



## **EDMONTON PHOENIX SWIMMING CLUB**

Affiliated to ASA London Region and M.C.A.S.A.

### **Present a Level 3 Open Meet**

Licence No. 3LR1620

For entry into County and Regional Competitions

To be held at

**SOUTHBURY LEISURE CENTRE  
192 SOUTHBURY ROAD, ENFIELD**

**ON SATURDAY 5<sup>th</sup> NOVEMBER, 2011**

Under A.S.A. Laws and FINA Technical Rules of Swimming

### **CONDITIONS OF ENTRY**

Southbury Road pool is 8 lanes in width, 25m long, with anti-turbulence lane ropes and Colorado Electronic Timing system.

Swimmers must be members of an A.S.A. affiliated club.

Age groups are 9, 10, 11, 12, 13, 14, 15 and 16 & over: AGE ON DAY OF GALA.

Swimmers must have achieved times detailed in the tables below. The upper limits are 2011 NQT's (short course).

Warm-up for the first session will be 8.30am. Session 2 (Provisional times) Warm Up 1.15 pm

The two sessions combined will not exceed the permitted 7.5 hours.

Continuous warm down will be available in the teaching pool during the Meet.

Swimmers are not required to sign in for this Meet. A withdrawal system will be in operation. Swimmers or their representatives are expected to actively withdraw either by email prior to the 5<sup>th</sup> November or at the recorders table no later than 30 minutes before the advertised starting time of the first event in the session.

A fine of £5 may be levied in respect of each competitor who fails to withdraw and does not present himself/herself to the competitor stewards at the start of the event (except in the case of genuine illness or of a proven emergency). All fines are levied on the competitor's club.

Events will be swum in integrated age groups with seeding by submitted times. All heats will be spearheaded.

All events will have 'heat declared winners', there will be no finals.

Presentations will be made to the 3 fastest swimmers in each age group. Age groups 10 years and above are entitled to swim in all events subject to qualifying criteria, 9 year olds will be restricted to 200m events and 50m events subject to qualifying criteria.

The cost of entry is **£3.50** per event. Coach Passes **£10.00** (refreshments included) Payment by cheque is preferred, please make cheques payable to: E.P.S.C. With the return of the swimmers entry sheets, we will provide coaches' passes; there will be 1 per 10 swimmers to a maximum of 4 per team. This is to keep poolside as clear as possible.

Clubs entering more than 10 swimmers are asked to provide one official please.

**CLOSING DATE FOR ENTRIES FRIDAY 7<sup>th</sup> OCTOBER, 2011.**

**Electronic entries please (mandatory for more than 5 swimmers, unless by prior agreement of the promoter).**

**Priority for entries will be given to members of Edmonton Phoenix Swimming Club. In the event that the meet is oversubscribed, acceptances will be on a first come, first served basis.**

**No late entries will be accepted and no entries will be made during the meet unless the promoter has made an error or an omission**

PROGRAMME OF EVENTS

SATURDAY 5th<sup>TH</sup> NOVEMBER 2011

<b>Session 1</b> <b>Warm Up 8.30am Start 9.15 am</b> <b>Withdraw by 8.45am</b>	<b>Session 2 (Provisional times)</b> <b>Warm Up 1.15 pm – Start 2.00 pm</b> <b>Withdraw by 1.30pm</b>
Girls 200m IM	Boys 200m IM
Boys 200m Butterfly	Girls 200m Butterfly
Girls 50m Breaststroke	Boys 50m Breaststroke
Boys 50m Backstroke	Girls 50m Backstroke
Girls 200m Freestyle	Boys 200m Freestyle
Boys 100m Breaststroke*	Girls 100m Breaststroke*
Girls 100m Butterfly*	Boys 100m Butterfly*
Boys 200m Backstroke	Girls 200m Backstroke
Girls 200m Breaststroke	Boys 200m Breaststroke
Boys 50m Butterfly	Girls 50m Butterfly
Girls 100m Backstroke*	Boys 100m Backstroke*
Boys 100m Freestyle*	Girls 100m Freestyle*
Girls 50m Freestyle	Boys 50m Freestyle
*Not 9 years	*Not 9 years

The promoter reserves the right to make slight changes to the event order to maintain smooth running of the gala. Due notice will be given to all entrants.

Warm up for the second session at this point is approximate until numbers are ascertained. Due notice will be given to all entrants.

## Girls Qualifying Times

EVENT		9	10	11	12	13	14	15	16 & O
50m Freestyle	Upper Limit	33.10	31.00	30.60	29.20	28.40	27.8	27.5	27.29
	Qualifying Time	51.50	50.00	48.80	46.80	45.50	44.50	42.00	40.0
100m Freestyle	Upper Limit		1:06.2	1:05.2	1:02.2	1:00.5	59.3	58.7	58.3
	Qualifying Time		1:38.4	1:29.2	1:25.9	1:23.3	1:20.1	1:19.1	1:18.5
200m Freestyle	Upper Limit	2:47.0	2:35.8	2:30.3	2:13.8	2:10.1	2:07.4	2:06.3	2:05.5
	Qualifying Time	4:07.9	3:30.8	3:17.2	3:05.7	2:55.9	2:48.8	2:46.3	2:38.1
50m Breaststroke	Upper Limit	43.80	41.70	39.40	37.20	36.00	35.20	34.7	34.6
	Qualifying Time	1:07.0	1:01.80	58.10	55.90	53.80	51.40	48.6	46.5
100m Breaststroke	Upper Limit		1:28.4	1:20.4	1:19.2	1:16.7	1:15.0	1:14.2	1:13.9
	Qualifying Time		2:05.7	1:52.0	1:44.5	1:42.6	1:39.1	1:38.0	1:36.8
200m Breaststroke	Upper Limit	3:15.4	3:00.9	2:58.7	2:48.4	2:44.7	2:41.7	2:40.5	2:39.4
	Qualifying Time	5:11.8	4:28.5	3:59.9	3:39.9	3:25.0	3:21.5	3:18.2	3:15.7
50m Butterfly	Upper Limit	38.60	34.50	33.70	31.30	29.30	28.60	28.1	27.9
	Qualifying Time	59.80	54.30	51.80	49.30	47.70	45.50	43.9	41.7
100m Butterfly	Upper Limit		1:16.6	1:13.9	1:09.6	1:07.5	1:05.2	1:05.6	1:04.3
	Qualifying Time		1:50.8	1:38.2	1:33.7	1:31.2	1:29.2	1:28.5	1:27.0
200m Butterfly	Upper Limit	3:20.3	3:00.5	2:43.2	2:33.8	2:27.7	2:23.7	2:22.0	2:21.6
	Qualifying Time	5:01.1	4:06.4	3:36.7	3:17.2	3:04.4	3:00.6	2:57.0	2:54.2
50m Backstroke	Upper Limit	37.90	36.0	34.60	32.10	30.10	29.70	29.0	28.0
	Qualifying Time	59.20	55.00	52.30	50.80	48.10	47.00	42.5	40.1
100m Backstroke	Upper Limit		1:16.1	1:13.3	1:09.6	1:07.4	1:05.9	1:05.4	1:04.4
	Qualifying Time		1:50.7	1:38.6	1:36.1	1:34.5	1:32.2	1:28.7	1:27.4
200m Backstroke	Upper Limit	3:00.4	2:41.3	2:36.2	2:28.4	2:24.4	2:21.9	2:19.9	2:18.3
	Qualifying Time	4:33.1	3:54.7	3:28.8	3:12.4	3:01.2	2:58.4	2:52.5	2:51.6
200m Individual Medley	Upper Limit	2:55.2	2:43.8	2:38.8	2:31.4	2:27.4	2:24.2	2:23.3	2:22.0
	Qualifying Time	4:40.0	3:59.2	3:44.0	3:26.7	3:15.3	3:08.8	3:04.2	3:00.7

## Boys Qualifying Times

EVENT		9	10	11	12	13	14	15	16 & O
50m Freestyle	Upper Limit	33.00	31.90	30.10	28.50	27.30	26.2	23.80	23.60
	Qualifying Time	53.70	50.80	48.80	45.50	40.00	38.0	36.70	35.5
100m Freestyle	Upper Limit		1:10.5	1:05.7	1:00.2	57.5	55.1	53.7	52.9
	Qualifying Time		1:44.7	1:33.0	1:24.2	1:20.1	1:17.4	1:14.4	1.10.1
200m Freestyle	Upper Limit	2:51.1	2:32.7	2:18.9	2:10.7	2:04.5	2:00.2	1:57.0	1.55.6
	Qualifying Time	4:20.6	3:47.3	3:22.3	3:08.8	2:56.4	2:45.0	2:38.1	2.36.7
50m Breaststroke	Upper Limit	45.50	41.80	39.20	36.90	34.50	33.3	31.30	31.0
	Qualifying Time	1:10.0	1:01.90	58.00	55.20	51.20	48.2	46.30	45.0
100m Breaststroke	Upper Limit		1:32.0	1:24.9	1:17.8	1:12.3	1:10.3	1:08.3	1.07.0
	Qualifying Time		2:14.9	1:58.8	1:45.8	1:39.0	1:35.0	1:32.7	1.30.4
200m Breaststroke	Upper Limit	3:38.9	3:18.1	3:00.5	2:48.1	2:39.4	2:33.9	2:28.0	2.36.6
	Qualifying Time	5:30.7	4:50.5	4:16.5	3:48.8	3:26.3	3:20.0	3:17.7	3.17.4
50m Butterfly	Upper Limit	39.00	35.70	33.40	31.80	29.90	28.7	26.70	26.4
	Qualifying Time	1:00.1	57.00	52.10	49.40	46.50	44.0	43.80	40.4
100m Butterfly	Upper Limit		1:22.0	1:14.8	1:08.3	1:04.7	1:01.5	58:02	58.7
	Qualifying Time		1:59.1	1:44.1	1:32.8	1:29.7	1:25.0	1:22.6	1.20.2
200m Butterfly	Upper Limit	3:39.6	3:05.3	2:43.2	2:31.2	2:22.8	2:16.0	2:11.3	2.09.0
	Qualifying Time	5:14.4	4:25.0	3:49.0	3:25.1	3:04.9	2:59.0	2:55.7	2.55.4
50m Backstroke	Upper Limit	39.60	36.70	34.70	32.80	31.00	30.0	28.00	27.7
	Qualifying Time	1:01.8	54.80	51.90	48.00	45.80	44.3	42.30	40.0
100m Backstroke	Upper Limit		1:20.8	1:14.6	1:08.6	1:04.1	1:02.0	1:00.5	59.35
	Qualifying Time		1:58.6	1:44.1	1:33.3	1:29.4	1:25.0	1:23.3	1.19.0
200m Backstroke	Upper Limit	3:11.7	2:53.2	2:35.7	2:26.6	2:18.9	2:13.6	2:10.6	2.08.3
	Qualifying Time	4:47.5	4:12.9	3:43.4	3:20.1	3:01.3	2:55.0	2:48.6	2.48.3
200m Individual Medley	Upper Limit	3:14.5	2:54.5	2:36.6	2:29.3	2:21.1	2:16.9	2:12.4	2.10.7
	Qualifying Time	4:54.1	4:18.6	3:48.5	3:24.8	3:12.0	3:05.0	2:55.7	2.52.4