



city of **m**anchester aquatics swim team

Present their.....

**1ST SUMMER
NON NATIONAL QUALIFIER
LONG COURSE
GRADED MEET**

This competition is promoted by The City of Manchester Aquatics Swim Team (COMAST), and will be held under Amateur Swimming Association (ASA) laws, and FINA Technical Rules of Racing. The event is Licensed Level 3 Meet (3NW3096) by the ASA for entry into District and County Championships.

**Manchester Aquatics Centre
2 Booth Street East
Manchester
M13 9SS**

Saturday 13th July 2013

Age Groups

9 years, 10 years, 11 years, 12 years, 13 years, 14 years & 15+ years

Ages as at midnight on 13th July 2013

**50 Free, Back, Fly, Breast
100m Free, Back, Fly, Breast (Except 9 and 10 year olds)
200IM**

Heats will be run with all age groups seeded together, slowest to fastest on submitted entry times. All events are heat declared in age group categories.

**Morning sessions warm up 08:00 for a 09:00 start
Afternoon sessions warm up TBC**

Entries accepted on a FIRST COME FIRST SERVED basis

Facility: 50 meter, 8 Lane, constant 2 meter water depth deck level pool with anti wave lane ropes, continuous 25m, 6 lane warm up/swim down facilities*. Omega electronic timing with electronic display, Hytek meet software.

Entry Times: There are **NO LOWER LEVEL qualifying times** for this meet. Swimmers who have no Ranking times will be allowed to enter on a first come first served basis. Swimmers who hold ranking times faster than the upper qualifying times should not enter.

Age Groups: Individual event age groups:

Boys: 9, 10, 11, 12, 13, 14, and 15 years and over

Girls: 9, 10, 11, 12, 13, 14, and 15 years and over

Age on the day will be as of midnight on 13th July 2013

Awards: The first, second, and third placed swimmers in each individual age group event shall be awarded gold, silver, and bronze medals respectively.

Entries: All entries must show clearly the swimmers full date of birth, ASA registration number, and club name.

Submitted entry times shall be used for seeding and rejection purposes as required. All submitted times must be Long Course times or converted Short Course times. Once an entry has been submitted improved times will not be accepted.

As soon as possible after the closing date for the competition each club will be sent by email details of their entries stored by the meet management software. These should be used to cross check the accuracy of those entries and to allow any necessary corrections to be made. The final gala programme will be produced as a result of any corrections that are received.

This is a cardless meet - No cards will be issued

Closing Date: The closing date for entries is **Friday 14th June 2013**. Entry into this meet is being run on a **FIRST COME FIRST SERVED** basis. **Entries will be accepted from Monday 13th May 2013**

Refunds for entries not accepted will be available for collection at the start of the meet.

The Hytek entry file can be downloaded from www.cityofmanchesteraquatics.co.uk.

The entry file, together with entry fees, one combined cheque per club please, and club summary entry form should be sent to:

Beverly Brown
COMAST Meet Secretary
1 Southway
Droylsden
Manchester
M43 6EH

Email: comastopenmeet@gmail.com

Entry Fee: £4.00 per event

Poolside Pass:

Each coach/team manager requiring access to poolside must be in possession of a pass issued by COMAST. It is mandatory that all coaches/team managers comply with the relevant ASA Child Protection Procedures and have an up to date CRB certificate.

Passes will be issued in the name of the club and are transferable between club personnel. Clubs must purchase sufficient poolside passes so that all of their team staff members are in possession of a pass when they are on poolside.

It would be most helpful if the names of those individuals who will use the passes could be given, although it is accepted that this may not be completely achievable.

Coaches/Team managers pass (to include poolside access and programme) is **£7.00 for the day**.

Withdrawals:

Coaches/Team Managers or swimmers **MUST** notify the recorders of any swimmers withdrawing from an event before the warm-up for the session in which the event is due to be swum.

Photography:

In accordance with ASA Child Protection Policy any person wishing to engage in the use of video, zoom, or close range photography must register at the entrance desk. You will be issued with a tag for your photographic equipment and this must remain attached within the building.

Results:

Live results will be posted at www.cityofmanchesteraquatics.co.uk

Other:

Competitors are responsible for presenting themselves to the Stewards one event prior to the race in which they are competing. **It is the swimmers responsibility to be at the start in time for the race.**

Entries will be audited against the rankings published by the ASA and any club may be challenged to demonstrate the authenticity of the information provided.

All persons are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

You are strongly advised not to leave clothes or property around, and to use the lockers in the changing area. The Promoters or Pool management will not be held responsible for any loss or damage caused.

Both competitors and members of the general public share the changing facilities.

The Promoters or Pool Management reserve the right to refuse admission to any competitor or spectator.

A swim shop will be in operation throughout the gala.

**Please do not park in front of the entrance to Manchester Aquatics Centre.
Clamping/Fine payable**

**SUMMER
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PROGRAMME OF EVENTS

SESSION ONE		
SATURDAY 13TH JULY 2013 - WARM UP 08:00 START 09:00		
101	Girls	100m Butterfly
102	Boys	100m Butterfly
103	Girls	50m Breaststroke
104	Boys	50m Breaststroke
105	Girls	100m Backstroke
106	Boys	100m Backstroke
107	Girls	50m Freestyle
108	Boys	50m Freestyle
109	Girls	200m Individual Medley
SESSION TWO		
SATURDAY 13TH JULY 2013 - WARM UP TBC		
201	Boys	200m Individual Medley
202	Girls	50m Backstroke
203	Boys	50m Backstroke
204	Girls	100m Breaststroke
205	Boys	100m Breaststroke
206	Girls	50m Butterfly
207	Boys	50m Butterfly
208	Girls	100m Freestyle
209	Boys	100m Freestyle

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MAXIMUM CUT OFF TIMES (50M TIMES)

Swimmers must not have swum faster than the times shown below

	GIRLS							BOYS						
	9	10	11	12	13	14	15+	9	10	11	12	13	14	15+
50FR	37.2	34.1	31.9	30.6	29.8	29.0	28.6	37.1	33.4	31.5	29.9	28.5	27.4	25.6
100FR			1:07.4	1:04.7	1:03.3	1:02.1	1:01.0			1:06.8	1:02.7	59.8	58.2	55.3
50BK	43.8	39.4	36.9	35.3	34.4	33.5	32.5	43.8	39.4	36.9	34.8	33.0	31.5	29.4
100BK			1:16.7	1:12.8	1:11.3	1:10.2	1:08.4			1:16.3	1:11.8	1:08.1	1:05.3	1:02.3
50BR	49.9	44.0	41.0	38.9	37.7	36.6	35.7	49.6	44.5	41.2	38.2	36.1	34.6	32.1
100BR			1:26.8	1:22.1	1:19.1	1:18.0	1:16.3			1:26.4	1:20.8	1:16.3	1:13.7	1:09.1
50FL	42.3	37.9	35.0	33.5	32.1	31.5	30.7	42.7	37.3	34.9	32.7	31.0	29.8	27.6
100FL			1:15.2	1:11.3	1:09.0	1:08.0	1:06.3			1:14.7	1:09.7	1:06.1	1:03.4	59.8
200IM	3:25.6	2:58.9	2:45.5	2:37.6	2:33.9	2:31.7	2:28.0	3:21.8	2:58.8	2:44.5	2:35.4	2:28.1	2:23.2	2:15.7

SUMMARY ENTRY FORM

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CLUB			
Contact Name		Tel No.	
Address		Email	

No. of Girls entries		@ £4.00 per event =	£
No of Boys entries		@ £4.00 per event =	£
No of Coaches passes (to include a programme, start sheets, and poolside access)		@ £7.00 each =	£
TOTAL (Cheques made payable to The City of Manchester Aquatics Swim Team)			£

All forms should be sent with full payment FAO Beverly Brown, 1 Southway, Droylsden, Manchester, M43 6EH

ENTRY FORM

1ST SUMMER

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Name			
Club			
ASA No.		Gender	
DOB		Age at date	
Address		Tel No.	
		Email	

Event	Entry Time (50m) – Use of ASA Tables is permissible, or alternatively www.pullbuoy.co.uk	Details
50m Freestyle		All age groups
50m Backstroke		All age groups
50m Breaststroke		All age groups
50m Butterfly		All age groups
100m Freestyle		11 years and over
100m Backstroke		11 years and over
100m Breaststroke		11 years and over
100m Butterfly		11 years and over
200m Individual Medley		All age groups

Total number of entries..... @ £4.00 per event. TOTAL

I certify that the above details are correct, I will abide by the promoter's conditions and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association.

Swimmer's Signature (or parent/guardians if under 18 years of age)

Date: / /

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