



**Frome Swimming Club Present Their
Level 3 Long Course
Autumn Open Meet**

at

Millfield Senior School Pool, Street, Somerset, BA16 OYD
(www.millfieldschool.com)

50metre 8 lane pool
electronic timing
400+ seating

Free Parking (10 minute walk depending on weather)

Girls and Boys from 9 years (age as at 26th October 2014)
Medals to 6th place up to 13yrs & 3rd 14 & Over

full details and entry pack available from
www.fromeopenmeet.weebly.com
or email fromeopenmeet@gmail.com

Closing date for entries midnight on Saturday 20th September 2014

License No. 3SW4288
under ASA Laws and ASA Technical Rules



Frome SC Autumn Open Meet PROGRAMME OF EVENTS

License Number 3SW4288



Saturday 25th October 2014

Session 1 – Warm up 8.30am – Start 9am

Event 1	Girls	10 and over	400 Freestyle	HDW
Event 2	Boys	10 and over	400 IM	HDW

Session 2 – Warm up 10.00am – Start 11.00am

Event 3	Girls	9 and over	200 IM	HDW
Event 4	Boys	9 and over	200 Freestyle	HDW
Event 5	Girls	11 and over	100 Breaststroke	HDW
Event 6	Boys	12 and over	100 Backstroke	HDW
Event 7	Girls	9 and over	50 Breaststroke	HDW
Event 8	Boys	9 and over	50 Backstroke	HDW

Session 3 – Warm up 2.15pm – Start 3.15pm

Event 9	Girls	9 and over	200 Backstroke	HDW
Event 10	Boys	9 and over	200 Breaststroke	HDW
Event 11	Girls	11 and over	100 Butterfly	HDW
Event 12	Boys	12 and over	100 Freestyle	HDW
Event 13	Girls	9 and over	200 Butterfly	HDW
Event 14	Boys	9 and over	50 Butterfly	HDW
Event 15	Girls	9 and over	50 Freestyle	HDW

Sunday 26th October 2014

Session 4 – Warm up 8.30am – Start 9am

Event 16	Boys	10 and over	400 Freestyle	HDW
Event 17	Girls	10 and over	400 IM	HDW

Session 5 – Warm up 10.00am – Start 11.00am

Event 18	Boys	9 and over	200 IM	HDW
Event 19	Girls	9 and over	200 Freestyle	HDW
Event 20	Boys	12 and over	100 Breaststroke	HDW
Event 21	Girls	11 and over	100 Backstroke	HDW
Event 22	Boys	9 and over	200 Butterfly	HDW
Event 23	Girls	9 and over	50 Backstroke	HDW
Event 24	Boys	9 and over	50 Breaststroke	HDW

Session 6 – Warm up 2.15pm – Start 3.15pm

Event 25	Girls	9 and over	200 Breaststroke	HDW
Event 26	Boys	9 and over	200 Backstroke	HDW
Event 27	Girls	11 and over	100 Freestyle	HDW
Event 28	Boys	12 and over	100 Butterfly	HDW
Event 29	Girls	9 and over	50 Butterfly	HDW
Event 30	Boys	9 and over	50 Freestyle	HDW



Promoter's Conditions



Frome SC Autumn Open Meet 2014 License No. 3SW4288

- 1) The meet will be held under ASA Laws and ASA Technical Rules and has been Licensed Level 3 by the ASA for entry into District Competitions.
- 2) Qualifying and cut off times will be applied to all events. Entries of 10 or more swimmers from the same Club must be made electronically. Entries of 9 or less swimmers from the same club may be made using the official meet entry form. Entries (including summary) must reach the Meet Secretary on or before midnight on **Saturday 20th September 2014** – No late entries will be accepted.
- 3) All competitors must be members of an affiliated club, registered with the ASA, accompanied by a coach/team manager and may compete in the name of one club only.
- 4) Clubs entering 6 or more swimmers are expected to supply at least ONE official per session.
- 5) All participating officials will be provided with refreshments and where applicable, inline with ASA recommendations and Frome SC Open Meet Policy, reimbursed their travel expenses.
- 6) The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a **first come first served** basis, priority being given to those clubs supplying officials and allowing for an equal balance of swimmers across the age groups. A list of rejected swimmers and a refund will be sent. Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date.
- 7) The age groups are: 9, 10, 11, 12, 13, 14, 15 and over - **ages as at 26th October 2014.**
- 8) The pool is 50m and the meet will be swum long course. Anti-wave devices will be in place and electronic timing/placing will be used.
- 9) Entry times will be those for long course, converted if necessary.
- 10) Entry fees are £4 per 50m event, £6 per 100m and 200m event and £10 per 400m event and include the levy per accepted entry made by the ASA for licensed events. Coach/team manager passes (maximum of 4 per club, minimum 1 per club) are £10 each and entitle the holder to admission to all sessions, a programme plus a full set of results per club. Entry fees should be made in one consolidated payment, payable to **Frome Swimming Club**.
- 11) Entries and results for this meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.
- 12) Entries will be pre-seeded into heats based on entry times, the slowest heats swum first, all heats will be spearheaded.
- 13) Swimmers must report to the competitors' stewards' eight heats prior to their own.
- 14) Only swimmers reporting for their event and officials will be allowed on poolside during the meet. Coaches in possession of a coach pass are allowed on poolside during warm-ups. During the warm-up coaches must adhere to the safety advice from the warm-up steward at all times, non compliance may lead to expulsion of their team from the meet. The small pool may be used at the discretion of the lifeguards and is for swim down only. Wet swimmers are not allowed in the spectator areas.
- 15) All events are HDW. Awards will be made for the first six places in each event for age groups up to and including 13 years. Awards for 14 years and over will be made for the first three places only. Swimmers who perform more than 5% quicker than the upper cut off time will not be eligible for medals but will receive a 'speeding' certificate.
- 16) In accordance with recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance.
- 17) Neither the promoter nor Millfield accept any liability for any loss or damage to personal belongings.
- 18) The promoter reserves the right to alter these conditions if necessary, any alterations being announced during the meet. Any matter not covered by these conditions shall be at the promoter's discretion if not covered by ASA Laws or Technical Rules.
- 19) Competitors, coaches and parents from all clubs are asked to respect the privacy of Millfield School and to remain in the confines of the pool and the immediate surroundings throughout the meet.
- 20) 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 promoters discretion.
- 21) Please note Millfield is a no smoking campus.



Frome Swimming Club Autumn Open Meet
Entry Checklist October 2014

Your entry envelope should contain the following:-

- Summary sheet completed
- Printout of Individual meet entries report
- Cheque for entries payable to Frome Swimming Club

Post to Meet Secretary by first class mail **DO NOT** send by recorded delivery as this can delay your entry reaching the secretary, if no-one is available to sign for it!

- Email Electronic entry (Hy-tek file) to fromeopenmeet@gmail.com

This completes the entry, acknowledgement of receipt of paperwork will be sent by email.

For less than 9 swimmers we will accept a manual entry, however we still require, a summary sheet, cheque and our official manual entry forms to be completed. Incomplete entries are NOT accepted.

Shortly after the closing date of **20th September 2014** we will email your accepted entries, these should be checked carefully. If you require these to be posted please send a stamped and self-addressed A5 envelope with your summary sheet.

All clubs entering 10 or more are expected to provide officials.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

**Frome Swimming Club Autumn Open Meet
25th and 26th October 2014**

Level 3 – Long Course – License No. 3SW4288
venue Millfield Senior School Pool

Open Meet Secretary - Jackie Herring
fromeopenmeet@gmail.com
01373 461801



ENTRIES SUMMARY SHEET

Club Name			
Club Contact Name			
Home Tel Number		Mobile Number	
Email Address – Please Write Clearly (for confirmation and entry sheets)			
<i>NB: Postal confirmation will only be sent if requested in covering letter with sae</i>			

	Insert Total Number	Total to Pay £
Number of Entries @ £4 (50m events)		
Number of Entries @ £6 (100m & 200m events)		
Number of Entries @ £10 (400m events)		
Number of Coach passes @ £10 each		
Total value of cheque attached		£

Please complete and return BY POST with a printout of your electronic entries and ONE cheque to cover all (payable to **Frome Swimming Club**) to:

**Jackie Herring – Meet Secretary
7 Acacia Drive, Frome, Somerset BA11 2TS**

CLOSING DATE MIDNIGHT ON SATURDAY 20th September 2014

The Hy-Tek entries file should be emailed to: fromeopenmeet@gmail.com

Please complete the following page with details of Officials from your club



www.fromeopenmeet.weebly.com



fromeopenmeet@gmail.com



Frome Swimming Club Autumn Open Meet

25th and 26th October 2014

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venue Millfield Senior School Pool

Open Meet Secretary - Jackie Herring

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01373 461801



Officials

Please provide the names, ASA numbers and contact details for Officials who will be representing your club.

All qualified officials are provided with a Car Park pass, Tea/Coffee/Water and light refreshments.

Those officiating for more than one session receive a bottle of wine as a thank you and Mary's Marvellous home-made lunch!

Officials Details

For Qualification please use J1, J2, J2S or R. If working towards please put T for trainee.

Name		ASA Number		Qualification	
Email Address				Tel No	
Special Requirements <i>(dietary or access)</i>					

Name		ASA Number		Qualification	
Email Address				Tel No	
Special Requirements <i>(dietary or access)</i>					

Name		ASA Number		Qualification	
Email Address				Tel No	
Special Requirements <i>(dietary or access)</i>					

Name		ASA Number		Qualification	
Email Address				Tel No	
Special Requirements <i>(dietary or access)</i>					

Name		ASA Number		Qualification	
Email Address				Tel No	
Special Requirements <i>(dietary or access)</i>					



Frome SC Autumn Open Meet - 25th & 26th October 2014

Level 3 - Qualifying & Cut Off Times 50m Pool

BOYS

GIRLS

Event		9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
Freestyle 50m	Cut off	35.00	33.80	33.50	32.50	30.50	28.50	28.00		35.00	34.00	33.00	32.00	31.25	30.70	30.00
	QT	56.00	50.00	48.00	47.00	46.25	43.70	40.00		56.00	50.00	48.50	47.50	46.50	43.50	42.00
Freestyle 100m	Cut off				1.09.00	1.07.40	1.02.30	57.60				1.15.00	1.10.50	1.07.50	1.06.50	1.05.30
	QT				1.32.00	1.28.40	1.23.30	1.20.00				1.40.00	1.35.50	1.32.50	1.23.50	1.21.30
Freestyle 200m	Cut off	2.46.00	2.35.00	2.25.00	2.18.00	2.11.00	2.05.00	2.01.57		2.46.00	2.37.00	2.27.00	2.20.00	2.15.00	2.12.17	2.11.11
	QT	4.00.00	3.53.00	3.45.00	3:38.00	3:30.00	3.23.00	3.18.00		4.00.00	3.56.00	3.50.00	3:40.00	3.32.00	3.23.00	3.19.00
Freestyle 400m	Cut off		6.04.00	5.34.50	5.13.50	5.00.50	4.52.50	4.50.50			6.04.00	5.39.50	5.18.50	5.05.50	4.57.50	4.55.50
	QT		7:50.00	7.28.50	7.05.50	6.45.50	6.25.50	6.10.50			7.50.00	7.25.50	7.05.50	6.40.50	6.20.50	6.15.50
Breaststroke 50m	Cut off	51.00	43.00	40.00	37.00	35.00	33.50	32.00		53.00	45.00	38.50	38.00	37.50	36.00	35.90
	QT	1:20.00	1:03.00	1:00.00	57.00	55.00	53.50	52.00		1.18.00	1:03.00	58.50	58.00	57.50	56.90	55.90
Breaststroke 100m	Cut off				1.23.50	1.21.50	1.19.00	1.16.00				1.28.50	1.23.20	1.21.50	1.20.00	1.19.00
	QT				1.54.70	1.51.70	1.45.00	1.42.00				2.02.00	1.57.00	1.55.50	1.52.00	1.50.00
Breaststroke 200m	Cut off	3.40.00	3.30.00	3.16.00	3.00.00	2.50.00	2.40.61	2.37.79		3.30.00	3.20.00	3.11.00	2.58.22	2.53.76	2.50.09	2.49.53
	QT	5:25.00	5:10.00	4.50.00	4:30.00	4:10.00	4:00.00	3:50.00		5:25.00	5:10.00	4:55.00	4:40.00	4:25.00	4:15.00	4:10.00
Butterfly 50m	Cut off	37.50	36.00	34.50	33.00	31.50	29.00	28.20		37.50	36.00	34.00	32.00	31.80	31.50	31.00
	QT	1:07.00	1:04.00	54.50	53.00	51.50	49.00	47.50		1:07.00	1:04.00	59.00	54.00	53.00	51.00	50.00
Butterfly 100m	Cut off				1.16.00	1.09.00	1.03.30	1.01.77				1.15.96	1.12.82	1.10.00	1.08.17	1.07.66
	QT				2:01.00	1:50.00	1:42.00	1:38.00				2:05.00	1:55.00	1:50.00	1:48.00	1.45.00
Butterfly 200m	Cut off	3.30.00	2.52.00	2.51.01	2.40.70	2.28.19	2.21.46	2.18.19		3.30.00	2.52.00	2.51.13	2.40.00	2.32.35	2.29.99	2.29.48
	QT	5.15.00	4:32.00	4:22.00	4:12.00	4:00.00	3.50.00	3.45.00		5:10.00	4:32.00	4:22.00	4:12.00	4:00.00	3:50.00	3:40.00
Backstroke 50m	Cut off	43.00	40.00	37.90	35.90	33.40	31.90	30.00		43.00	40.90	39.00	35.50	34.60	32.00	31.00
	QT	1.02.00	1.00.00	56.90	54.90	53.40	51.90	50.50		1.03.00	1:00.90	57.00	55.00	54.00	51.90	50.50
Backstroke 100m	Cut off				1.16.00	1.10.00	1.06.00	1.05.00				1.25.10	1.16.80	1.10.60	1.09.57	1.09.19
	QT				1.56.00	1:50.00	1:42.00	1:38.00				2:05.00	1:57.00	1:50.00	1:48.00	1.42.50
Backstroke 200m	Cut off	3.17.90	2.53.90	2.43.38	2.35.70	2.27.00	2.20.59	2.18.04		3.18.00	2.55.00	2.45.00	2.37.26	2.30.48	2.28.55	2.28.05
	QT	4:40.00	4:30.00	4.20.00	4:07.00	3:44.00	3:42.00	3:35.00		4:40.00	4:30.00	4:20.00	4.10.00	3:55.00	3.47.00	3:40.00
Ind Medley 200m	Cut off	3.10.00	3.03.50	2.55.50	2.47.50	2.38.00	2.29.00	2.24.00		3.07.00	3.03.00	2.55.00	2.47.00	2.38.00	2.30.25	2.29.24
	QT	4.15.00	4.00.00	3.47.00	3.37.00	3.27.00	3.18.00	3.10.00		4.15.00	4.00.00	3.48.00	3.38.00	3.28.00	3.20.00	3.12.00
Ind Medley 400m	Cut off		6.15.00	5.55.00	5.45.00	5.30.00	5.20.00	5.05.00			6.25.00	6.05.00	5.55.00	5.40.00	5.30.00	5.16.33
	QT		7.20.00	7.10.00	7.00.00	6.50.00	6.40.00	6.30.00			7.20.00	7.10.00	7.00.00	6.50.00	6.40.00	6.30.00

Frome Swimming Club Autumn Open Meet

Saturday 25th and Sunday 26th October 2014 - Level 3 – 50m Long Course – Millfield School, Street, Somerset

Club Name: _____

Manual Entry Form **BOYS**

Surname			First Name			Date of birth			ASA Reg.No. required					
Entry Times (50m pool times please)														
Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 9+	100m 12+	200m 9+	50m 9+	100m 12+	200m 9+	50m 9+	100m 12+	200m 9+	50m 9+	100m 12+	200m 9+	400m 10+	200m 9+	400m 10+
Surname			First Name			Date of birth			ASA Reg.No. required					
Entry Times (50m pool times please)														
Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 9+	100m 12+	200m 9+	50m 9+	100m 12+	200m 9+	50m 9+	100m 12+	200m 9+	50m 9+	100m 12+	200m 9+	400m 10+	200m 9+	400m 10+
Surname			First Name			Date of birth			ASA Reg.No. required					
Entry Times (50m pool times please)														
Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 9+	100m 12+	200m 9+	50m 9+	100m 12+	200m 9+	50m 9+	100m 12+	200m 9+	50m 9+	100m 12+	200m 9+	400m 10+	200m 9+	400m 10+

Totals	50m @ £4	100m @ £6	200m @ £6	400m @ £10	Grand Total this sheet



Attach to summary sheet and forward to Meet Secretary

Frome Swimming Club Autumn Open Meet

Saturday 25th and Sunday 26th October 2014 - Level 3 – 50m Long Course – Millfield School, Street, Somerset

Club Name: _____

Manual Entry Form **GIRLS**

Surname			First Name			Date of birth			ASA Reg.No. required			

Entry Times (50m pool times please)

Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 9+	100m 11+	200m 9+	50m 9+	100m 11+	200m 9+	50m 9+	100m 11+	200m 9+	50m 9+	100m 11+	200m 9+	400m 10+	200m 9+	400m 10+

Surname			First Name			Date of birth			ASA Reg.No. required			

Entry Times (50m pool times please)

Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 9+	100m 11+	200m 9+	50m 9+	100m 11+	200m 9+	50m 9+	100m 11+	200m 9+	50m 9+	100m 11+	200m 9+	400m 10+	200m 9+	400m 10+

Surname			First Name			Date of birth			ASA Reg.No. required			

Entry Times (50m pool times please)

Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 9+	100m 11+	200m 9+	50m 9+	100m 11+	200m 9+	50m 9+	100m 11+	200m 9+	50m 9+	100m 11+	200m 9+	400m 10+	200m 9+	400m 10+

Totals	50m @ £4	100m @ £6	200m @ £6	400m @ £10	Grand Total this sheet



Attach to summary sheet and forward to Meet Secretary