

# MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

## WINTER DEVELOPMENT MEET

At Southbury Road, Enfield, 16<sup>th</sup> & 17<sup>th</sup> November 2013

Licensed by the ASA at Level 3LR3964

### Conditions

1. This gala will take place at the Southbury Road, Enfield and is licensed by the ASA at Level 3 under Licence number 3LR3964. It will run short course (25m) in accordance with A.S.A. Laws and FINA Technical Rules of Swimming and the rules and conditions of this competition.
2. A time standard table is attached. Swimmers entering this Meet are expected to enter their current best times and must **NOT** enter faster times than the upper limit of times as shown in the time standard table or slower than the lower limit in the time standard table. This competition is aimed at swimmers whose times are just below the standard to enter the County BAGCAT & YOUTHS Competition and consequently the standard times are the same as those we expect to use for that competition in 2014.
3. All events are Heat Declared Winner. Ages will be combined for swimming the events but results will be declared for each single year age. Awards will be given to the top three swimmers and rosettes to those placed 4<sup>th</sup> to 8<sup>th</sup> in all age band events. Swimmers exceeding the relevant qualifying time will not be placed in the event but instead be awarded a speeding ticket. Speeding tickets issued for swimmers may be sent out to the Clubs concerned after the Meet.
4. If a club is entering less than 6 swimmers, entries may be made on the forms provided (photocopies will be accepted); all information must be legible (block caps please). Incomplete, illegible entries or those without the correct entry fees will not be accepted. Hard copies of entries along with the summary form, and cheque to be sent to: Mrs Leah Pullen, 16 Amherst Road, Ealing, London W13 8ND. **Only one cheque per club will be accepted.**  
  
Clubs entering more than 6 swimmers **MUST** download the Hy-Tek Team Manager file from <http://www.middlesexswimming.com/calendar/competition/> and return the entry file to [competitions@middlesexswimming.com](mailto:competitions@middlesexswimming.com). Please note that if a Club enters more than 6 swimmers by means of entry forms rather than Hy-Tek Manager Event File, these entries will incur an administration fee of £1 per entry.
5. The promoter reserves the right to limit entries; any entry not accepted will be refunded in full. **NO OTHER MONIES WILL BE REFUNDED.**
6. SPECTATORS Entry will be £5.00 Per Person for whole day including programme or £3.00 Per Person for 1 session including programme.
7. Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoters.
8. **All swimmers including those aged 9 must be registered as Category 2 with the ASA, if ASA numbers of swimmer are not available, copies of the ASA registration form must be made available and sent in with the entries for verification.**
9. This meet will operate as a **CARDLESS** meet. Entries will be pre-seeded before the meet. Please use the withdrawal forms enclosed with the pack to withdraw any swimmers, on the day any withdrawals must be made 30 minutes before the start of each session. **Failure to withdraw in adequate time will result to the club being fined £5 per swimmer per event and £10 per team for relays unless there are mitigating circumstances.**
10. The pool will be cleared 10 minutes before the start of the session.
11. Ages are to be calculated as at **17<sup>th</sup> November 2013**
12. For the purpose of insurance, please also note that no entries will be accepted without an ASA ID (registration) no. or proof of registration.

The events will be:

50m all strokes for boys and girls aged 9 & 10

100m all 4 strokes for boys and girls aged 11/o

200m all strokes & 100m & 200 IM for boys and girls aged 9/o

400m freestyle boys & girls aged 10/o

400m IM for boys & girls aged 11/o

800m freestyle for girls aged 11/o and 1500m freestyle for boys aged 11/o

# MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

## WINTER DEVELOPMENT MEET

At Southbury Road, Enfield, 16<sup>th</sup> & 17<sup>th</sup> November 2013

Licensed by the ASA at Level 3LR3964

### ORDER OF EVENTS

(please note: warm up and start times are provisional and will be confirmed when all the entries have been received)

### SATURDAY 16<sup>th</sup> November 2013

Session 1				Session 2		
Warm up 8:15am Session start 8:45am				Warm up TBC Session start TBC		
1	Boys 11/o	400IM		10	Boys 10/o	400 Free
2	Girls 9/o	200 Butterfly		11	Girls 9/o	200 IM
3	Boys 9/o	200 Breaststroke		12	Boys 9/o	200 Backstroke
4	Girls 11/o	100 Butterfly		13	Girls 11/o	100 Freestyle
5	Boys 9/o	100 IM		14	Boys 11/o	100 Breaststroke
6	Girls 9 - 10	50 Backstroke		15	Girls 11/o	100 Backstroke
7	Boys 9-10	50 Freestyle		16	Girls 9 -10	50 Freestyle
8	Girls 9/o	200 Breaststroke		17	Boys 9-10	50 Backstroke
	Warm up	15 minutes				
9	Boys 11/o	1500 Freestyle				

### Sunday 17<sup>th</sup> November 2013

Session 3				Session 4		
Warm up 8:15am Session start 8:45am				Warm up TBC Session start TBC		
201	Girls 11/o	400IM		208	Girls 10/o	400 Free
202	Boys 9/o	200 Butterfly		209	Boys 9/o	200 IM
203	Girls 9/o	200 Backstroke		210	Girls 9-10	50 Breaststroke
204	Boys 11/o	100 Freestyle		211	Boys 9-10	50 Butterfly
205	Girls 9/o	100 IM		212	Girls 9/o	200 Freestyle
206	Boys 9/o	200 Freestyle		213	Boys 11/o	100 Butterfly
				214	Girls 11/o	100 Breaststroke
				215	Boys 11/o	100 Backstroke
	Warm up	15 minutes		216	Girls 9-10	50 Butterfly
207	Girls 11/o	800m Freestyle		217	Boys 9-10	50 Breaststroke

**CLOSING DATE 17<sup>th</sup> OCTOBER 2013**

# MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

## WINTER DEVELOPMENT MEET

At Southbury Road, Enfield, 16<sup>th</sup> & 17<sup>th</sup> November 2013

Licensed by the ASA at Level 3LR3964

### ENTRY FORM

Club

Competitors Full name

BOY/GIRL

Address

Post Code

Telephone no

Date of birth

ASA registration no

Please enter me in the following events at the entry time shown:

**Note: competitors should not have swum faster than the standard time shown**

Event	Entry time	Event	Entry time
50m Freestyle		50m Butterfly	
100m Freestyle		100m Butterfly	
200m Freestyle		200m Butterfly	
400m Freestyle		50m Backstroke	
800m Freestyle		100m Backstroke	
1500m Freestyle		200m Backstroke	
50m Breaststroke		100m Ind Medley	
100m Breaststroke		200m Ind Medley	
200m Breaststroke		400m Ind Medley	

No of events entered \_\_\_\_\_ fee enclosed at £4.00 per event \_\_\_\_\_

I declare that I am eligible to enter this competition and have **not** previously swum the events entered faster than the qualifying standard.

Signed \_\_\_\_\_ date \_\_\_\_\_

(swimmer, parent or guardian)

Please send entries to your club and make cheques payable as instructed by your club before : \_\_\_\_\_

**CLOSING DATE 17<sup>th</sup> OCTOBER 2013**

# MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

## WINTER DEVELOPMENT MEET

At Southbury Road, Enfield, 16<sup>th</sup> & 17<sup>th</sup> November 2013

Licensed by the ASA at Level 3LR3964

### MEET SUMMARY ENTRY FORM

<b>Club</b>	
<b>Total Entries @ £4.00 per event</b>	<b>£</b>
<b>Total fees enclosed:</b>	<b>£</b>
<b>Coaches meals @ £7.00: Saturday</b>	<b>£</b>
<b>Coaches meals @ £7.00: Sunday</b>	<b>£</b>
<b>Total amount enclosed (payable to MCASA)</b>	<b>£</b>

*I ....., being a club official herewith certify that the enclosed swimmers' entries are eligible and that I have read and understood the conditions of entry*

Position ..... Date .....

**Name and address and e-mail address of coach/competition secretary to whom details of accepted entries should be sent (Please note this is a cardless meet):**

.....

.....  
Completed individual entry forms, summary form plus coach pass slip **with cheque for total amount** (and an S.A.E., if you are not able to receive confirmation of entries by email), should be sent to:  
Leah Pullen, 16 Amherst Road, Ealing, London W13 8ND

Alternatively

Entry fees may be paid directly into the bank via BACS transfer:

HSBC Bank, Account name MCASA, Sort code: 40-23-26, Account no: 11170961

(Please give club code as reference followed by Winter Dev. e.g. EALL Winter Dev)

Where entries are made electronically, then entry summary form must be sent and entry fees must be paid within 3 days of submitting your entries.

**CLOSING DATE 17<sup>th</sup> OCTOBER 2013**

# MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

## WINTER DEVELOPMENT MEET

At Southbury Road, Enfield, 16<sup>th</sup> & 17<sup>th</sup> November 2013

Licensed by the ASA at Level 3LR3964

### TIME STANDARDS

Swimmers should not have swum faster than the Upper Limits or slower than the Lower Limits. All times should have been achieved in the past 12 months and must be verifiable by the club if queried.

	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit
<b>BOYS</b>	<b>9</b>	<b>9</b>	<b>10</b>	<b>10</b>	<b>11</b>	<b>11</b>	<b>12</b>	<b>12</b>	<b>13</b>	<b>13</b>	<b>14</b>	<b>14</b>	<b>15/o</b>	<b>15/o</b>
50m Free	42.1	59.5	39.3	53.0										
100m Free					1.15.5	1.28.6	1.13.5	1.26.5	1.06.5	1.18.4	1.03.6	1.13.3	1.02.5	1.08.0
200m Free	3.38.0	4.45.3	3.09.0	4.01.4	2.43.4	3.30.2	2.39.0	3.05.0	2.28.9	2.48.5	2.18.3	2.37.6	2.13.2	2.28.5
400m Free			6.31.8	8.23.8	6.02.9	7.19.9	5.30.5	6.28.9	5.10.0	5.53.8	4.55.5	5.32.1	4.52.5	4.48.7
1500m Free					24.15.0	26.59.6	22.13.0	25.57.2	20.39.7	24.13.0	19.36.0	22.37.3	18.36.4	21.26.8
50m Breast	55.1	1.17.0	51.3	1.07.3										
100m Breast					1.38.2	1.52.3	1.36.9	1.49.2	1.30.1	1.39.3	1.25.1	1.38.2	1.16.7	1.28.6
200m Breast	4.24.0	5.57.0	3.59.0	5.07.0	3.41.4	4.28.5	3.21.3	3.55.4	3.06.6	3.32.1	2.56.7	3.16.9	2.46.3	3.08.9
50m Fly	47.4	1.06.5	43.8	58.3										
100m Fly					1.24.9	1.38.9	1.23.0	1.37.8	1.16.2	1.27.9	1.12.0	1.20.9	1.06.6	1.15.8
200m Fly	4.23.7	5.51.0	3.43.6	4.43.4	3.20.0	4.01.5	3.06.6	3.32.0	2.54.7	3.11.8	2.44.7	2.57.3	2.26.9	2.46.3
50m Back	48.6	1.08.5	45.1	1.00.0										
100m Back					1.26.5	1.38.9	1.25.2	1.37.6	1.19.7	1.27.6	1.15.0	1.22.5	1.07.6	1.16.7
200m Back	3.50.0	5.12.9	3.30.0	4.28.8	3.02.8	3.53.3	2.54.1	3.26.4	2.45.0	3.07.3	2.35.6	2.54.9	2.27.0	2.43.2
100m IM	1.47.4	2.28.4	1.39.6	2.08.8	1.27.3	1.55.0	1.26.2	1.42.2	1.19.8	1.32.3	1.15.5	1.25.5	1.09.9	1.20.9
200M IM	3.49.7	5.20.5	3.15.8	4.34.4	3.04.8	3.59.6	3.01.1	3.31.7	2.48.7	3.10.8	2.40.3	2.59.0	2.29.7	2.47.6
400m IM					6.59.7	7.58.6	6.23.7	7.24.1	5.57.9	6.42.3	5.39.2	6.15.1	5.18.7	5.55.9

# MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

## WINTER DEVELOPMENT MEET

At Southbury Road, Enfield, 16<sup>th</sup> & 17<sup>th</sup> November 2013

Licensed by the ASA at Level 3LR3964

### TIME STANDARDS

Swimmers should not have swum faster than the Upper Limits or slower than the Lower Limits. All times should have been achieved in the past 12 months and must be verifiable by the club if queried.

	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit	Upper limit	Lower limit
<b>GIRLS</b>	<b>9</b>	<b>9</b>	<b>10</b>	<b>10</b>	<b>11</b>	<b>11</b>	<b>12</b>	<b>12</b>	<b>13</b>	<b>13</b>	<b>14</b>	<b>14</b>	<b>15/o</b>	<b>15/o</b>
50m Free	42.6	56.9	37.0	48.1										
100m Free					1.14.2	1.32.4	1.12.8	1.24.8	1.10.5	1.20.1	1.09.3	1.18.1	1.08.7	1.15.2
200m Free	3.28.0	4.23.8	2.50.9	3.40.0	2.40.9	3.17.0	2.36.5	2.59.3	2.31.7	2.48.7	2.30.0	2.43.8	2.26.4	2.40.7
400m Free			6.31.6	7.39.0	5.53.8	6.48.1	5.30.9	6.12.8	5.15.1	5.49.6	5.14.0	5.40.0	5.07.2	5.33.2
800m Free					12.16.6	14.12.9	11.24.4	13.16.2	10.49.7	12.27.9	10.34.4	11.58.7	10.23.3	11.58.7
50m Breast	55.9	1.12.9	50.1	1.01.1										
100m Breast					1.40.8	1.56.6	1.35.3	1.46.6	1.32.3	1.39.7	1.28.7	1.36.3	1.24.9	1.32.4
200m Breast	4.28.0	5.37.1	3.55.0	4.37.7	3.35.7	4.07.6	3.21.2	3.45.5	3.10.0	3.30.8	3.08.7	3.22.8	3.04.1	3.20.4
50m Fly	47.9	1.02.9	43.8	53.2										
100m Fly					1.30.9	1.42.9	1.24.9	1.34.2	1.21.2	1.28.1	1.18.3	1.25.6	1.14.9	1.22.8
200m Fly	4.27.1	5.29.2	3.40.0	4.11.65	3.20.2	3.45.2	3.06.4	3.23.8	2.57.3	3.09.7	2.51.0	3.03.1	2.42.8	2.58.9
50m Back	48.9	1.03.8	45.2	54.3										
100m Back					1.23.8	1.43.3	1.19.7	1.34.2	1.17.8	1.28.9	1.17.5	1.26.3	1.15.6	1.23.0
200m Back	3.55.0	4.54.9	3.14.0	4.01.9	3.01.0	3.37.7	2.55.1	3.19.1	2.47.2	3.07.0	2.45.0	3.00.9	2.40.6	2.57.0
100m IM	1.48.8	2.19.6	1.32.9	1.59.0	1.28.2	1.47.0	1.21.1	1.38.3	1.22.4	1.32.4	1.20.4	1.29.8	1.16.8	1.26.8
200m IM	4.02.8	4.58.6	3.18.8	4.08.0	3.04.8	3.34.0	2.53.9	3.23.5	2.52.5	3.10.9	2.45.2	3.04.4	2.44.0	3.03.3
400m IM					6.57.3	7.28.6	6.21.1	7.05.2	6.01.7	6.38.9	5.57.0	6.25.6	5.48.2	6.21.7

# MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

## WINTER DEVELOPMENT MEET

At Southbury Road, Enfield, 16<sup>th</sup> & 17<sup>th</sup> November 2013

Licensed by the ASA at Level 3LR3964



## OFFICIALS

### A Note to all participating Clubs.

As you will all be aware we are always short of officials at Galas. This is a licensed gala and therefore we need licensed qualified officials.

We are asking you as a Club to nominate at least 2 officials for each session and submit their names on the form below with the entries.

**It is essential that the Clubs take an active part in encouraging volunteers to help in this way. If the situation remains as it is, we, as a County, run the risk of not being able to have licensed meets.**

**Please contact Pam Crofts in any of the following ways:**

Telephone 01727 827433

e-mail

[croftsp@aol.com](mailto:croftsp@aol.com)

pigeon

3 Franklin Close, Colney Heath, AL4 0QL

Thank you very much for your help in this matter

Pam Crofts

**If you require courses to be run please see the website for further development of courses.**

[www.middlesexswimming.com](http://www.middlesexswimming.com)

### OFFICIALS / Non technical Helper for the Winter Development meet.

**(Please note that anyone who is a member of the ASA can volunteer as an official/helper)**

**Please return offers of help to Pam Crofts at the address above**

**CLUB .....**

Saturday 16 <sup>th</sup> November	AM	1.	Tk/Judge/Starter/Referee/Marshal/Medals*
		2.	Tk/Judge/Starter/Referee/Marshal/Medals*
	PM	1.	Tk/Judge/Starter/Referee/Marshal/Medals*
		2.	Tk/Judge/Starter/Referee/Marshal/Medals*
Sunday 17 <sup>th</sup> November	AM	1.	Tk/Judge/Starter/Referee/Marshal/Medals*
		2.	Tk/Judge/Starter/Referee/Marshal/Medals*
	PM	1.	Tk/Judge/Starter/Referee/Marshal/Medals*
		2.	Tk/Judge/Starter/Referee/Marshal/Medals*

\* Please delete as appropriate