



Cheshire County W.P & S.A.

14th JUNIOR GRADED MEET

ASA Licensed Meet Level 3

Licence No – (Under ASA Laws & ASA Technical Rules)



Macclesfield Leisure Centre - Sunday, 18th November 2018

PROGRAMME OF EVENTS - All Events H.D.W.

Session 1 Warm up: 10.30 am

Start: 11.15 am

Event	B/G	Age	Distance	Stroke
101	Girls	9 -11yrs	100m	Individual Medley
102	Boys	9 -11yrs	100m	Individual Medley
103	Girls	9 -12yrs	50m	Freestyle
104	Boys	9 -12yrs	50m	Freestyle
105	Girls	9 -12yrs	50m	Breaststroke
106	Boys	9 -12yrs	50m	Breaststroke
107	Girls	9 -12yrs	200m	Freestyle

Session 2 Warm up: 1.45pm

Start: 2.30pm (provisional)

Event	B/G	Age	Distance	Stroke
201	Boys	9 -12yrs	200m	Individual Medley
202	Girls	9 -12yrs	200m	Individual Medley
203	Boys	9 -12yrs	50m	Backstroke
204	Girls	9 -12yrs	50m	Backstroke
205	Boys	9 -12yrs	50m	Butterfly
206	Girls	9 -12yrs	50m	Butterfly
207	Boys	9 -12yrs	200m	Freestyle

Entry : £3.50 per event if supported by Sportssys. Paper entries £4.00 per event
Coaches' Pass: £8.00 (max 3 per club on pool side)

Age as at 18th November 2018

Closing Date: Tuesday, 23rd October 2018

Presentations for

50m events : top 3(not exceeding upper qualifying times) in 12 yrs, 11 yrs, 10 yrs, 9 yrs

100m events: top 3(not exceeding upper qualifying times) in 11 yrs, 10 yrs, 9 yrs

200m events: top 3 (not exceeding upper qualifying times) in 12 yrs, 11 yrs, 10 yrs,9yrs

Speeding Tickets will be given to swimmers going faster than the stated **upper limit** qualifying time in their age group.

Open to any swimmer from a club (including those with swimmers with disabilities) affiliated to Cheshire County W.P. &S.A



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DATE: Sunday 18th November 2018

VENUE: Macclesfield Leisure Centre, Priory Lane, Macclesfield

The pool is an eight lane 25 metre pool with anti-wave lane ropes.

Electronic Timing with full display board is installed.

A 17m pool will be available for warm-up and swim-down, this facility is provided on the understanding that swimmers are the responsibility of their Coach/Team Manager. If swimmers abuse the facility, it will be withdrawn.

STRICTLY NO DIVING into this pool

SESSIONS:

Session 1	Warm up:	10.30am	Start:	11.15am
Session 2	Warm up:	2.15pm (provisional)	Start:	3.00pm (provisional)

This competition will be run on a card-less system

Notice of withdrawal on the day must be registered no later than 45 minutes prior to the start of the session (i.e. at the start of the warm up session)

Warm up:	Session 1	-	Girls first
	Session 2	-	Boys first

EVENTS:

9 years	50m	All strokes plus 100m Individual Medley
10 years	50m	All strokes plus 100m Individual Medley
11 years	50m	All strokes plus 100m Individual Medley
12 years	50m	All strokes
9-12years	200m	200m Individual Medley & 200m Freestyle

Age as at 18th November 2018

'Over the Top' starts may be used except for Backstroke events.

HEATS: All events will be Heat Declared Winner (HDW)

AWARDS: There will be awards to the first three not exceeding the upper qualifying time in each individual age.

All swimmers achieving a time faster than the upper level qualifying time will be sentenced to a 'Speeding Ticket'

ENTRIES: The entry fee is £3.50 per event if supported by Sportssys
Paper entries for individuals (not clubs) £4.00 per event.

Times must have been achieved in the last twelve months.

Swimmers must not be faster than the Upper times and if the Meet is Oversubscribed then preference will be given to those who have achieved the lower times.

Coaches Pass is £8.00 including programmes and Heat Start Sheets. Coaches will not be allowed on poolside without a pass. Maximum 3 per club on poolside
It is mandatory that all Coaches comply with the relevant ASA Child Protection Procedures and have an up to date CRB certificate
Clubs are requested to supply licensed officials, if possible, for the competition as follows:-

a). Clubs entering 5 swimmers or under – none requested but would be



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appreciated.

- b). Clubs entering 5-10 swimmers - request - 1 licensed official
- c). Clubs entering 11-20 swimmers - request - 2 licensed officials
- d0. Clubs entering over 20 swimmers-request - 3 licensed officials

For each licensed official per session, clubs will be rewarded with a free poolside pass (maximum 3 passes).

A list of the licensed officials, stating qualifications and session/s available to be submitted with the paper entries.

***PLEASE NOTE* Failure to have enough officials will mean that times recorded by swimmers will not be accepted for ASA rankings.**

**Club entries must be Electronic via Sportssystems Entry Manager V2.
Entry files available on the Cheshire website.**

Sportssystems entries to: swimchamps@swimcheshire.org

CLOSING DATE: 23rd October 2018

Paper entries required. Accepted entries will be posted on the Cheshire Website.

PAPER ENTRIES TO: Mrs V. Mellor, 5 Benbrook Way, Gawsorth, Macclesfield, Cheshire SK11 9RT

CAR PARKING: Extensive car parking is available within the Leisure Centre grounds. Please park in the designated areas. Do not park on any yellow lines or cause an obstruction as parking wardens operate around the Centre.

CAFE/BAR: Café will be available during the day.

SWIM SHOP: There may be a swim shop situated within the Leisure Centre.

SPECTATORS: Doors will open to the spectator gallery at 10 am. Admission price will be for the day, or remaining session of a day. Refunds will be given for a session not attended.

If you require any further information please do not hesitate to contact Val Mellor on 01625 427297



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Information Sheet

1. The competition will be held under ASA Laws and ASA Technical Rules.
2. Entry is open to any swimmer who is a member of a club affiliated to Cheshire County W.P.&S.A.
3. Heats are arranged according to submitted entry times.
4. The warm ups will be split - 20 minutes each. Girls will warm up first in Session 1. Boys will warm up first in Session 2.

**Coaches must be responsible for their swimmers during warm up.
The small pool will be available for warm up and swim down only.
Strictly No Diving in the Small Pool.**

If this facility is abused it will be withdrawn. It will be the responsibility of the Coaches to ensure that their swimmers use the small pool for the purpose intended.

5. **THIS COMPETITION WILL BE RUN ON A CARD-LESS SYSTEM**
6. **WITHDRAWALS PRIOR TO SUNDAY**
A swimmer wishing to withdraw from any event(s) before Sunday can leave a message on 01625 427297 **no later than 7.00 p.m. on Saturday, November 17th .**
Alternatively a text message on telephone no. 07960 392769 stating NAME, CLUB & EVENTS(S) that he/she is withdrawing from at any time.
7. **WITHDRAWALS ON SUNDAY**
All other withdrawals must be made on Sunday
either
by leaving a text message on telephone no. 07960392769 stating NAME, CLUB AND EVENT(S) that he/she is withdrawing from;
or
at the pool, by filling in a withdrawal form, which will be available from the competitors' stewards. There will be separate forms for Males and Females.
WITHDRAWALS WILL NOT BE ALLOWED ONCE THE WARM UP FOR THAT SESSION HAS STARTED
Please note: Swimmers who do not withdraw officially and miss a race will be taken out of any further races.
8. '**OVER THE TOP**' starts may be used for all events except backstroke events. This means that at the end of a race the swimmer may have to stay in the water until after the start of the next race.
All swimmers must **leave the water BY THE SIDE of the pool.**
9. Presentation ceremonies will be held at the end of the morning and afternoon sessions. First places to third place **plus** those receiving "Speeding Tickets" in each event age are requested to report to the marshalling area as soon as possible when they are called. **Please check the result sheet and listen to the announcements.** If swimmers are not available at the time of their presentation, the presentation will go ahead without them so as not to delay proceedings
10. Swimmers are advised not to leave their clothing or other articles in the changing rooms as neither the promoters nor the Leisure Centre management can accept responsibility for loss or damage. Please use the lockers provided.
11. Please use the litter bins around the pool hall. Hot and Cold snacks may be available in the Cafe from 10.00am throughout the event.
12. Coaches' passes should be collected from the poolside (deep end). Heat start sheets will be issued for each session.
13. The promoters reserve the right to refuse admission to any competitor or spectator.
14. *Any entries not accepted will be refunded in full.*



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15. Anything not covered in the above, or not printed in the programme will be at the discretion of the promoters. Any further queries, please contact Val. Mellor on 01625 427297

Consideration Times

FOR VALID ENTRIES SWIMMERS MUST HAVE NOT ACHIEVED THE UPPER TIME LIMITS

		<i>9 years</i>	<i>10 years</i>	<i>11 years</i>	<i>12 years</i>
Boys		50m	50m	50m	50m
Backstroke	Upper	46.00	44.00	41.00	37.00
	Lower	1.06.00	1.03.50	1.01.00	59.00
Breaststroke	Upper	53.00	49.00	46.00	43.00
	Lower	1.10.00	1.07.00	1.03.00	1.00.00
Butterfly	Upper	45.00	42.00	40.00	37.00
	Lower	1.10.00	1.08.00	1.06.00	1.04.00
Freestyle	Upper	39.00	36.00	34.00	32.00
	Lower	54.00	51.00	48.00	45.00
Freestyle-200m	Upper	3.00.00	2.55.00	2.50.00	2.45.00
	Lower	4.00.00	3.55.00	3.50.00	3.45.00
Ind.Med.-100m	Upper	1.35.00	1.30.00	1.25.00	
	Lower	2.15.00	2.07.50	2.00.00	
Ind.Med.-200m	Upper	03:10.0	03:10.0	03:00.0	02:50.0
	Lower	4.10.00	4.08.00	4.04.00	4.00.00
Girls		50m	50m	50m	50m
Backstroke	Upper	46.00	44.00	42.00	40.00
	Lower	1.06.00	1.04.00	1.02.00	1.00.00
Breaststroke	Upper	54.00	51.00	49.00	45.00
	Lower	1.10.00	1.07.00	1.04.00	1.02.00
Butterfly	Upper	45.00	44.00	43.00	42.00
	Lower	1.05.00	1.02.00	1.00.00	57.00
Freestyle	Upper	43.00	39.00	36.00	33.00
	Lower	55.00	52.00	49.00	46.00
Freestyle-200m	Upper	3.05.00	3.00.00	2.55.00	2.50.00
	Lower	4.05.00	4.00.00	3.55.00	3.50.00
Ind.Med.-100m	Upper	1.35.00	1.30.00	1.25.00	
	Lower	2.15.00	2.07.50	2.00.00	
Ind.Med.-200m	Upper	03:18.0	03:18.0	03:10.0	3.00.00
	Lower	4.18.00	4.16.00	4.12.00	4.08.00