**Newquay Cormorants Level 3 Open Meet**

**Sunday 3rd June 2018**

Held at Dragon Leisure Centre, Bodmin

##### Level 3 Licensed Meet (3SW180806)

###### Programme of Events

Age as at midnight on 3rd June 2018

**Session 1 9.00am** warm-up for **9.50** start

|  |  |  |  |
| --- | --- | --- | --- |
| Event No |  |  |  |
| 101 | Girls | 50m breaststroke | All ages |
| 102 | Boys | 50m breaststroke | All ages |
| 103 | Girls | 200m freestyle | All ages |
| 104 | Boys | 200m freestyle | All ages |
| 105 | Girls | 50m backstroke | All ages |
| 106 | Boys | 50m backstroke | All ages |
| 107 | Girls | 100m Individual Medley | All ages |
| 101F | Boys  | 50m breaststroke | Final |
| 102F | Girls | 50m breaststroke | Final |
| 105F | Boys  | 50m backstroke | Final |
| 106F | Girls | 50m backstroke | Final |

**Session 2 1.00pm** warm-up for **1.50pm** start or a minimum break of 45mins

|  |  |  |  |
| --- | --- | --- | --- |
| Event No |  |  |  |
| 200 | Boys | 100m Individual Medley | All ages |
| 201 | Girls | 50m freestyle | All ages |
| 202 | Boys | 50m freestyle | All ages |
| 203 | Girls | 200m breaststroke | All ages |
| 204 | Boys | 200m breaststroke | All ages |
| 205 | Girls | 50m butterfly  | All ages |
| 206 | Boys | 50m butterfly | All ages |
| 207 | Girls | 200m backstroke | All ages |
| 208 | Boys | 200m backstroke | All ages |
| 201F | Girls | 50m freestyle | Final |
| 202F | Boys | 50m freestyle | Final |
| 205F | Girls | 50m butterfly | Final |
| 206F | Boys | 50m butterfly | Final |

**‘all age groups’** means 9, 10, 11, 12 & 13, for all events

**All 100m/200m races are heat declared winners**

**All 50m races will have finals that comprise the six fastest swimmers from the respective event**

**Newquay Cormorants Level 3 Open Meet**

Held at Dragon Leisure Centre, Bodmin

Licensed Level 3 Open Meet

Licence 3SW180806ied f

Under ASA Laws & technical rules of racing

**Sunday 3rd June 2018**

**ENTRY FORM**

**Please write clearly:**

|  |  |  |  |
| --- | --- | --- | --- |
| Surname |  | Club |  |
| First Name |  | ASA Number |  |
| Date of Birth |  | Age on 3rd June 2018 |  |
|  |  |  |  |
| Male |  |  |  |  |  |  | Female |  |  |  |  |  |  |

*Please tick*

|  |  |
| --- | --- |
| Email address / contact details |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Event No** | **Event** | **Entry time** |
|  | **Girls** | **Boys** |  |  |
| SESSION 1 | 101 | 102 | 50m breaststroke |  |
| 103 | 104 | 200m freestyle  |  |
| 105 | 106 | 50m backstroke |  |
| 107 |  | 100m Individual Medley |  |
|  | ***SESSION BREAK*** |
| SESSION 2 |  | 201 | 100m Individual Medley |  |
| 202 | 203 | 50m freestyle  |  |
| 204 | 205 | 200m breaststroke |  |
| 206 | 207 | 50m butterfly |  |
| 208 | 209 | 200m back |  |

**I declare that I am an eligible competitor and that I accept the promoter’s conditions:**

Signature of competitor ………………….........................................

No. of events @ £6.50 per event: ……… = £ ……………..

**I can ratify these entry times and that the competitor is capable of diving as per the competitive start award:**

Signature of Coach or authorised official…………………………….……………………………….

Name in Capitals………………………………………………………………………………………..

(if submitting entries by Hy Tek file then this form should be retained in case of any queries)

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**All times are 25m pool times – Ages at 3rd June 2018**

|  |
| --- |
| ***BOYS*** |
|  |  | **9yrs** | **10yrs** | **11yrs** | **12yrs** | **13yrs** |
| *No faster than* | *50m Free* | 00:38.0 | 00:36.0 | 00:34.0 | 00:33.0 | 00:32.0 |
| *No faster than* | *200m Free* | 03:10.0 | 02:50.0 | 02:45.0 | 02:32.0 | 02:20.0 |
| *No faster than* | *50m Breast* | 00:50.0 | 00:48.0 | 00:44.0 | 00:42.0 | 00:40.0 |
| *No faster than* | *200m Breast* | 03:45.0 | 03:30.0 | 03:15.0 | 03:10.0 | 03:00.0 |
| *No faster than* | *50m fly* | 00:45.0 | 00:40.0 | 00:38.0 | 00:36.0 | 00:34.0 |
| *No faster than* | *50m Back* | 00:45.0 | 00:42.0 | 00:38.0 | 00:36.0 | 00:34.0 |
| *No faster than* | *200m Back* | 03:20.0 | 03:15.0 | 03:00.0 | 02:45.0 | 02:30.0 |
| *No faster than* | *100m Ind Medley* | 01:40.0 | 01:30.0 | 01:25.0 | 01:20.0 | 01:15.0 |

|  |
| --- |
| ***GIRLS*** |
|  |  | **9yrs** | **10yrs** | **11yrs** | **12yrs** | **13yrs** |
| *No faster than* | *50m Free* | *00:38.0* | *00:36.0* | *00:34.0* | *00:32.0* | *00:31.0* |
| *No faster than* | *200m Free* | *03:00.0* | *02:45.0* | *02:40.0* | *02:25.0* | *02:20.0* |
| *No faster than* | *50m Breast* | *00:48.0* | *00:45.0* | *00:43.0* | *00:41.0* | *00:38.0* |
| *No faster than* | *200m Breast* | *03:45.0* | *03:36.0* | *03:30.0* | *03:15.0* | *02:50.0* |
| *No faster than* | *50m Fly* | *00:45.0* | *00:42.0* | *00:37.0* | *00:35.0* | *00:33.0* |
| *No faster than* | *50m Back* | *00:45.0* | *00:42.0* | *00:39.0* | *00:37.0* | *00:35.0* |
| *No faster than* | *200m Back* | *03:20.0* | *03:05.0* | *02:55.0* | *02:35.0* | *02:30.0* |
| *No faster than* | *100m Ind Medley* | *01:40.0* | *01:30.0* | *01:25.0* | *01:20.0* | *01:15.0* |

**Newquay Cormorants Level 3 Open Meet**

**Sunday 3rd June 2018**

# Held at Dragon Leisure Centre, Bodmin

#  ENTRIES SUMMARY SHEET

|  |  |
| --- | --- |
| **NAME OF CLUB** |  |
| Club code |  |  |  |
|  |  |  |  |
| Entries | Number | Cost per event | Total |
|  |  |  |  |  |
| Boys |  | £6.50 | £ |  |
| Girls |  | £6.50 | £ |  |
| Coaches Passes (max 3) |  | £10.00 | £ |  |
|  |  |  |  |  |
| Total |  |  | £ |  |

I declare that the swimmers listed on the Hy-tek entries file or listed as per the attached entry forms:

* Have obtained the times entered
* Are capable of starting as required by the ASA Competitive Start Award
* All swimmers are registered as ASA Category 2 members

Signed : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name in CAPITALS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Status in Club : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact tel no : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please return the following to :

***Nick Jenkin, 2 Trevean Way, Newquay, Cornwall TR7 1TW***

* Entries Summary Sheet with all fields completed
* If entries are by Hy-tek zipped file them email to **jenkinni@sky.com**
* Individual Entry forms (one per competitor) - only if less than 5 swimmers and not submitting electronic file
* Payment by BACS is preferred: Newquay Cormorants Swimming Club NatWest Sort Code 54-41-12 Account 96393653 quoting the club code as the payment reference; alternatively payment can be made by cheque

**CLOSING DATE FOR RECEIPT OF ENTRIES IS MIDNIGHT ON**

**FRIDAY 4th MAY 2018 *(FRIDAY 28th April for paper entries)***