

The Two Counties Spring Open Meet 2019

License 3SW190297



(Affiliated to Cornwall & Devon ASA & Swim England South West)

Present

The Two Counties Spring Open Meet

License 3SW190297

To be held under ASA Laws and Regulations and Technical Rules of Racing and licensed by the ASA at level 3 for inclusion in British Swimming Rankings

License Number – 3SW190297

PLYMOUTH LIFE CENTRE
Friday, Saturday & Sunday
12th, 13th & 14th April 2019

**50m, 100m, 200m All strokes plus 400m 800m, 1500m Freestyle,
100m IM, 200m IM and a Medley Skins Event**

**9yrs (50m, 200m all strokes, 100m IM & 200m IM only),
10yrs (50m, 100m, 200m all strokes, 400m F/S, 100m IM & 200m IM only),
11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over – all events (see condition 7)**

(Ages as at April 14th 2019)

Heat Declared Winners
Awards to first 6 in each age group
Awards to first 3 in each age group for 800/1500m F/S
CASH PRIZES FOR THE SKINS EVENTS

Entry Administrator: Andrew Rickards, 35 Sycamore Drive, TORPOINT PL11 2NA

Entry will be strictly first come first served
Closing date 11th March 2019

**Email: caradondinnaton@gmail.com
<http://www.dinnatonswimming.co.uk/> & <http://www.caradon-swimming.org.uk/>**

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and will open on January 1st 2019

Closing date on or before Monday 11th March 2019



THE TWO COUNTIES SPRING OPEN MEET 2019 AT PLYMOUTH LIFE CENTRE					
Promoted by CARADON SC & DINNATON SC					
This is a Level 3 Event and is Licensed by the ASA for entry into District Competitions					
LICENSE NUMBER: 3SW190297					
Ages as at 14th April 2019 (Last day of competition)					
DATE: FRIDAY APRIL 12TH, SATURDAY APRIL 13TH & SUNDAY APRIL 14TH 2019					
Held under ASA Laws and Regulations and Technical Rules of Racing					
SCHEDULE OF EVENTS – 25 metre SHORT COURSE					
SESSION 1 - DATE: 12TH APRIL - Warm Up 1830? - Start TBA					
NO	EVENT	Gender	NO	EVENT	Gender
1	800M FREESTYLE	M/F	2	1500M FREESTYLE	F/M
SESSION 2 - DATE: 13TH APRIL - Warm up 1230-Start TBA					
3	400M FREESTYLE	M	4	400M FREESTYLE	F
5	50M BACKSTROKE	M	6	50M BACKSTROKE	F
7	100M INDIVIDUAL MEDLEY	M	8	100M INDIVIDUAL MEDLEY	F
9	200M BUTTERFLY	M	10	200M BUTTERFLY	F
INTERVAL					
SESSION 3 - DATE: 13TH APRIL - Warm Up TBA - Start TBA					
13 & UNDER MEDLEY SKINS EVENT					
11	200M INDIVIDUAL MEDLEY	M	12	200M INDIVIDUAL MEDLEY	F
13	100M FREESTYLE	M	14	100M FREESTYLE	F
15	50M BREASTSTROKE	M	16	50M BREASTSTROKE	F
17	100M BACKSTROKE	M	18	100M BACKSTROKE	F
SESSION 4 - DATE: 14TH APRIL - Warm Up 1200 - Start TBA					
19	200M BACKSTROKE	M	20	200M BACKSTROKE	F
21	50M FREESTYLE	M	22	50M FREESTYLE	F
23	100M BUTTERFLY	M	24	100M BUTTERFLY	F
25	200M BREASTSTROKE	M	26	200M BREASTSTROKE	F
INTERVAL					
SESSION 5 - DATE: 14TH APRIL - Warm Up TBA - Start TBA					
14 & OVER MEDLEY SKINS EVENT					
27	200M FREESTYLE	M	28	200M FREESTYLE	F
29	50M BUTTERFLY	M	30	50M BUTTERFLY	F
31	100M BREASTSTROKE	M	32	100M BREASTSTROKE	F

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Friday April 12th Saturday April 13th & Sunday April 14th

Ages as at April 14th 2019

UPPER LIMIT QUALIFYING TIMES (800/1500m free see condition 7)

Any swimmer having an entry time faster than any of the upper limit times will not be able to compete in this event.

800/1500m free swimmers are to be no slower than posted times

FEMALE TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/Ov
50m Free	36.37	33.22	30.06	29.27	27.52	26.59	26.48	26.00
100m Free		1.14.55	1.06.07	1.04.33	59.06	58.14	56.75	56.00
200m Free	2.45.00	2.28.32	2.23.24	2.19.47	2.11.70	2.05.98	2.01.00	1.59.50
400m Free	5.25.00	5.17.29	5.01.43	4.53.49	4.33.85	4.25.84	4.14.39	4.10.15
50m Breast	49.15	44.88	40.60	39.53	37.20	35.20	35.05	34.12
100m Breast		1.38.50	1.29.12	1.26.77	1.20.85	1.17.57	1.14.77	1.13.52
200m Breast	3.35.25	3.27.56	3.07.80	3.02.85	2.52.18	2.42.77	2.37.92	2.35.24
50m Back	42.73	39.02	35.30	34.37	32.43	31.31	30.60	29.78
100m Back		1.24.59	1.16.53	1.14.52	1.09.40	1.06.47	1.03.63	1.01.98
200m Back	3.01.25	2.56.05	2.39.29	2.35.09	2.25.10	2.22.17	2.14.17	2.12.33
50m Fly	40.25	36.75	33.25	32.38	31.45	30.33	29.27	28.96
100m Fly		1.26.82	1.18.55	1.16.49	1.12.27	1.08.26	1.04.94	1.03.65
200m Fly	3.15.22	3.09.00	2.51.00	2.46.50	2.40.76	2.34.93	2.22.65	2.19.35
100m I M	1.29.19	1.23.92	1.19.92	1.13.25	1.10.50	1.07.65	1.04.57	1.02.12
200m I M	3.02.18	2.55.62	2.38.90	2.34.72	2.31.10	2.25.71	2.20.09	2.18.56
800m Free			13.50.00	12.00	12.00	11.30.00	11.15.00	11.15.00
1500m Free			25.00.00	23.00.00	23.00.00	22.00.00	21.00.00	21.00.00

MALE TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/Ov
50m Free	36.75	33.56	30.36	29.56	27.43	25.60	24.95	24.50
100m Free		1.13.94	1.06.90	1.05.14	1.01.17	55.67	55.38	54.95
200m Free	2.45.00	2.39.81	2.24.59	2.20.79	2.13.59	2.02.31	1.57.10	1.55.50
400m Free	5.25.00	5.16.89	5.01.05	4.53.12	4.43.43	4.15.24	4.04.49	4.01.25
50m Breast	49.31	45.02	40.74	39.66	37.31	35.34	32.60	31.95
100m Breast		1.39.55	1.30.07	1.27.70	1.23.45	1.15.99	1.10.20	1.08.52
200m Breast	3.35.25	3.26.49	3.06.83	3.01.91	2.50.45	2.40.68	2.32.17	2.28.65
50m Back	47.51	39.91	36.11	35.16	33.32	30.22	29.58	28.24
100m Back		1.26.11	1.17.91	1.15.86	1.11.52	1.05.00	1.03.05	59.95
200m Back	3.03.26	2.59.19	2.42.13	2.37.86	2.28.66	2.15.29	2.11.73	2.09.26
50m Fly	41.52	37.91	34.30	33.39	30.80	29.42	28.14	27.38
100m Fly		1.30.75	1.22.11	1.19.95	1.13.36	1.06.92	1.02.07	1.00.26
200m Fly	3.35.00	3.21.77	3.02.55	2.57.75	2.43.62	2.29.40	2.16.62	2.16.80
100m I M	1.30.54	1.25.19	1.17.60	1.11.36	1.08.54	1.05.14	1.02.25	1.01.28
200m I M	3.20.54	3.11.69	2.45.56	2.41.20	2.34.47	2.20.96	2.15.78	2.12.39
800m Free			12.00.00	12.00.00	12.00.00	11.30.00	11.30.00	11.00.00
1500m Free			23.00.00	22.15.00	22.15.00	22.00.00	22.00.00	20.30.00

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INDIVIDUAL PAPER ENTRY FORM	
CLUB:	MALE / FEMALE
Given Name:	
Family Name:	
DOB:	
ASA Reg No:	

<u>STROKE</u>	<u>TIME - mm:ss.00</u>
50m Freestyle	
100m Freestyle (not 9yrs)	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke (not 9yrs)	
200m Backstroke	
50m Breaststroke	
100m Breaststroke (not 9yrs)	
200m Breaststroke	
50m Butterfly	
100m Butterfly (not 9yrs)	
200m Butterfly	
100m IM – All Age Groups	
200m IM	
800m Freestyle(11yrs/over)	
1500m Freestyle(11yrs/over)	

CONTACT NAME:	E-MAIL:
TELEPHONE NUMBER:	
NUMBER OF ENTRIES	800/1500mfree @£9.50 All other events @ £6.50 = £
ADD PAPER ENTRY SURCHARGE OF £1 - TOTAL ENCLOSED OR PAID BY BACS = £	

TWO COUNTIES OPEN MEET, 35 Sycamore Drive, TORPOINT PL11 2NA

**Payment by BACS (PREFERRED) to: Sort Code: 20-50-40 Account No: 33058972
Cheques PAYABLE TO: CARADON SWIMMING CLUB**

**CLOSING DATE – MONDAY 11th March 2019
or when full on a first come first served basis
If using Hy-Tek Entry Manger entry forms are not required.**

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Multi-Swimmer Paper Entry (not required if using Hy-Tek Entry Manager): Club:

(Paper entries are subject to a surcharge of £1 per swimmer – This can be avoided by using the Hy-Tek Entry Manager)

Contact Name:	E-mail:	Telephone No:
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Name	DOB	ASA No	Free					Back			Breast			Butterfly			IM		
			50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200
<i>Example Entry</i>	<i>12/12/88</i>	<i>1234567</i>	<i>35.25</i>	<i>1:25.88</i>	<i>2:28.88</i>	<i>5:25.00</i>	<i>12:22.50</i>	<i>18:59.23</i>	<i>35.25</i>	<i>1:25.88</i>	<i>2:28.88</i>	<i>35.25</i>	<i>1:25.88</i>	<i>2:28.88</i>	<i>35.25</i>	<i>1:25.88</i>	<i>2:28.88</i>	<i>1:25.88</i>	<i>2:28.88</i>

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Entry Fees Summary Sheet

Please e-mail completed Entry Fees Summary Sheet, Hy-Tek files (or paper entry form/s), Hy-Tek entry reports and Coach Pass Application Form to: caradondinnaton@gmail.com

(Hard copy not required if paying by BACS.)

Please send cheques with hard copy of fees summary sheet and hard copies of paper entry forms to **Andrew Rickards 35 Sycamore Drive, TORPOINT PL11 2NA** (Entry acknowledgment is via the website and/or the person named on this form)

CLUB:	
CONTACT NAME & ADDRESS:	
TEL NO:	
E-MAIL	

NUMBER OF ENTRIES:		@ £6.50	£
NUMBER OF 800/1500 ENTRIES:		@£ 9.50	£
NUMBER OF PAPER ENTRY SURCHARGES:		@£1	£
NUMBER OF COACH PASSES:		@ £15	£
TOTAL AMOUNT DUE			£

PAYMENT DETAILS:

PREFERRED METHOD IS BY BACS to: Sort Code: 20-50-40 Account No: 33058972

Please use the reference TWO COUNTIES

Cheques payable to: CARADON SWIMMING CLUB

Entries will be returned if payment is not made seven days before the closing date (04/03/19)

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PROMOTERS CONDITIONS THE TWO COUNTIES LEVEL 3 SPRING OPEN MEET

LICENCE NUMBERS: 3SW190297

1. The Promoters **Caradon SC & Dinnaton SC**.
2. The meet will be held under ASA Laws and Regulations and Technical Rules of Racing and licensed by the ASA at level 3 for inclusion in British Swimming Rankings.
3. Competitor's age groups shall be defined as at **April 14th 2019**.
4. **Age Groups: 9, 10, 11, 12, 13, 14, 15, 16 & Over including Masters.**
5. **Awards:** All events will be HDW and awards will be made to the Top 6 in each Age Group. 800/1500 F/S top 3 in each age group only, plus Cash prizes for the Skins events.
6. **Events:** 50m, 100m & 200m – all strokes + 400m, 800m. 1500m Freestyle, 200m IM & 100m IM. ***Please note, swimmers aged 9 years cannot enter 100m stroke events. Entry to the 100m IM is permitted.***
7. **Please note the 800/1500m freestyle times are the lower cut off times and swimmers are to be no slower than those times. Swimmers for these events are to be aged 11yrs and over.**
8. Additionally, there will be Male & Female Skins Events – 13 years & Under & 14 Years & Over (The 8 fastest 100 IM swimmers in each of the qualifying age groups plus 2 reserves will be invited to compete in the Skins Finals). There will be no times from the skins event sent to rankings
9. Entries will be first come first served, ***no deck entries will be accepted on the day of the competition, no exhibition swimmers will be accepted.***
10. All events will include all age groups with heats seeded slowest to fastest. All heats will be spearheaded. 'Over the top' starts will be used wherever possible.
11. All communication will be via the website and email. Accepted entries will be notified by email. Should any rejections be necessary these will be notified by email.
12. The promoters do not accept responsibility for any loss of property or damage. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings.
13. The promoters use a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the **General Data Protection Regulations 2018**, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet.
14. In accordance with the recommendations of the ASA WAVE POWER 2016-2019 child safeguarding policy <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> any person wishing to use video, zoom or close-range photography should focus on their child as much as reasonably practicable. **You are reminded that flash photography is not permitted at the start of any heat.**

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15. Photographs may be taken during the meet for publicity purposes and unless you notify the promoter that you do not wish your child to be included in such photography, you should notify the promoter's representative (**Andrew Rickards/Alex King**) in writing or by e-mail (caradondinnaton@gmail.com).
16. Any matters concerning the Meet not covered in these Terms & Conditions will be dealt with according to the laws of the sport and at the discretion of the Promoters. The Promoters reserve the right to change the Meet Terms & Conditions to ensure the smooth running of the at the express wish of the Referee. This will only apply due to unforeseen circumstances on the day of the meet
17. Closing date for entries is **Monday March 11th 2019**.
18. The promoter reserves the right to accept or reject entries and to restrict entries to complete the meet within the time available.
19. Refunds will also be given for medical reasons on production of a Doctor's note no later than 72 hours prior to Meet.
18. Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoter's discretion.

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COACHES POOLSIDE PASS APPLICATION FORM

CLUB.....

Name	ASA Number	DBS Number

Please note: Poolside passes will only be issued to persons registered with the ASA and have a current DBS. Passes must be applied for in advance, include the fee of £15 with your swimmers entries.

Please collect passes on the day from the event stewards.

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VOLUNTEER OFFICIALS

This is a level 3 licensed meet so the requirement is for officials to be qualified, it is currently not necessary to be licensed.

Benefits:

- Free admission
- Refreshments and food
- Travel allowance of 35p per mile
- Ring side view of the action.
- Complimentary bottle of wine if you last the whole weekend! 😊
- Lose weight without the expense of a sauna 😊

Name:

ASA No:

Contact Email:

Phone:

Please tick:

Qualified as: J1..... J2/S Referee

Licensed:YN

WE DO NEED AND APPRECIATE YOUR HELP

THANK YOU