

NEWHAM AND EAST LONDON L1 NATIONAL QUALIFYING MEET 2019

Long Course L1 Meet (License No. 1LR190189)



Saturday 13th April - Sunday 14th April 2019

London Aquatic Centre (LAC), The Queen
Elizabeth Olympic Park. London. E20 2ZQ

Event Information and Entry Forms

(All Session Times to Be Confirmed)

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Saturday 13th April - Sunday 14th April 2019

Under ASA Laws & Regulations & FINA Technical Rules of Racing

VENUE London Aquatic Centre (LAC), The Queen Elizabeth Olympic Park. London. E20 2ZQ

POOL **50 metres, 10** Lanes with anti wave lane ropes, secondary strobe lights and Quantum electronic timing

EVENTS: 50m, 100m, 200m all strokes
400m Freestyle
200m & 400m IM
800m & 1500 Freestyle (Male & Female)
All events will be heat declared winners (HDW).

AGES: 11, 12, 13, 14, 15, 16, 17Yrs+.
Age as at 31st December 2019

AWARDS Top 3 in each age group will receive awards
Top Male Athlete & Top Female Athlete Awards
Top Visiting Club Award

<u>FEES</u>	Race Entry Fee	£8.00 per 50m, 100m, 200m and 400m events £15.00 per 800m & 1500m
	Coach Passes	£30 per day or £50 for 2 day pass
	Spectator Entry	£10 per day
	Programme	£2 per day

CLOSING DATE FOR ENTRIES 12 midnight Sunday 10th March 2019

CLOSING DATE: 12 MIDNIGHT SUNDAY 10TH MARCH 2019

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MEET RULES AND INFORMATION

1. This Competition is licensed by the ASA for entry into National Competitions and held under ASA Laws and FINA Technical Rules and these rules and conditions. Entries may only be accepted from competitors registered as members of the ASA, SASA or WASA or competitors from swimming clubs affiliated to FINA whose submitted entry times meet the qualifying standards.
2. Competitors' ages shall be as at **31st December 2019**.
3. We will have separate 1500m and 800m events for males and females which will be swum combined. The meet promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In particular, in the event of over-subscription for the 800 and 1500 events, the meet promoter will ensure that the top 3 fastest times of each gender per age group for the 800m are retained as a minimum and the top 2 fastest times of each gender per age group for the 1500m. There will be a maximum of 5 heats for the mixed 800m and 3 heats for the mixed 1500m.
4. For the long distance events where the heats are fully subscribed, we will be operating a reserve list and any places will be offered to the fastest swimmer first and then to the next fastest swimmer and so on until there is a full heat. All swimmers who are accepted are requested to advise the organiser at the earliest opportunity if they are no longer able to swim in order that their lane can be filled. Your cooperation in this is greatly appreciated. The reserve list for the long distance events will operate until Monday 1st April 2019 (midnight)
5. All events will be spearheaded and swum slow to fast, based on entry times.
6. Medals will be available for collection for the first 3 placed swimmers in each age band and event.
7. Additional awards will be made to the Top Male, Top Female and Top Visiting Club, based upon accumulated points.
8. Entry times must be achieved from 1st January 2018 from either a L1, L2 or L3 meet and be included on the British Swimming Rankings. Minimum Qualifying Standards are Long course (50m) times; however Short Course conversions will be accepted via Sportsystems use of ASA Equivalent Performance Tables. Entries must be equal to or faster than the published Minimum Qualifying Standards.
9. Entries should be made via SPORTSYSTEMS Entry Manager File using the "get times" button (or individual entry form if applicable) together with entry fees and should reach the Promoter by 12 midnight Sunday 10th March 2019. The entry fee is £8.00 per event with the exception of 800/1500m freestyle at £15.
10. The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions. Late entries, day of meet entries and day of meet alterations will not be accepted, unless due to administrative error.
11. Clubs are requested to send all entries with an entry report, completed summary sheet and any poolside applications at the same time with one payment, preferably via BACS transfer, to cover all swimmers and coach passes. No entries will be accepted without the appropriate entry fee, submitted time and ASA registration
12. The Meet Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme.
13. Entries may be rejected for the following reasons:
 - Incorrectly completed and received without the relevant fee
 - Outside the qualifying entry times
 - Slowest times and by age group and event
 - Received after the closing date **Sunday 10th March 2019 at 12 midnight**

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In the event that entries are rejected, fees will be refunded by a single payment made payable to club in question.

14. The Meet Promoter reserves the right to give preference to complete entries from a maximum of two clubs where swimmers need to pre-book flights. All entries must meet the published qualifying times and include a link to official competition results to validate the stated entry times. Application must be by email to the Meet Administrator on elopenmeets@gmail.com. The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry.
15. The Meet Promoter reserves the right to cancel the event if the meet is under subscribed.
16. The Meet Promoter reserves the right to move events (as a last resort) if the meet is oversubscribed in order to comply with timing requirements set out by Meet Licensing.
17. The Meet Promoter reserves the right to allow additional entries that are slower than the qualification times if the meet is not full by the closing date.
18. There will be no refunds of entry fee for withdrawals after the published closing date.
19. We will be operating active withdrawal system at this meet. Withdrawals must be made by the start of each warm-up session to the recorders using the withdrawal sheets which will be included in the coach's pack.
20. Accepted and rejected entries will be posted to all clubs within 2 weeks of the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any errors.
21. Individual entries may also be accepted using the Individual Entry Form which is available as part of the gala pack. Individual entries will only be accepted at the Promoter's discretion.
22. Individual entries from visiting clubs shall be made on the official entry forms and will be subject to an additional £5 administration charge per swimmer. Where there are three or more competitors from a Club, entries **MUST** be submitted electronically together with a summary form and the Sportsystems Entry Report with a single payment by BACS as detailed on the summary form.
23. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times will be rejected without refund.
24. Competitors must report to the marshalling area in a timely manner, normally 1 event in advance of their own, where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event. It is the swimmers duty to inspect the start list posted by the marshalling area, and report to the event marshals when instructed to do so.
25. All visiting clubs must ensure that team managers and coaches are DBS checked and comply with the ASA Child Protection Policy
26. Team Managers/Coaches will be allowed on poolside if wearing a pre-purchased pass. Team Manager/Coach Passes will not be sold on the day – no pass, no admission poolside. Passes must be requested with the entry forms and cost will be as stated in Condition 31. Each coach/team manager must complete a separate form. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of 1:10. Untrained parents without DBS checks are NOT allowed poolside.
27. Over the top starts may be used at the referee's discretion.
28. The promoters reserve the right to refuse admission to any competitor or spectator.
29. The promoters do not accept responsibility for any property or loss thereof.
30. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have

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entered the meet. A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data, they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.

31. Charges will be as follows:
 - Entry Fees £8.00 per 50m/100m/200m/400m, £15 per 800m/1500m event
 - Coaches Passes £30 per day or £50 for a two-day pass (Saturday & Sunday)
 - Programme per day £2.00
 - Spectator entry will be by a coloured wrist-band and will be charged at £10.00.
32. Flash photography is prohibited at all times and absolutely no photographs or any devices with image capturing facility are permitted poolside or within the changing rooms. Persons found to be taking images in these areas will be removed by security and will not be allowed back into the venue. In the case of being removed by security, no refund will be given.
33. As the permitted use of devices which capture still or moving images is no longer dependent upon pre-registration, we request that all persons attending this meet at the London Aquatic Centre have a clear understanding of their responsibilities and obligations as detailed in the "ASA Photography Guidance" section of Wavepower 2016-19 (the current ASA Child Safeguarding Policies and Procedures publication).
34. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and report any issues immediately to a member of the pool staff or to the Open Meet Promoter. **For health and safety reasons only small drawstring bags will be allowed poolside.** Lockers are available with the use of a refundable £1 coin. Any large bag will be removed by a clerk of the course.
35. Everyone attending the event must familiarise themselves with the location of the emergency exits, which must be kept clear at all times. Fire escape doors in the spectator area are not to be opened unless under the direction of pool staff.
36. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7 & 9) whilst even lanes (0, 2, 4, 6 & 8) will swim counter clockwise. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions. Guidance will be given by the meet announcer.
37. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws & Regulations and the FINA Technical Rules of Racing.
38. The Meet Promoter is Akmar Hasmaruddin on behalf of NUEL. All queries/enquiries about this meet should be directed to elopenmeets@gmail.com.

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PROGRAMME OF EVENTS

<u>45 minutes Warm Up</u>			
<u>Session 1 – Start 09.10 SATURDAY</u>		<u>Session 4 – Start 09.10 SUNDAY</u>	
Girls	400m Freestyle	Boys	400m Freestyle
Boys	100m Freestyle	Girls	100m Freestyle
Girls	50m Freestyle	Boys	50m Freestyle
Boys	50m Butterfly	Girls	50m Butterfly
Girls	200m Breaststroke	Boys	200m Breaststroke
Boys	200m Individual Medley	Girls	200m Individual Medley

<u>45 minutes Warm Up</u>			
<u>Session 2 – Start TBA</u>		<u>Session 5 – Start TBA</u>	
Boys	200m Butterfly	Girls	200m Butterfly
Girls	200m Freestyle	Boys	200m Freestyle
Boys	50m Backstroke	Girls	50m Backstroke
Girls	50m Breaststroke	Boys	50m Breaststroke
Mixed (M/W)	1500m Freestyle	Mixed (M/W)	800m Freestyle

<u>45 minutes Warm Up</u>			
<u>Session 3 – Start TBA</u>		<u>Session 6 – Start TBA</u>	
Girls	400m Individual Medley	Boys	400m Individual Medley
Boys	100m Breaststroke	Girls	100m Breaststroke
Girls	100m Backstroke	Boys	100m Backstroke
Boys	200m Backstroke	Girls	200m Backstroke
Girls	100m Butterfly	Boys	100m Butterfly

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Minimum Qualifying Standard - Age as at 31 December 2019

BOYS Qualifying Times							Long Course Times	Girls Qualifying times						
11	12	13	14	15	16	17+	Events	11	12	13	14	15	16	17+
00:38.40	00:36.20	00:34.20	00:32.20	00:30.40	00:28.70	00:28.40	50m Freestyle	00:40.80	00:38.50	00:36.30	00:34.30	00:32.30	00:31.80	00:30.50
01:25.80	01:18.80	01:13.70	01:09.80	01:06.90	01:02.50	01:01.50	100m Freestyle	01:26.20	01:19.30	01:15.20	01:12.70	01:09.10	01:08.30	01:07.10
03:03.60	02:51.30	02:40.80	02:32.60	02:25.60	02:16.20	02:13.70	200m Freestyle	03:04.40	02:51.30	02:42.50	02:36.20	02:29.10	02:27.50	02:25.80
06:26.40	05:56.50	05:38.10	05:21.80	05:07.00	04:49.00	04:44.60	400m Freestyle	06:27.40	05:56.40	05:38.80	05:26.30	05:12.80	05:09.30	05:06.30
11:55.00	11:42.80	10:18.40	09:47.50	09:30.50	09:36.90	09:00.80	800m Freestyle	11:21.75	11:14.75	11:00.75	10:50.25	10:27.57	10:27.15	10:24.00
22:13.80	21:30.70	21:19.50	20:21.75	19:39.87	19:10.67	18:36.30	1500m Freestyle	23:00.00	21:50.10	20:13.40	19:47.00	19:44.70	19:40.60	19:34.70
00:51.50	00:48.60	00:45.90	00:43.30	00:40.80	00:38.50	00:35.80	50m Breaststroke	00:53.50	00:50.50	00:47.60	00:44.90	00:42.40	00:40.00	00:39.00
01:50.20	01:41.50	01:34.70	01:28.80	01:24.60	01:18.80	01:17.00	100m Breaststroke	01:50.30	01:41.60	01:35.20	01:30.80	01:27.50	01:26.60	01:24.60
03:57.20	03:39.10	03:25.20	03:12.50	03:02.50	02:51.50	02:47.50	200m Breaststroke	03:55.50	03:36.60	03:24.90	03:15.50	03:09.70	03:05.80	03:04.80
00:43.40	00:40.90	00:38.60	00:36.40	00:34.30	00:32.40	00:30.40	50m Butterfly	00:45.50	00:42.90	00:40.50	00:38.20	00:36.00	00:35.20	00:34.00
01:36.90	01:27.70	01:21.50	01:16.80	01:12.80	01:07.70	01:06.70	100m Butterfly	01:38.10	01:28.80	01:23.40	01:19.90	01:16.30	01:14.90	01:14.30
03:23.30	03:12.50	02:59.90	02:49.90	02:40.90	02:30.30	02:27.30	200m Butterfly	03:34.60	03:23.40	03:12.60	03:01.70	02:53.50	02:47.10	02:43.30
00:44.30	00:41.80	00:39.40	00:37.20	00:35.10	00:33.10	00:32.10	50m Backstroke	00:47.20	00:44.60	00:42.00	00:39.70	00:37.40	00:36.30	00:35.30
01:37.30	01:29.80	01:24.10	01:19.20	01:15.00	01:10.20	01:09.20	100m Backstroke	01:37.50	01:29.90	01:24.50	01:21.70	01:17.90	01:17.60	01:16.30
03:25.80	03:12.00	03:00.70	02:50.30	02:42.30	02:30.30	02:28.30	200m Backstroke	03:26.30	03:11.00	03:00.60	02:54.30	02:45.80	02:42.90	02:39.70
03:29.60	03:14.30	03:02.80	02:52.70	02:44.80	02:33.80	02:31.80	200m Ind. Medley	03:29.60	03:14.30	03:03.30	02:56.80	02:48.90	02:46.70	02:45.50
07:26.30	06:50.80	06:26.70	06:06.40	05:49.30	05:27.50	05:22.50	400m Ind. Medley	07:26.20	06:47.30	06:24.90	06:10.60	05:55.20	05:50.90	05:48.90

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CLUB SUMMARY ENTRY FORM

This form must be completed and returned with the Sportsystem entry fee report and entry file to elopenmeets@gmail.com

Club Name		Club Code	
Contact Name		Club Bank Details Bank:	
Postal Address		Sort Code: Account No:	
Email Address			
Telephone Number			
Entry Details			
		No of Entries	Cost
Swimmers	@£8.00 per 50m, 100m, 200m, &400m events		£
	@ £15 per 800m and 1500m event		£
Coach pass	@ £30 per day per person or £50 per weekend		£
Admin fee	@£5 per swimmer if manual entry		£
<u>TOTAL</u>			£

It is expected that a single payment via BACs is made for the complete club entry. Details of your Club's bank are to be provided in the box above so we can issue refunds when required

BACS details for online payment: to make your payment – received by **1pm Monday 11th March 2019**

Name of Account – Newham & UEL SC

Name of Bank - Barclays

Sort Code: 20 – 67 - 88

Account No.: 50281808

Reference - NEL2019XXXX (XXXX is for club short code)

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary SignatureDate:

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INDIVIDUAL ENTRY FORM

SURNAME		FORENAME	
CLUB			
GENDER	Male/Female	ASA Number	
EMAIL ADDRESS			
TELEPHONE NO			
DATE OF BIRTH		Age (31/12/19)	
ADDRESS			
EVENTS	ENTRY TIMES	EVENT	ENTRY TIMES
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		200m Breaststroke	
400m Freestyle		50m Backstroke	
800m Freestyle		100m Backstroke	
1500m Freestyle		200m Backstroke	
50m Butterfly		200m Individual Medley	
100m Butterfly		400m Individual Medley	
200m Butterfly			
Total No of Entries (@ £8.00 per 50m, 100m, 200m & 400m event)			£
Total No of Entries (@ £15 per 800m & 1500m event)			£
Individual Entry Fee		@£5	£
		TOTAL	

SIGNED BY CLUB OFFICIAL

ENTRIES OF 3 OR MORE SWIMMERS TO BE MADE ELECTRONICALLY. Please email elopenmeets@gmail.com for files and instructions.

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COACHES/CHAPERONE/TEAM MANAGER INDIVIDUAL APPLICATION FORM

Name of Club:		CLUB CODE
Full Name		
Position in Club		
Postal Address		
Telephone No		
Pass Required	<u>Saturday 13th April 2019</u>	<u>Sunday 14th April 2019</u>
Email Address		
ASA Affiliation No		
DBS No		
Dietary Requirement		

Club Secretary:.....**Signed:**.....

The above-named person is authorised to hold a pass for this club and their details are visible on the ASA Members Check.

There will be no access to the poolside without a coach's pass and passes will need to be purchased in advance and the cost included the summary total for your club entries. Coach Passes are non-transferable.

All completed forms to be returned to elopenmeets@gmail.com

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REQUEST FOR OFFICIALS

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

Name				CLUB CODE
Qualification (Judge Level)				
Licence Number				
Swimming Club				
Sessions Available	Session 1	Session 2	Session 3	
	Session 4	Session 5	Session 6	
Contact Phone no				
Contact Address				
Contact email				
Swimmer's name				
Mentor request	<i>If you are in the middle of training to become an official and require mentoring, please indicate the session are available and use this box to detail the tasks you require mentoring for but please be aware as it is a L1 meet, there is limited mentoring opportunities, but we will our best to accommodate requests</i>			
Dietary requirements	<i>Officials working a full day will be provided with lunch. Let us know if you have any special requirements</i>			

All completed forms to be emailed to elopenmeets@gmail.com

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