



Mid Beds Swim Squad

Licence No: 2ER1137

Presents a

Level 2 Open Meet

May 21st & 22nd 2011

Please see itinerary included

Coming soon to
Saxon Pool & Leisure Centre
Saxon Drive
Biggleswade
Bedfordshire
SG18 8SU

Please direct enquiries to:
barker-simon2@sky.com

All information to follow on our web site
www.midbedsswimsquad.org



MID BEDS SWIM SQUAD
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Mid Beds Rules and Conditions of Gala

1. The promoter is Mid Beds Squad.
2. The event is to be held at 'The Saxon Pool and Leisure Centre, Saxon Drive, Biggleswade, Bedfordshire SG18 8SU.
3. The pool is 8 lane 25m deck level pool with electronic timing.
4. The Competition will be held under ASA Law & technical rules.
5. This competition is licensed by the ASA as a **LEVEL 2** meet for entry into Regional @ National championships.
6. Entrants must be ASA Registered at category 2 and have an ASA number and belong to an affiliated club.
7. If you have temporary membership of the ASA granted to you under regulation 56.2 you must enter the date.
8. Qualification times must be in the ASA ranking system and have been achieved in the twelve months prior to the event, converted to short course.
9. Where a club enters 6 or more competitors, entries must be submitted electronically to the entry software SPORTSYSTEMS and may be downloaded from Mid Beds Squad website: **www.midbedsswimsquad.org** electronic entries should be supported with a manual entry form along with a completed summary sheet as back up and payment.
10. Entry forms and SPORTSYSTEMS files must be received by the promoters on or before the specified closing date of Monday 28th March 2011 and be fully and correctly completed, or else may be rejected. However, the promoter reserve the right to close entries for individual events, event by event, to maintain a balanced programme, on a first come first served basis.
11. The promoter reserves the right to limit entries If the event is oversubscribed the promoter reserves the right to return entries.
12. This meet will operate as a CARDLESS meet.
13. Over the top starts will be used for all races (Note except backstroke).
14. All races will be spearheaded.
15. Ages as of 22/05/2011.
16. The age groups and awards to the first 3 in Boys & Girls – 10 & Under 11/12yrs, 13/14yrs, 15/16yrs, 17+yrs age group in each event.
17. Entry fees will be £5.00 per event. (this includes the ASA's levy)
18. Session timings may change slightly, depending on the number of entries received and accepted. Any changes will be posted on the web.
19. A list of accepted entries & rejections will be posted on the web as confirmation.
20. Coach passes cost £30 for two days (£15 per day) and should be applied and paid for with swimmers' entries. A coach pass includes refreshments. In addition a poolside pass will cover a programme. as well as access to poolside in accordance with ASA child protection guidelines.
21. Results of this Meet will be posted on MBSS web site and submitted to the ASA.
22. Prices: Spectator admission per day:

Programme for each Day =	£ 3.00
Adult =	£ 5.00
Child/OAP =	£ 2.00
23. Coaches **MUST** wear Passes provided at all times. Passes can only be obtained by completing an application form supplied with named persons and submitting it to the Promoter. No one will be allowed on poolside without a valid pass.

24. One cheque per club would be appreciated. (Any Refund cheques will only be payable to your club).
25. By submitting an entry form or SPORTSYSTEMS entry file, Clubs, Competitor's and Coach's are agreeing to be bound by these rules.
26. This meet is card less so Swimmers must sign in 45 minutes before the start of each session for those events they have entered and wish to swim. Failure to do so will result in the swimmers not being accepted for that session's events. Withdrawals in advance can be made by emailing the promoter up until 8pm Friday 20th May 2011.
27. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
28. Refreshments may be obtained in the cafeteria but may not be taken on to the poolside.
29. A swim shop will be in operation throughout the gala.
30. Protests shall be made and dealt with as detailed in ASA Law.
31. Please note we aim to provide a professional, timely and happy event, any points not covered by these rules will be at the discretion of the organisers.
32. Clubs entering more than 8 swimmers are asked if they could supply an ASA registered judge and registered timekeeper for the relevant sessions.

All entries and enquiries to, The Promoter;
Mid Beds Squad. The Saxon Pool and Leisure Centre,
Saxon Drive, Biggleswade, Bedfordshire SG18 8SU.

Or email to barker-simon2@sky.com

Many thanks for your support



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Saturday 21st May 2011		Pool Opens 8.15 a.m.		Sunday 22nd May 2011		Pool opens 8.15 a.m.	
Session One				Session Four			
<u>Sign in by</u>		<u>Sign in by</u>		<u>Sign in by</u>		<u>Sign in by</u>	
Warm Up 8.30		Warm Up 8.45		Warm Up 8.30		Warm Up 8.45	
Start 9.30		Start 9.30		Start 9.30		Start 9.30	
Event	1 B All ages 400m Freestyle	Event	16 G All ages 400m Freestyle	Event	21 B All ages 400m I.M.	Event	26 B All ages 200m I.M.
	2 G All ages 200m Back		17 B All ages 200m Back		22 G All ages 200m Freestyle		27 G All ages 200m Breast
	3 B All ages 100m Butterfly		18 G All ages 100m Butterfly		23 B All ages 200m Butterfly		28 B All ages 100m Back
	4 G All ages 50m Back		19 B All ages 50m Back		24 G All ages 50m Breast		29 G All ages 50m Butterfly
	5 B All ages 100m Breast		20 G All ages 100m Breast		25 B All ages 100m Freestyle		30 B All ages 50m Freestyle
Session Two				Session Five			
<u>Sign in by</u>		<u>Sign in by</u>		<u>Sign in by</u>		<u>Sign in by</u>	
Warm Up 1.00		Warm Up 1.15		Warm Up 1.00		Warm Up 1.15	
Start 2.00		Start 2.00		Start 2.00		Start 2.00	
Event	6 G All ages 400m I.M.	Event	21 B All ages 400m I.M.	Event	26 B All ages 200m I.M.	Event	31 B All ages 200m I.M.
	7 B All ages 200m Freestyle		22 G All ages 200m Freestyle		27 G All ages 200m Breast		32 G All ages 200m Breast
	8 G All ages 200m Butterfly		23 B All ages 200m Butterfly		28 B All ages 100m Back		33 B All ages 100m Back
	9 B All ages 50m Breast		24 G All ages 50m Breast		29 G All ages 50m Butterfly		34 G All ages 50m Butterfly
	10 G All ages 100m Freestyle		25 B All ages 100m Freestyle		30 B All ages 50m Freestyle		35 B All ages 50m Freestyle
Session Three				Session Six			
<u>Sign in by</u>		<u>Sign in by</u>		<u>Sign in by</u>		<u>Sign in by</u>	
Warm Up 5.00		Warm Up 5.15		Warm Up 5.00		Warm Up 5.15	
Start 6.00		Start 6.00		Start 6.00		Start 6.00	
Event	11 G All ages 200m I.M.	Event	26 B All ages 200m I.M.	Event	31 B All ages 200m I.M.	Event	36 B All ages 200m I.M.
	12 B All ages 200m Breast		27 G All ages 200m Breast		32 G All ages 200m Breast		37 G All ages 200m Breast
	13 G All ages 100m Back		28 B All ages 100m Back		33 B All ages 100m Back		38 B All ages 100m Back
	14 B All ages 50m Butterfly		29 G All ages 50m Butterfly		34 G All ages 50m Butterfly		39 G All ages 50m Butterfly
	15 G All ages 50m Freestyle		30 B All ages 50m Freestyle		35 B All ages 50m Freestyle		40 B All ages 50m Freestyle

Warm Up procedures

To avoid overcrowding of lanes during the continuous swim warm up, the warm ups will be run as 4 x 15min periods for each session:

Session 1, 5 & 6 - boys 12/U; boys 13/O; girls 12/U then girls 13/O

Sessions 2, 3 & 4 - girls 12/U; girls 13/O; boys 12/U then boys 13/O

All Sessions: Lanes 1, 3, 5, 7 anticlockwise and Lanes 2, 4, 6 & 8 clockwise. Sprint Lanes 1 & 8, possibly more, when announced.

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Boys qualifying times. "Lower" = No slower than.

	Time Limit	10	11	12	13	14	15	16	17+
50FR	Lower	39.3	37.2	35.1	33.1	31.3	29.8	29.2	28.6
100FR	Lower	1:26.0	1:18.0	1:15.0	1:11.1	1:07.5	1:04.3	1:02.9	1:01.6
200FR	Lower	3:06.1	2:54.7	2:44.7	2:35.0	2:27.1	2:21.0	2:16.5	2:13.7
400FR	Lower	6:31.2	5:59.8	5:33.4	5:22.0	5:10.4	4:55.4	4:47.8	4:42.5
50BA	Lower	45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1
100BA	Lower	1:38.1	1:30.3	1:25.1	1:19.8	1:15.0	1:11.4	1:09.2	1:07.5
200BA	Lower	3:26.6	3:13.2	3:02.5	2:50.9	2:41.2	2:34.1	2:29.5	2:26.9
50BR	Lower	51.3	48.0	45.1	41.9	39.6	37.7	36.4	35.7
100BR	Lower	1:52.0	1:43.5	1:36.9	1:30.5	1:25.4	1:20.3	1:17.4	1:15.7
200BR	Lower	3:59.0	3:42.4	3:29.4	3:15.5	3:03.8	2:55.7	2:50.6	2:46.1
50 FL	Lower	43.9	41.1	38.9	36.5	34.4	32.6	31.6	30.8
100FL	Lower	1:38.6	1:30.6	1:24.7	1:19.2	1:14.5	1:10.8	1:08.9	1:07.1
200FL	Lower	3:37.4	3:18.3	3:06.7	2:54.8	2:44.8	2:35.6	2:31.8	2:26.9
200IM	Lower	3:32.3	3:17.7	3:06.9	2:55.9	2:45.4	2:38.3	2:33.8	2:30.6
400IM	Lower	7:35.7	6:59.8	6:34.4	6:12.1	5:50.4	5:34.7	5:25.5	5:18.8

Girls qualifying times: Lower" = No slower than.

	Time Limit	10	11	12	13	14	15	16	17+
50FR	Lower	40.0	37.8	35.8	34.4	33.4	32.6	32.1	32.0
100FR	Lower	1:27.7	1:21.4	1:16.7	1:13.5	1:11.4	1:10.00	1:08.8	1:08.5
200FR	Lower	3:06.8	2:55.4	2:44.9	2:38.1	2:33.6	2:30.3	2:28.1	2:26.5
400FR	Lower	6:26.8	5:51.6	5:40.8	5:25.9	5:15.9	5:10.9	5:07.3	5:05.3
50BA	Lower	45.3	42.8	40.6	38.8	37.6	36.9	36.2	35.9
100BA	Lower	1:38.6	1:31.1	1:25.4	1:21.5	1:19.1	1:17.2	1:16.2	1:15.7
200BA	Lower	3:28.8	3:12.6	3:01.8	2:54.4	2:49.2	2:44.9	2:42.5	2:40.7
50BR	Lower	51.8	48.4	45.5	43.3	41.9	40.9	40.4	40.1
100BR	Lower	1:52.6	1:45.5	1:37.4	1:32.4	1:28.8	1:27.2	1:26.3	1:25.0
200BR	Lower	3:59.6	3:43.2	3:28.9	3:15.3	3:09.6	3:06.0	3:04.9	3:03.2
50 FL	Lower	44.0	41.4	39.2	37.4	36.2	35.3	34.8	34.7
100FL	Lower	1:39.3	1:31.0	1:25.0	1:21.3	1:18.4	1:17.0	1:15.9	1:15.0
200FL	Lower	3:40.1	3:20.2	3:06.5	2:57.4	2:51.1	2:46.9	2:44.9	2:42.5
200IM	Lower	3:32.8	3:18.0	3:06.4	2:58.9	2:53.2	2:49.6	2:47.2	2:45.8
400IM	Lower	7:35.4	6:57.4	6:32.1	6:14.5	6:03.2	5:55.9	5:50.6	5:48.3



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Mid Beds Gala Entry Form



Surname				Full First Name				Middle Initial	
Date of Birth	Date	Month	Year	Age on 21st May 2011	yrs	PLEASE DELETE	BOY	GIRL	
ASA No.									
Club									

All information entered above **MUST** be the same as on your ASA registration card.

Event	Event		Submitted Time
	Male	Female	Short Course (see attached qualifying and lower limit times)
50m Freestyle	30	15	
100m Freestyle	25	10	
200m Freestyle	7	22	
400m Freestyle	1	16	
50m Backstroke	19	4	
100m Backstroke	28	13	
200m Backstroke	17	2	
50m Breaststroke	9	24	
100m Breaststroke	5	20	
200m Breaststroke	12	27	
50m Butterfly	14	29	
100m Butterfly	3	18	
200m Butterfly	23	8	
200m IM	26	11	
400m IM	21	6	

MORE THAN 6 SWIMMERS from the same club must be entered electronically or will be returned.

Total number of entries =	Total cost of entries @ £5.00 each £
(Club) Contact Name & Address:	
Contact e-mail:	
Contact Phone:	Mobile:
All entries to; The Promoter, Mid Beds Squad. The Saxon Pool and Leisure Centre, Saxon Drive, Biggleswade, Bedfordshire, SG18 8SU. Or email to barker-simon2@sky.com	ENTERED - CHECKED - CONFIRMED

Please accept my entries for the events indicated above. The time indicated against each event has been achieved. I declare that the details entered on this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the promoters conditions.

Signature



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Application for Coach & Poolside Passes

Please provide the names and contact details for **all** coaches and poolside pass holders.
 Passes will be personalised to provide maximum security and child protection.
 e-mail addresses are required for circulation of results.

Club							
Sessions attending – please circle	1	2	3	4	5	6	Pass type:
Coach 1 Name	Coach			Poolside			
Address							
E-mail							
Daytime tel:				Evening tel:			

Sessions attending – please circle	1	2	3	4	5	6	Pass type:
Coach 2 Name	Coach			Poolside			
Address							
E-mail							
Daytime tel:				Evening tel:			

Sessions attending – please circle	1	2	3	4	5	6	Pass type:
Coach 3 Name	Coach			Poolside			
Address							
E-mail							
Daytime tel:				Evening tel:			

Coach passes cost £30 for two days (£15 per day) and should be applied and paid for with swimmers' entries. A coach pass includes refreshments, programme as well as access to poolside in accordance with ASA child protection guidelines.

A poolside pass gives the recipient access to poolside in accordance with ASA child protection guidelines for £10.00 per day (no food). In addition a poolside pass will cover a programme.

Please complete details for each pass applicant. If part days are necessary please indicate who will attend each session. Use the back of the form if more space is needed.

Applications for coach and poolside passes should be sent to; The Promoter, Mid Beds Squad. The Saxon Pool and Leisure Centre, Saxon Drive, Biggleswade, Bedfordshire, SG18 8SU.

Or email to barker-simon2@sky.com



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Officials

We have a level 2 licence but it is helpful if all our officials are qualified. We would therefore be grateful for help from visiting clubs. All clubs submitting entries of significant size are expected to provide at least two officials at Judge level. We are likely to use everyone who volunteers but it would be nice to let them know in advance

Please indicate how many officials you could bring and ask **each** of them to complete the form below to give availability and contact details. Please can Judges indicate their level of qualification.

Name		Club	
Address			
E-mail			
Daytime tel:		Evening tel:	

Saturday 21st May		Referee	Starter	Judge L1 or L2	Timekeeper
	Session 1				
	Session 2				
	Session 3				
Sunday 22nd May					
	Session 4				
	Session 5				
	Session 6				

Officials please sent to; The Promoter
 Mid Beds Squad. The Saxon Pool and Leisure Centre,
 Saxon Drive, Biggleswade, Bedfordshire SG18 8SU.

Or email to barker-simon2@sky.com

Many thanks for your support