



STOCKPORT METRO NOVEMBER MEET 2010

Distance Events Friday: Long Course

LICENSE NUMBER: 1NW0229

Saturday and Sunday Events: Short Course

LICENSE NUMBER: 2NW0518

to be held at Grand Central Pools, Stockport

Friday-Saturday-Sunday 26th – 27th – 28th November 2010

(Under ASA Laws and ASA Technical Rules)



Welcome

We are pleased to present to you our November Meet details. Now in its 16^h year the Meet has a reputation for fast swimming early in the season and for being exceptionally well run. We hope to make this year's event the fastest ever so we have made a significant change in that ***the events on Saturday and Sunday will be short course***. Grand Central Pools, when set up short course, is one of the fastest pools in the world, and we'll have the additional benefit of a continuous swim-down facility on the other side of the boom.

Because we are going to be having the meet short course it has to be at level 2. To all intents and purposes the meet will run like a level 1 meet; there are no upper limit restrictions on entry times. *It's the first time we've run a short course meet so we've set the qualifying times at the minimum required for level 2 meets so as to ensure that we fill the meet. This may mean we have to reject a number of entries; if so we apologise in advance and we hope you understand our reason for doing so.*

The main features of the event are:

- Swimmers will swim Age on the Day (28.11.10)
- There will be an award for top visiting club
- Stronger 10 yr old swimmers can join the 11 yrs age group providing they will be 11 yrs by Nationals 2011.

Included in this pack:

- Programme of Events
- Minimum Qualifying Standards for Level 1 800m and 1500m events.
- Minimum Qualifying Standards for a Level 2 Meet (as per ASA Licensing Guidelines)
- Competition Rules and Meet Information
- Individual Entry Form

Our website, www.stockport-metro.co.uk will include all information and regular updates. A map of the area and directions to Grand Central Pools is also available on the website.

These events continue to be successful thanks to the support and hard work of the officials and volunteer helpers. If you have any comments or suggestions to help us improve the way we do things, please do not hesitate to tell us, either during the course of the event, or via the website, where a results service will also be available. Alternatively if you need any more information please contact me by phone or email.

We look forward to receiving your entries.

Ben Lafferty
Meet Organiser
ben.lafferty@stockportstrust.org.uk



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SESSION 1: Friday 26th November 2010 LONG COURSE

Extra warm up in between 800 and 1500

W/Up: 5:00pm Start: 5:45pm

101 G/B OPEN 800 Freestyle (HDW)
102 B/G OPEN 1500 Freestyle (HDW)

SESSION 2: Saturday 27th November 2010 SHORT COURSE

W/Up: 8:00am Start: 9:00 am

201 G OPEN 400 IM
202 B OPEN 200 IM
203 G OPEN 100 Butterfly
204 B OPEN 200 Backstroke
205 G OPEN 100 Breaststroke
206 B OPEN 100 Freestyle
207 G OPEN 50 Butterfly
208 B OPEN 50 Backstroke
209 G Age Final 100 Butterfly
210 G Youth Final 100 Butterfly
211 B Age Final 100 Freestyle
212 B Youth Final 100 Freestyle
213 G Age Final 100 Breaststroke
214 G Youth Final 100 Breaststroke

SESSION 3: Saturday 27th November 2010 SHORT COURSE

W/Up: 2:00 pm Start: 3:00pm

301 B OPEN 400 Freestyle
302 G OPEN 200 Freestyle
303 B OPEN 200 Breaststroke
304 G OPEN 100 Backstroke
305 B OPEN 200 Butterfly
306 G OPEN 50 Freestyle
307 B OPEN 50 Breaststroke
308 G Age Final 100 Backstroke
309 G Youth Final 100 Backstroke
310 B 14/U Invitation Medley 'SKINS'
311 B 15/O Invitation Medley 'SKINS'

SESSION 4: Sunday 28th November 2010 SHORT COURSE

W/Up: 8.00am Start: 9.00am

401 B OPEN 400 IM
402 G OPEN 200 IM
403 B OPEN 100 Butterfly
404 G OPEN 200 Backstroke
405 B OPEN 100 Breaststroke
406 G OPEN 100 Freestyle
407 B OPEN 50 Butterfly
408 G OPEN 50 Backstroke
409 B Age Final 100 Butterfly
410 B Youth Final 100 Butterfly
411 G Age Final 100 Freestyle
412 G Youth Final 100 Freestyle
413 B Age Final 100 Breaststroke
414 B Youth Final 100 Breaststroke

SESSION 5: Sunday 28th November 2010 SHORT COURSE

W/Up: 1.30pm Start: 2.30pm

501 G OPEN 400 Freestyle
502 B OPEN 200 Freestyle
503 G OPEN 200 Breaststroke
504 B OPEN 100 Backstroke
505 G OPEN 200 Butterfly
506 B OPEN 50 Freestyle
507 G OPEN 50 Breaststroke
508 B Age Final 100 Backstroke
509 B Youth Final 100 Backstroke
510 G 13/U Invitation Medley 'SKINS'
511 G 14/O Invitation Medley 'SKINS'

**Continuous swim-down facility
available all day Saturday and
Sunday**

**OVER THE TOP STARTS
(wherever possible)
Age as at 28.11.10**

Please return all entries to Meet Entries Co-ordinator:
Ian Proud
67 Buckinghamshire Road
Belmont
Durham DH1 2BE

swimming@proudys.plus.com

**ENTRY FEE: £5.00 per event by sportssystem's disk
or £5.50 per event by paper or email.**

CLOSING DATE: 29/10/10

Please check the Stockport Metro website (www.stockport-metro.co.uk) for details and for downloadable entry pack



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1. The meet will be held under ASA Laws and Technical Rules and is licensed by the ASA for entry into national competitions and championships. Ages are as on the final day of the competition.
2. The pool is 50 metres long with 8 lanes on Friday, and 25m long with 8 lanes on Saturday and Sunday, with jumbo anti-wave lane ropes and electronic Omega timing in operation, with continuous scoreboard display. Results service will operate on-line using Sportsystems. Live results will be posted onto the website in real time. Full results will also be published in PDF format on the website after the meet www.stockport-metro.co.uk
3. “**Over the top**” starts will be used in the heats at the discretion of the promoter.
4. Warm-up and swim-down facilities will be available continuously while the competition is being run provided it is not being abused. Coaches / team managers are responsible for ensuring that their swimmers use the facility for the purpose intended.
Strictly no diving in or climbing over pads during warm up in the competition pool.
5. The meet is cardless and will use start sheets to facilitate flow.. All entries and rejections will be posted on the Stockport Metro website; there is no requirement to send a stamped addressed envelope.
Coaches / Team Managers are requested to inform the meet organisers at least 45 minutes prior to the start of the session of any withdrawals.
6. All coaches will receive a withdrawal form in their coaches pack.
7. The programme will cover the 50m, 100m, 200m 400m, 800 and 1500m events swum at National Age and National Youth competitions (except relays). All events will be heat declared (**HDW**), except the 100m events where there will be finals for Age and Youth as explained below. All heats will be swum combined.
Boys Age category: 11/14, Youth category: 15/over
Girls Age category: 11/13, Youth category: 14/over
8. At the promoter’s discretion some 10 yr old swimmers will be accepted for this meet, but only if they are 11 yrs by the date of the National Age Groups (31st July 2011). They will be considered in line with the 11yr old swimmers qualifying times.
9. **Awards** will be made with a formally announced presentation at the end of the meet to:
 - **Top 1** in each age group for 11/12/13/14 year old boys and 11/12/13 year old girls who have accrued FINA points from their best event in each category section. Category sections will be Distance, I.M, Form, and 100s.
 - **Top boy** in 15/over and **top girl** in 14/over for the best individual performance (FINA points) in any one event.
10. An award will be made to the **top visiting team** using points scoring (1st = 8 points, 2nd = 7

points down to 8th = 1 point). Disqualified swimmers and non-starters will not score.

11. Coaches' passes will be available at a cost of £20.00 each and will include admission to all sessions, programmes, start list, lunch and results sheets. Only pass holders, swimmers & officials will be allowed on poolside. Swimmers must wear footwear when leaving the pool area. No swimmers are allowed up to the balcony other than via the rear staircase.
12. Entries to events will be restricted and will be accepted on an entry time basis. There are no upper qualifying cut-off times. An entry fee of £5.00 per event for those clubs submitting disc based entries on Sportsystems entry files will be charged this and will include the 25p licensed meet levy per event. Entries submitted on paper or by email will cost £5.50 per event. Random checks will be made against the current ASA rankings database and any swimmer found to be submitting false times will be rejected from all events, unless a result sheet is available to confirm entry times. Entry times will be submitted as Short Course (for the events on Saturday and Sunday). Any entry not accepted will be refunded in full.
13. Sportsystems entry files for clubs will be provided by e-mailing swimming@proudys.plus.com . The completed entry files to be returned by e mail to the same address (with cheques to follow by post and received by the due closing date of 29th October 2010). All entry forms must be completed in capitals and posted to **Stockport Metro SC, 67 Buckinghamshire Road, Belmont, Durham DH1 2BE with cheques made payable to Stockport Metro SC** . Entry forms may be e-mailed to: swimming@proudys.plus.com but will not attract the same discount as Sportsystems electronic entry files, which is the preferred method of entry to this meet. A full list of accepted/rejected will be posted on the website.
14. Users of any video, zoom or close range cameras must register their details at the entrance. Stockport Metro Swimming Club can not be held responsible for the loss or damage of spectators' or competitors' property. Competitors are advised to use the lockers in the changing area.
15. Rules for 'Invitation Medley Skins' are included in this information pack
16. Qualifying times are included below, Open age times are the same as 17yrs times
17. The promoters reserve the right to refuse admission to any competitor or spectator.

Anything not covered above, and not printed in the programme, will be at the promoter's discretion.

FOR ANY CLARIFICATION PLEASE CONTACT:

Ben Lafferty

Grand Central Pools, 12 Grand Central Square

Wellington Road South

Stockport

SK1 3TA

0161 480 5138



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NAME

MALE FEMALE CLUB

DATE OF BIRTH AGE ON DAY (28.11.10)

ASA Registration no.

Please complete with current best times.

EVENT NO	EVENT	BEST TIME		
		TICK IF TIME IS A CONVERSION	SHORT COURSE TIME	LONG COURSE TIME
	50m FREE			
	100m FREE			
	200m FREE			
	400m FREE			
	800m FREE			
	1500m FREE			
	50m BACK			
	100m BACK			
	200m BACK			
	50m BREAST			
	100m BREAST			
	200m BREAST			
	50m FLY			
	100m FLY			
	200m FLY			
	200m I M			
	400m I M			
No. of entries _____ @ £5.00 by sportsystems disc = £ _____ by cheque				
No. of entries _____ @ £5.50 by paper or email = £ _____ by cheque				

Entries to be returned by 29TH October 2010.

The information above is correct, signed _____ swimmer / parent

A swimmer who wishes to be considered for an Age Group Category award should try to enter at least one 100m event, one 200m event (on Fly, Back or Breast), one distance event and one I.M event.



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Stockport Metro Invitation Medley Skins

1. This 'Skins Event' will be a continuous competition commencing with 8 competitors and over a continuous series of races over a distance of 50m. One or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 3 minutes from the start of the previous race a warning signal being given 10 seconds prior to the start of each round.
2. The Event shall take place at Grand central pools Stockport, on the 27th and 28th November 2010
3. Skins competitions will be held for:
 - a. Boys 14 years and under Events (a) and (b) will swim concurrently with
 - b. Boys 15 years and over a separation of 90 seconds between races.
 - c. Girls 13 years and under Younger age group starts first.
 - d. Girls 14 years and over Events (c) and (d) will follow the same format.
4. Age as on 28th November 2010
5. The Prizes for each event will be:
1st - £40 2nd - £35 3rd - £30 4th - £25 5th - £20 6th - £15 7th - £10 8th - £5
6. The competitors for each Event shall be the eight swimmers with the highest number of accumulated GB points determined by the published results from the qualifying events. The qualifying events shall be the 200 I.M in each age.
7. Lanes will be allocated on the basis of 'spearheading' in accordance with FINA swimming rule SW312 – the highest point scoring swimmer occupying the centre lane. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race. The remaining two swimmers will occupy the centre lanes – the highest point qualifying swimmer occupying Lane 4 the second swimmer in Lane 5.
8. The stroke for each individual race will by random draw from a choice of Freestyle, Breaststroke, Butterfly and Backstroke. The draw for the stroke to be contested in the first round to be undertaken by the swimmer with the highest qualifying score in the Event. Draws for subsequent rounds will be by the swimmer eliminated from the previous round. If more than one swimmer is eliminated in a round, the draw will be by the first swimmer eliminated, or by decision of the Referee if eliminated at the same time.
9. The first race in each Event will commence in accordance with ASA Swimming Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m.
10. Subsequent rounds will start at the starting end of the pool, following an interval of 3 minutes from the previous Start. The starter will verbally alert the swimmers 10 seconds prior to the Starting signal being sounded. Competitors feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips

when the Start Signal is given. For Backstroke rounds competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the Starting Platform.

- 11.** In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions – failure to do so will lead to elimination by disqualification – any competitor so eliminated will receive any prize money won to that time including the round in which eliminated.
- 12.** The slowest competitor in each round shall be eliminated – unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition.
- 13.** Apart from the first round, times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmer will be by the Referee utilising either Automatic Officiating Equipment (AOE) or manual Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly.
- 14.** In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated and the accumulated prize money for the positions divided equally between the relevant swimmers.
- 15.** Should for any reason the competition have to be halted before its conclusion it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.
- 16.** In the case of a dead heat in the final race, it will be re-swum as an additional round in accordance with the Event conditions. Determination of the result following a subsequent dead heat maybe determined by any means agreed by the affected swimmers.

Stockport Metro November Meet – Level 1 Minimum Permitted Qualifying Times - Long Course Pool**BOYS**

EVENT	11	12	13	14	15	16	17	OPEN
800m Free	12:44.6	11:47.1	11:12.8	10:42.5	10:21.8	10:05.0	9:55.5	9:52.5
1500m Free	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0	18:43.3

GIRLS

EVENT	11	12	13	14	15	16	17	OPEN
800m Free	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1	10:28.3
1500m Free	23:38.6	22:25.8	21:30.4	21:00.8	20:43.1	20:22.9	20:22.9	20:05.1

Stockport Metro November Meet – Level 2 Minimum Permitted Qualifying Times - Short Course Pool**BOYS**

EVENT	11	12	13	14	15	16	17	OPEN
50m Freestyle	37.2	35.1	33.1	31.3	29.9	29.0	28.4	27.4
100m Freestyle	1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	1:02.6	1:01.4	1:00.2
200m Freestyle	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	2:16.3	2:13.8	2:12.9
400m Freestyle	6:06.0	5:46.0	5:26.8	5:10.4	4:57.5	4:48.7	4:42.5	4:42.5
50m Breast	48.0	45.1	41.9	39.6	37.7	36.4	35.7	34.4
100m Breast	1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	1:18.4	1:16.7	1:15.0
200m Breast	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:50.7	2:46.3	2:42.3
50m Butterfly	41.0	38.8	36.4	34.3	32.5	31.5	30.7	29.6
100m Butterfly	1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	1:08.8	1:07.0	1:05.1
200m Butterfly	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	2:31.7	2:26.9	2:24.4
50m Backstroke	42.5	40.3	37.6	35.8	33.9	32.6	32.1	30.4
100m Back	1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	1:09.3	1:07.6	1:05.4
200m Back	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	2:29.8	2:27.0	2:22.9
200m I M	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	2:33.7	2:30.5	2:27.6
400m I M	6:59.7	6:34.3	6:12.0	5:50.3	5:34.6	5:25.4	5:18.7	5:14.9

GIRLS

EVENT	11	12	13	14	15	16	17	OPEN
50m Freestyle	37.7	35.7	34.3	33.3	32.5	32.0	31.9	30.5
100m Freestyle	1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	1:08.7	1:08.4	1:07.1
200m Freestyle	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	2:28.0	2:26.4	2:26.1
400m Freestyle	6:04.9	5:43.7	5:29.8	5:20.8	5:13.8	5:10.2	5:07.2	5:07.2
50m Breast	48.3	45.4	43.2	41.8	40.8	40.3	40.0	38.5
100m Breast	1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	1:26.2	1:24.9	1:23.2
200m Breast	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	3:05.8	3:04.1	2:58.7
50m Butterfly	41.3	39.1	37.3	36.1	35.2	34.7	34.6	32.7
100m Butterfly	1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	1:15.8	1:14.9	1:12.2
200m Butterfly	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	2:44.8	2:42.8	2:39.0
50m Backstroke	42.7	40.5	38.7	37.5	36.8	36.1	35.8	34.4
100m Back	1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	1:16.1	1:15.6	1:13.6
200m Back	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	2:42.4	2:40.6	2:38.3
200m Medley	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	2:47.2	2:45.7	2:44.2
400m Medley	6:57.3	6:32.0	6:14.4	6:03.1	5:55.8	5:50.5	5:48.2	5:44.5