

BOSTON AMATEUR SWIMMING CLUB
(Affiliated to Lincs ASA & East Midlands Region ASA)

13th OPEN MEET

SHORT COURSE OPEN MEET SATURDAY 18th & SUNDAY 19th NOVEMBER 2017

At MERES LEISURE CENTRE, GRANTHAM, LINCOLNSHIRE

THIS IS A LEVEL 3 LICENCED EVENT

MEET CONDITIONS AND RULES

1. The Open Meet will be held under ASA Laws and Technical Rules, **Licensed Level 3**.
2. The pool is 25m long and has 8 lanes. Electronic timing will be used.
3. Events are 50m, 100m & 200m all Strokes, 100m and 200m IM and 400m freestyle.
4. Age groups for awards will be 9, 10, 11,12,13,14, and 15+ years, age on 19/11/17.
5. Awards will be made to the first 3 in each age group for each event.
6. Trophies will be awarded to the Top Boy, Top Girl, Top Club and the Top Visiting Club.
7. Closing date for entries is 10pm on Sunday 15th October 2017. No late entries will be accepted.
8. There will be no refunds made for withdrawals after the closing date.
9. There are NO minimum qualifying times required. Upper limit times apply see separate sheet.
10. Entries will be accepted on a First Come, First Served basis. The promoters reserve the right to return entries if events are oversubscribed.
11. **This will be a cardless meet.** No cards will be issued for this meet; clubs/swimmers will receive a computer printout of their entries, which will need to be checked for accuracy. Swimmers must notify the promoter of any events they will not be swimming, no later than the beginning of warm-up for the relevant session.
12. Competitors must report to the Competitors' steward when called. Any competitor not reporting on time for their event may be excluded.
13. All events will be heat declared winners and seeded based on submitted entry times. The last heat of each event will be spearheaded.
14. Any competitor not competent to the standard of the ASA Competitive start award should start in the water.
15. Over the top starts may be used.
16. Competitors should be appropriately dressed and wearing footwear when away from the pool area.
17. Property should not be left unattended at any time. Any unattended property may be removed. Neither the promoter nor the pool can accept responsibility for any loss or damage that may occur.
18. Anything not covered by the above will be at the promoters' discretion, who also reserve the right to make any changes that may be necessary for the smooth running of the event.

Boston Amateur Swimming Club Level 3 Open Meet

Boys Upper Limit Times (i.e. Swimmers times must be slower than)

Event	10/U	11	12	13	14	15/OV
50 Freestyle	30.5	28.9	27.2	26.2	25.4	23.9
100 Freestyle	1.10.2	1.03.0	58.5	56.0	54.5	51.5
200 Freestyle	2.22.5	2.17.5	2.10.0	2.05.2	2.02.9	1.54.0
400 Freestyle	4.50.0	4.17.0	4.15.0	4.11.0	4.09.0	4.05.5
50 Breaststroke	38.0	36.9	35.9	33.9	32.0	30.5
100 Breaststroke	1.25.0	1.15.5	1.13.5	1.12.5	1.10.5	1.07.0
200 Breaststroke	3.00.0	2.46.0	2.42.0	2.38.0	2.35.0	2.26.0
50 Butterfly	34.0	32.5	29.5	28.5	27.5	26.1
100 Butterfly	1.16.5	1.08.0	1.06.0	1.03.5	1.00.0	56.5
200 Butterfly	2.50.5	2.30.0	2.28.5	2.26.0	2.23.0	2.15.5
50 Backstroke	33.0	32.5	32.0	31.5	30.0	27.0
100 Backstroke	1.15.0	1.10.0	1.08.0	1.05.0	1.01.5	58.5
200 Backstroke	2.40.5	2.25.0	2.23.0	2.20.0	2.18.0	2.10.5
100 IM	1.15.5	1.10.0	1.08.0	1.05.0	1.01.5	58.5
200 IM	2.40.5	2.25.0	2.23.0	2.20.0	2.18.0	2.10.5

Girls Upper Limit Times (i.e. Swimmers times must be slower than)

Event	10/U	11	12	13	14	15/OV
50 Freestyle	31.5	28.5	27.5	27.0	26.5	26.0
100 Freestyle	1.08.5	1.03.0	1.02.5	1.00.0	59.0	57.5
200 Freestyle	2.25.0	2.15.0	2.14.5	2.12.0	2.10.5	2.05.0
400 Freestyle	4.59.5	4.24.0	4.23.0	4.20.0	4.18.0	4.15.0
50 Breaststroke	40.0	35.0	34.5	34.0	33.5	32.0
100 Breaststroke	1.29.5	1.17.0	1.14.5	1.12.5	1.11.5	1.09.0
200 Breaststroke	3.05.2	2.45.0	2.43.5	2.42.5	2.40.0	2.37.0
50 Butterfly	33.5	30.0	29.5	29.0	28.5	27.5
100 Butterfly	1.15.0	1.06.0	1.05.0	1.04.0	1.03.0	1.02.0
200 Butterfly	2.55.0	2.39.0	2.35.0	2.33.0	2.25.0	2.16.0
50 Backstroke	35.5	32.5	33.0	31.0	30.5	29.5
100 Backstroke	1.16.5	1.10.0	1.09.0	1.07.5	1.06.0	1.05.5
200 Backstroke	2.44.0	2.28.0	2.30.5	2.27.0	2.25.5	2.22.0
100 IM	1.16.5	1.10.0	1.09.0	1.07.5	1.06.5	1.05.5
200 IM	2.44.0	2.28.0	2.30.5	2.27.0	2.25.5	2.22.0

Only swimmers SLOWER than the above times shown are eligible to enter.

Remember – Age is at the 19th November 2017

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SATURDAY 18th & SUNDAY 19th NOVEMBER 2017

At MERES LEISURE CENTRE, GRANTHAM, LINCOLNSHIRE

PROGRAMME (All sessions 3 hours)

SESSION 1 Warm up 12:00 Start 12:45

Boys 200 IM
Girls 200 IM
Boys 50 Fly
Girls 50 Fly
Boys 50 Free
Girls 50 Free
Boys 100 Breast
Girls 100 Breast

SESSION 2 Warm up 17:00 approx Start 17:45 (times to be confirmed with entry details)

Girls 200 Fly
Boys 200 Fly
Girls 50 Breast
Boys 50 Breast
Girls 50 Back
Boys 50 Back
Girls 100 IM
Boys 100 IM

SESSION 3 Warm up 10:00 Start 10:45

Girls 400 Free
Boys 200 Breast
Girls 100 Fly
Boys 100 Back
Girls 200 Back
Boys 200 Free
Girls 100 Free

SESSION 4 Warm up 15.00 approx Start 15:45 (times to be confirmed with entry details)

Boys 400 Free
Girls 200 Breast
Boys 100 Fly
Girls 100 Back
Boys 200 Back
Girls 200 Free
Boys 100 Free