



**Frome Swimming Club Present Their
Level 3 SHORT COURSE
Autumn Open Meet**

at

Millfield Senior School Pool, Street, Somerset, BA16 0YD
(www.millfieldschool.com)

50metre 8 lane pool
electronic timing
400+ seating
Free Parking Close to Pool

Girls and Boys from 10 years (age as at 31st December 2016)

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

Closing date for entries midnight on Saturday 17th September 2016

License No. 3SW161576

Under ASA Laws and Regulations & ASA Technical Rules of Racing

Frome SC Autumn Open Meet

PROGRAMME OF EVENTS

Licence Number 3SW161576

Saturday 22nd October 2016

Session 1 – Warm up 8.30am – Start 9am

Event 1	Girls	10 and over	400 Freestyle	HDW
Event 2	Boys	11 and over	400 IM	HDW

Session 2 – Warm up 10.00am – Start 11.00am

Event 3	Girls	10 and over	200 IM	HDW
Event 4	Boys	10 and over	200 Freestyle	HDW
Event 5	Girls	10 and over	100 Breaststroke	HDW
Event 6	Boys	10 and over	100 Backstroke	HDW
Event 7	Girls	10 and over	50 Breaststroke	HDW
Event 8	Boys	10 and over	50 Backstroke	HDW

Session 3 – Warm up 2.15pm – Start 3.15pm

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

Sunday 23rd October 2016

Session 4 – Warm up 8.30am – Start 9am

Event 16	Boys	10 and over	400 Freestyle	HDW
Event 17	Girls	11 and over	400 IM	HDW

Session 5 – Warm up 10.00am – Start 11.00am

Event 18	Boys	10 and over	200 IM	HDW
Event 19	Girls	10 and over	200 Freestyle	HDW
Event 20	Boys	10 and over	100 Breaststroke	HDW
Event 21	Girls	10 and over	100 Backstroke	HDW
Event 22	Boys	10 and over	200 Butterfly	HDW
Event 23	Girls	10 and over	50 Backstroke	HDW
Event 24	Boys	10 and over	50 Breaststroke	HDW

Session 6 – Warm up 2.15pm – Start 3.15pm

Event 25	Girls	10 and over	200 Breaststroke	HDW
Event 26	Boys	10 and over	200 Backstroke	HDW
Event 27	Girls	10 and over	100 Freestyle	HDW
Event 28	Boys	10 and over	100 Butterfly	HDW
Event 29	Girls	10 and over	50 Butterfly	HDW
Event 30	Boys	10 and over	50 Freestyle	HDW

Age as at 31st December 2016

Promoter's Conditions

Frome SC Autumn Open Meet 2016 – Licence No.3SW161576

- 1) The meet will be held under ASA Laws and Regulations and ASA Technical Rules of Racing and has been Licensed Level 3 by the ASA for entry into Regional Competitions.
- 2) Cut off times are 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 FSC official meet entry form but will incur a fee of 50p per event entered. Entries (including summary and payment) must reach the Meet Secretary on or before midnight on **Saturday 17th September 2016** – Late entries are not accepted.
- 3) All competitors **MUST** be accompanied by a coach/team manager, be registered ASA Category Two members, provide their ASA number, be members of an affiliated club, and enter under one club only.
- 4) All Clubs are requested to supply **qualified officials**.
- 5) All participating officials will be provided with refreshments. Travel expenses are offered inline with Frome SC Open Meet officials expenses policy and ASA regulations.
- 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, allowing for an equal balance of swimmers across the age groups. A list of rejected swimmers and refund sent. Incorrect or incomplete entries will be rejected. **Hy-tec files submitted missing a competitors' ASA number or date of birth will be considered incomplete and the entire file rejected.** There will be no refunds for withdrawals after the closing date.
- 7) The age groups are: 10, 11, 12, 13, 14, 15 and over - **ages as at 31st December 2016**
- 8) The pool is 25m and the meet will be swum short course. Anti-wave devices will be in place and electronic timing/placing will be used.
- 9) Entry times will be those for short 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 (see clause 3 above)) are £15 each and entitle the holder to admission to all sessions, a programme and free drink vouchers. All 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, slowest heats swum first, all spearheaded.
- 13) Swimmers must report to the competitors' stewards' eight heats prior to their own (50s & 100s).
- 14) Only swimmers reporting for their event and officials will be allowed on poolside during the meet. Coaches wearing 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 and spectators are not allowed to sit with or enter the competitors seating area.
- 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 an official 'speeding' certificate (collect from the medal desk).
- 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 - Level 3 - Short Course
Upper Limit Times (No Faster Than)

22nd & 23rd October 2016 - Licence No. 3SW161576

Boys Events						
	10	11	12	13	14	15/O
50m Free	34.50	31.90	31.50	29.25	27.18	26.50
100m Free	1.14.00	1.10.40	1.09.40	1.05.10	59.50	59.00
200m Free	2.42.00	2.32.20	2.31.20	2.23.40	2.11.20	2.05.50
400m Free	5.30.00	5.16.80	5.15.80	5.05.40	4.34.90	4.23.30
50m Back	39.50	38.00	37.10	35.50	32.30	31.60
100m Back	1.24.00	1.22.00	1.21.40	1.16.50	1.09.80	1.07.80
200m Back	2.53.00	2.50.60	2.49.60	2.39.70	2.25.30	2.21.40
50m Brst	44.00	42.80	42.50	39.50	37.70	34.70
100m Brst	1.37.00	1.34.80	1.33.80	1.29.50	1.21.90	1.15.20
200m Brst	3.20.00	3.16.60	3.15.60	3.03.50	2.53.20	2.43.80
50m Fly	38.00	36.10	35.80	33.00	31.50	30.15
100m Fly	1.29.90	1.26.40	1.25.90	1.18.80	1.11.80	1.06.60
200m Fly	3.18.00	3.12.15	3.11.15	2.55.80	2.40.50	2.26.70
200m IM	2.58.80	2.54.20	2.53.20	2.45.90	2.31.30	2.25.80
400m IM		6.08.80	6.07.50	5.48.50	5.23.40	5.04.70

Girls Events						
	10	11	12	13	14	15/O
50m Free	34.50	31.60	31.24	29.25	28.25	28.12
100m Free	1.14.30	1.09.50	1.08.55	1.02.80	1.01.80	100.30
200m Free	2.42.00	2.30.75	2.29.70	2.21.40	2.15.20	2.09.80
400m Free	5.30.00	5.17.20	5.16.20	4.55.10	4.46.40	4.34.05
50m Back	39.50	37.10	36.50	34.50	33.50	32.50
100m Back	1.24.00	1.20.50	1.19.80	1.14.80	1.11.20	1.08.40
200m Back	2.53.00	2.47.60	2.46.60	2.35.80	2.32.70	2.24.10
50m Brst	44.00	42.70	42.30	39.70	37.45	37.10
100m Brst	1.37.00	1.33.80	1.33.10	1.27.00	1.23.20	1.20.20
200m Brst	3.20.00	3.17.60	3.17.10	3.05.70	2.54.60	2.50.00
50m Fly	38.00	35.00	34.50	33.50	32.20	31.15
100m Fly	1.29.90	1.22.65	1.22.00	1.17.60	1.13.20	1.09.70
200m Fly	3.18.00	3.00.00	2.59.00	2.52.80	2.46.50	2.33.40
200m IM	2.58.80	2.47.25	2.46.30	2.42.40	2.36.50	2.30.50
400m IM		6.00.00	5.59.00	5.38.60	5.30.90	5.16.00



**Frome Swimming Club Autumn Open Meet
Entry Checklist October 2016**

Electronic Files

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

Supporting Paperwork – can be sent in two ways:-

By Post

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!

By Email

Your email entry should include:

- Summary sheet completed
- Printout of individual meet entries report

Contact us by email fromeopenmeet@gmail.com for bank details if you wish to pay by bank transfer

An acknowledgement will be sent by email on receipt of 'paperwork'

PLEASE NOTE your entry is not complete until all the above has been received by the Meet Secretary.

Entries of 9 or less swimmers from the same club may be made using the FSC official meet entry form but will incur a fee of 50p per event entered. Incomplete entries are NOT accepted.

Shortly after the closing date of **17th September 2016** we will email your accepted entries, these should be checked carefully.

All clubs are requested to provide officials.

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

Frome Swimming Club Autumn Open Meet
22nd and 23rd October 2016
 Level 3 – SHORT Course – Licence No. 3SW161576
 venue Millfield Senior School Pool

Open Meet Secretary - Jackie Herring
 fromeopenmeet@gmail.com
 01373 671912



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 Electronic Entries @ £4 (50m events) (£4.50 per manual entry)		
Number of Electronic Entries @ £6 (100m & 200m events) (£6.50 per manual)		
Number of Electronic Entries @ £10 (400m events) (£10.50 per manual entry)		
Number of Coach passes (must be at least 1) @ £15 each		
Total value of cheque attached		£

Please complete and [return this summary](#) to the Meet Secretary by post or email, [with](#) a [printout of your entries](#) and [payment](#) to cover all swims. Cheques – payable to **Frome Swimming Club**, BACS payment acceptable contact for bank details. Send paperwork to:

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

CLOSING DATE MIDNIGHT ON SATURDAY 17th September 2016

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

Please note files must include dates of birth and ASA numbers, incomplete entries will be rejected!

Attached page to be returned with details of Officials from your club



www.fromeopenmeet.weebly.com



fromeopenmeet@gmail.com



Frome Swimming Club Autumn Open Meet

22nd and 23rd October 2016

Level 3 – SHORT Course – Licence No. 3SW161576

venue Millfield Senior School Pool

Open Meet Secretary - Jackie Herring

fromeopenmeet@gmail.com

01373 671912



Officials from: (name of club) _____

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

All qualified officials are provided with 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 (dietary or access)				Please tick sessions attending	
				1	2
				3	4
				5	6

Name		ASA Number		Qualification	
Email Address				Tel No	
Special Requirements (dietary or access)				Please tick sessions attending	
				1	2
				3	4
				5	6

Name		ASA Number		Qualification	
Email Address				Tel No	
Special Requirements (dietary or access)				Please tick sessions attending	
				1	2
				3	4
				5	6

Name		ASA Number		Qualification	
Email Address				Tel No	
Special Requirements (dietary or access)				Please tick sessions attending	
				1	2
				3	4
				5	6

Name		ASA Number		Qualification	
Email Address				Tel No	
Special Requirements (dietary or access)				Please tick sessions attending	
				1	2
				3	4
				5	6



www.fromeopenmeet.weebly.com



fromeopenmeet@gmail.com



Frome Swimming Club Autumn Open Meet

Saturday 22nd and Sunday 23rd October 2016 - Level 3 – 25m SHORT Course – Millfield School, Street, Somerset

Club Name: _____

Manual Entry Form **BOYS**

Surname			First Name			Date of birth			ASA Reg.No. required					
Entry Times (25m pool times please)														
Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	400m 10+	200m 10+	400m 11+
Surname			First Name			Date of birth			ASA Reg.No. required					
Entry Times (25m pool times please)														
Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	400m 10+	200m 10+	400m 11+
Surname			First Name			Date of birth			ASA Reg.No. required					
Entry Times (25m pool times please)														
Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	400m 10+	200m 10+	400m 11+

Totals	50m @ £4.50	100m @ £6.50	200m @ £6.50	400m @ £10.50	Grand Total this sheet

Attach to summary sheet and forward to Meet Secretary

Frome Swimming Club Autumn Open Meet

Saturday 22nd and Sunday 23rd October 2016 - Level 3 – 25m SHORT Course – Millfield School, Street, Somerset

Club Name: _____

Manual Entry Form **GIRLS**

Surname			First Name			Date of birth			ASA Reg.No. required					
Entry Times (25m pool times please)														
Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	400m 10+	200m 10+	400m 11+
Surname			First Name			Date of birth			ASA Reg.No. required					
Entry Times (25m pool times please)														
Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	400m 10+	200m 10+	400m 11+
Surname			First Name			Date of birth			ASA Reg.No. required					
Entry Times (25m pool times please)														
Backstroke			Breaststroke			Butterfly			Freestyle				IM	
50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	50m 10+	100m 10+	200m 10+	400m 10+	200m 10+	400m 11+

Totals	50m @ £4.50	100m @ £6.50	200m @ £6.50	400m @ £10.50	Grand Total this sheet

Attach to summary sheet and forward to Meet Secretary