



2011 50m Sprint Gala

(under ASA Laws and FINA Technical Swimming Rules)
This event is licensed for entry into National Championships
Licence: 3LR0405

Sunday 17 JULY 2010

Crystal Palace National Sports Centre (50m)

Sponsored by



Promoter – Mrs Kay Grimshaw
Admission: £2

Doors Open
Swimmers at 8.45 Spectators at 8.50

17 JULY 2010	Session 1	Session 2
Register By	9.15	11.45
Warm Up	9.00	11.30
Start Time	10.00	12.30
Session 1		
EVENT 101 Boys 50m Freestyle		
EVENT 102 Girls 50m Freestyle		
EVENT 103 Boys 50m Butterfly		
EVENT 104 Girls 50m Butterfly		
Session 2		
EVENT 105 Boys 50m Backstroke		
EVENT 106 Girls 50m Backstroke		
EVENT 107 Boys 50m Breaststroke		
EVENT 108 Girls 50m Breaststroke		



**London Swimming Qualifying Times
50m Sprints
2011**



Short Course Times

	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16 Yrs	17+ Yrs
Boys								
50m Freestyle	38.00	35.90	33.90	32.10	30.40	29.10	28.30	28.30
50m Backstroke	43.60	41.20	39.00	36.50	34.80	33.10	31.90	31.90
50m Breaststroke	49.60	46.50	43.70	40.70	38.60	36.80	35.60	35.60
50m Butterfly	42.40	39.60	37.50	35.30	33.40	31.70	30.90	30.90
Girls								
50m Freestyle	38.50	36.50	34.70	33.30	32.40	31.70	31.30	31.30
50m Backstroke	43.80	41.40	39.30	37.70	36.50	35.90	35.30	35.30
50m Breaststroke	50.00	46.70	44.00	42.10	40.80	39.80	39.40	39.40
50m Butterfly	42.40	40.10	37.90	36.40	35.20	34.40	34.00	34.00

**Please note that this will be a level 3 meet, so there are upper limits on entry times -
You may not enter for a stroke in which you have an NQT (for any distance).**

LONDON SWIMMING 50M SPRINT COMPETITION CONDITIONS (2011)

Promoter: Mrs. Kay Grimshaw, 89, Upwood Road, Lee, London, SE12 8AL

Information and Entries: Mrs. Jean Scott, 48, Normanhurst Avenue, Bexleyheath, Kent DA7 4TP

1. The Competition will be held at Crystal Palace on 17th July 2011 under ASA laws and the FINA Technical Swimming Rules.

2. ELIGIBILITY FOR ENTRY

- 2.1. The Competition shall be open to eligible swimmers, as defined by the ASA, who are registered as members of clubs of the ASA, SASA or WASA . This is a level 3 event, swimmers may **not enter** for a stroke for which they have achieved a 2011 National Qualifying Time as published by the ASA.
- 2.2. A swimmer must have been a registered member of the club in whose name he is entered at least 60 days prior to the first day of the Competition.
- 2.3. Age shall be determined as at midnight on the 17th July 2011.
- 2.4. Time Trials will not be permitted during the Competition.

3. EVENTS

- 3.1. **50 metres Freestyle, Backstroke, Breaststroke, Butterfly**, for boys and girls 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17 and over

4. ENTRIES:

- 4.1. Entry fee is £4.00 per event.
- 4.2. Entries shall be made on the official entry form which must be fully and correctly completed and accompanied by the correct covering "remittance" form signed by a club official. Electronic entry shall also be submitted by clubs, as specified on the entry documentation.
- 4.3. Entries, accompanied by the appropriate entry fee, shall be received by the Swimming Events Administrator by the specified closing date. The Events Committee reserves the right to ask for proof of entry time (subsequent improved times will not be accepted). The Events Committee reserves the right to fine clubs £25 for submitting incorrect entries.
- 4.4. The entry qualifying times and entry form will be found on the London Swimming website <http://www.londonswimming.org/>.
- 4.5. Swimmers must have achieved the entry qualifying time in an event on or after 1st July 2010 in an event licensed by the ASA, SASA or WASA or which was held abroad and has been approved by the ASA. The entry qualifying times are 25m times.
- 4.6. In the interest of safety and to ensure the smooth running of the Competition, the Swimming Committee reserves the right to restrict the number of entries in any event. In such case the swimmers with the faster submitted times in each age group will take preference. The only situation where refunds will be given is to entrants who are denied entry because this clause has been exercised.

5. MEET PROCEDURE

- 5.1. All events will be heat declared winner.
- 5.2. The secondary entry system will be in operation. Swimmers must report and sign in for all events at the registration table at the pool no later than 45 minutes before the advertised session start time. Failure to report within the stipulated time shall cancel the swimmer's right to compete.

6. AWARDS

- 6.1. The first, second and third placed swimmers in each event shall be awarded medals.
- 6.2. Swimmers placed 4th to 8th shall receive awards.
- 6.3. The top boy and top girl swimmer in each age group, determined by aggregating the points across all 4 individual events, will receive a cash prize. Points will be awarded to positions as follows: 1st 9; 2nd 7, 3rd 6, 4th 5, 5th 4, 6th 3, 7th 2 and 8th 1.
- 6.4. Swimmers will be appropriately dressed for presentation e.g. full tracksuit or club shorts and top.

7. DISPUTES

Any dispute for which the foregoing Conditions do not provide shall be determined by the Swimming Committee.

8. ADDITIONAL INFORMATION

Please see the London Swimming website www.londonswimming.org

SAFETY AT CRYSTAL PALACE

1. Starting
 - a) The height of all starting blocks is 750mm from the surface of the water
 - b) At the diving pool end the water depth is 2m
 - c) At the teaching pool end the water depth is 1.8m

It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are competent, to the standards of the ASA competitive start award, to dive start under the above conditions. Alternatively swimmers are reminded that they must start from the side or in the water.

2. Warm up – Swimmers and coach must ensure that they (and swimmers in their charge) take no action which would endanger themselves or others. The instructions of the Warm-Up Marshals or others in authority must be obeyed immediately.
3. General Safety
 - a) Swimmers must not leave the poolside unless wearing shoes and having dried themselves
 - b) Everyone attending London Swimming events must familiarise themselves with the locations of the emergency exits
 - c) Anyone observing anything they consider to be a safety hazard must report it to an official
 - d) Everyone attending London Swimming events must take steps to ensure their own safety and the safety of others

CHILD PROTECTION

In accordance with the ASA Child Protection policy, any person wishing to engage in video, zoom or close range photography, should register their details at the Information Desk (by the ESTA box), and display a badge, before carrying out such activity. This applies to ALL imaging technologies.

At London Region we may have an authorised photographer taking pictures which maybe displayed on the London Region website. It is the responsibility of anyone having a problem with this to ensure that the organisers are aware in advance, so that the relevant swimmer is not photographed.

COMPETITORS NOTES

1. Competitors must report to the Clerks of the Course in the lower concourse, at the latest, 45 minutes before the advertised start time of the relevant session and register their intent to swim. This is mandatory.
2. Heat Start Lists for each event will be posted on the ESTA box. It is the competitor's responsibility to ensure that his/her name appears on the list prior to the start time of the competition.
3. All events will be heat declared winner.
4. All events finish at the diving pool end of the racing pool.
The 1st, 2nd and 3rd placed swimmer in each age group shall be awarded medals.
Swimmers placed 4th – 8th shall receive awards in each age group.
The top boy and top girl swimmer in each age group, determined by aggregating the points across all 4 individual events, will receive a cash prize. Points will be awarded to positions as follows 1st = 9, 2nd = 7, 3rd = 6, 4th = 5, 5th = 4, 6th = 3, 7th = 2, 8th = 1
5. Swimmers will be appropriately dressed for presentation e.g. full tracksuit or club shorts and top
6. Results will be displayed on the lower concourse. In addition they will be displayed on the internet www.londonswimming.org



LONDON SWIMMING
50M SPRINTS LICENSED GALA

under ASA Laws and Technical Rules
Licence No: 3LR0405



Crystal Palace National Sports Centre - 17 July 2011

ENTRY FORM MALE FEMALE (Please circle as appropriate)

SURNAME.....First Name.....DOB.....

Please print all information

ADDRESS.....
Post Code.....

email address:

CLUB.....Age as at 17/07/2011.....ASA ID. No.....

(All information given above must be the same as that given on your ASA registration details)

Please complete this form FULLY

Qualifying Times - 25m

BOYS	Freestyle	Back	Breast	Butterfly	GIRLS	Freestyle	Back	Breast	Butterfly
	50	50	50	50		50	50	50	50
10yrs	38.00	43.60	49.60	42.40	10yrs	38.50	43.80	50.00	42.40
11yrs	35.90	41.20	46.50	39.60	11yrs	36.50	41.40	46.70	40.10
12yrs	33.90	39.00	43.70	37.50	12yrs	34.70	39.30	44.00	37.90
13yrs	32.10	36.50	40.70	35.30	13yrs	33.30	37.70	42.10	36.40
14yrs	30.40	34.80	38.60	33.40	14yrs	32.40	36.50	40.80	35.20
15yrs	29.10	33.10	36.80	31.70	15yrs	31.70	35.90	39.80	34.40
16yrs	28.30	31.90	35.60	30.90	16yrs	31.30	35.30	39.40	34.00
17+yrs	28.30	31.90	35.60	30.90	17+yrs	31.30	35.30	39.40	34.00

All entry times (25m) entered must be those achieved at a designated meet since 1st July 2010

Please convert 50m times to 25m

EVENT	Best Time - 25m	EVENT	Best Time - 25m
50m Freestyle		50m Breaststroke	
50m Backstroke		50m Butterfly	

I declare that I (a) have achieved the published qualifying time for each event (b) know the particulars stated above are correct (c) am an eligible competitor according to the laws of the ASA (d) accept and abide by the conditions of LONDON SWIMMING, and (e) **have not achieved an NQT at any distance in a stroke I have entered (for clarification see conditions / website)**

Signature of competitor.....Date.....

Fee enclosed.....events @ £4.00 per entry Total..... (Cheques payable to London Swimming)

**Entries accompanied by the correct entry fees and a stamped addressed envelope must reach
Jean Scott, 48 Normanhurst Avenue Bexleyheath Kent DA7 4TP (Tel. No. 0208 303 5953)**

by midnight of 3rd JULY 2011 - the closing date for entries

NO LATE ENTRIES WILL BE ACCEPTED