd - £30	4th - £25
5th - £20	6th - £15	7th - £10	8th - £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 200m I.M in each age (Boys Age Group / Boys Youth and Senior / Girls Age Group / Girls Youth and Senior).
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 a person nominated by the promoter. 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.



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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	@ £5.00 by sportssystem disk = £		by cheque
No. of entries	@ £5.50 by paper or email = £		by cheque

Entries to be returned by 16th March 2012.

The information above is correct, signedswimmer / parent

A swimmer who wishes to be considered for an Age Group Category award should try to enter at least one 100m event, one 200m event (on Fly, Back or Brest), one distance event and one I.M event.

Stockport Metro April Meet 2012 Consideration Times – Level 1 Minimum Permitted Times - Long Course Pool

Boys									
EVENT		11	12	13	14	15	16	17	OPEN
50m	Freestyle	37.0	34.9	33.0	31.3	29.7	28.7	28.4	27.4
100m	Freestyle	1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5	1:00.5
200m	Freestyle	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7	2:13.7
400m	Freestyle	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:49.1	4:44.6	4:43.4
1500m	Freestyle	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0	18:43.3
50m	Breaststroke	48.2	44.6	41.8	39.7	37.8	36.8	35.8	34.9
100m	Breaststroke	1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9	1:17.0	1:15.8
200m	Breaststroke	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:51.6	2:47.0	2:43.9
50m	Butterfly	40.8	38.1	35.9	34.0	32.2	31.4	30.6	29.7
100m	Butterfly	1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8	1:06.5	1:05.0
200m	Butterfly	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4	2:27.6	2:24.7
50m	Backstroke	43.2	40.5	38.2	36.1	34.5	33.5	32.7	31.7
100m	Backstroke	1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3	1:07.5
200m	Backstroke	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:31.4	2:28.6	2:26.7
200m	IM	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0	2:29.2
400m	IM	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:27.6	5:22.6	5:17.2
Girls									
EVENT		11	12	13	14	15	16	17	OPEN
50m	Freestyle	37.3	35.4	34.0	32.9	32.2	31.9	31.8	30.5
100m	Freestyle	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1	1:07.3
200m	Freestyle	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8	2:25.8
400m	Freestyle	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:09.2	5:06.3	5:06.3
800m	Freestyle	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1	10:28.3
50m	Breaststroke	47.8	45.0	43.1	41.5	40.6	40.1	39.8	38.6
100m	Breaststroke	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1	1:25.2	1:23.6
200m	Breaststroke	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:05.8	3:04.0	2:59.8
50m	Butterfly	40.7	38.6	36.7	35.7	34.8	34.2	34.2	32.6
100m	Butterfly	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0	1:12.1
200m	Butterfly	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:43.3	2:41.3	2:38.3
50m	Backstroke	43.1	40.9	39.4	38.0	37.0	36.6	36.3	35.3
100m	Backstroke	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3	1:14.6
200m	Backstroke	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:43.9	2:42.8	2:39.9
200m	IM	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5	2:43.7
400m	IM	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:50.8	5:48.7	5:43.9