



# DOVER LIFEGUARD CLUB

## PRESENTS.....

# White Cliffs Winter Wonderland

## Invitation Meet on December 5<sup>th</sup> and 6<sup>th</sup> 2015

### Competition Rules and Meet Information

#### General Information

- a) This competition is only open to swimmers who are members of clubs affiliated to the East Invicta Swimming Association. It will take place at Dover Leisure Centre on Saturday December 5th and Sunday 6th December 2015. Please see the programme for the start and warm up times for each session.
- b) The Meet will be licensed at Level 3 by the ASA (license applied for) and the times achieved in this competition will appear in the ASA National rankings.
- c) The meet will be held under ASA Laws and Technical Rules.
- d) The competition is an invitation meet.
- e) The pool is 25 metres long with 6 lanes and anti-wave lane ropes. Electronic timing will be used.
- f) "Over the top" starts will be used at the discretion of the promoter.
- g) It is the decision of the promoter to allow Video and Zoom photography. This will be strictly regulated in accordance with the ASA code of practice. All competitors who enter this competition consent to such photography taking place.
- h) Swim meet entries and results will be managed on a computer. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer, and to this information appearing in the results of the competition and on the ASA National rankings database.
- i) The promoters reserve the right to refuse admission to any competitor or spectator to any session.

#### Entries

- a) Swimmers may not enter if they have achieved a time in competition since April 1<sup>st</sup> 2015, faster than those indicated in the attached upper limit times.
- b) The programme will cover the following age groups 9/10yrs, 11/12yrs, 13/14yrs, 15/16yrs and 17+. Age as at 6<sup>th</sup> December 2015.
- c) The entry fee is £4.50 per individual event, £6.50 for relays. Entries should be sent electronically, using the programme provided, to: [anitapfisher@hotmail.com](mailto:anitapfisher@hotmail.com)
- d) Entry forms and cheque (**one cheque per club**), payable to DLGC, should be sent to:  
Anita Fisher, 12 Lysander Walk, Hawkinge, Kent, CT18 7NN
- e) **Closing Date 30<sup>th</sup> October 2015.**  
Any problems please contact Anita Fisher: [anitapfisher@hotmail.com](mailto:anitapfisher@hotmail.com)
- f) Entries to events may have to be restricted but will be accepted on a 'first come first served' basis to encourage early entry. Any rejected entries will have entry fees refunded in full.
- g) **ALL COMPETING CLUBS MUST PROVIDE A JUDGE AND A TIMEKEEPER FOR EACH SESSION**  
- details to be provided on summary sheet with entries.
- h) By signing the entry form swimmers accept all conditions in full.

## **Awards**

- a) Awards will be made to the top 6 competitors in each Individual Heat Declared (HDW) event (except in the case of disqualification) in **the 9/10yrs, 11/12 yrs, 13/14 yrs ,15/16 yrs and 17+ yrs age categories.**
- b) Awards will be made to the first three teams in the relay events.
- c) A Trophy will be presented to the Club accumulating the most points in the Individual Competition for Boys and Girls.

## **Gala**

- a) The competition will operate without cards. **Club Coaches will be required to sign a declaration to confirm that all swimmers are present. Coaches will be required to complete a withdrawal form for any swimmers who will not be competing or who are not present at the venue 30 minutes before the start of the session.** The declarations must be completed 30 minutes before the start of the first race in the session concerned.
- b) Results will be posted on the wall at the shallow end of the pool. A full list of results will be available on the website at the end of the competition.
- c) Speeding tickets will be issued. Swimmers speeding will not be eligible for awards. Swimmers speeding will be shown in the overall result as being disqualified and will not score club points. The time achieved will be included in the results of the heats to ensure it appears in the ASA database.
- d) Anyone wishing to protest the eligibility of a swimmer must do so in writing providing full details of the meet and the time swum.

## **Relays**

- a) All Relay teams:
  - ✓ Only swimmers who have qualified to swim using the individual entry criteria may take part.
  - ✓ Swimmers shall be excluded from any stroke in which they have achieved a time faster than the limit times for the individual events. They need not have swum in the gala as individuals.
  - ✓ A maximum of 2 relay teams per club in each relay event.
  - ✓ Sheets will be supplied for completion by clubs indicating the swimmer's Name and Date of Birth. These should be handed in at the same time as the signing in declaration is made.
  - ✓ Swimmers may not swim for more than one team in the same event.
- b) 8 x 25m Open Relay teams:
  - ✓ should comprise of one boy and one girl from each of the following age groups: 10yrs and under, 11/12 years, 13/14 years and 15yrs plus, they can swim in any order
  - ✓ the Medley relay will be swam in the following order Backstroke x 2, Breaststroke x 2, Butterfly x 2, Freestyle x 2.
  - ✓ a maximum of 10 names per relay team (8 swimmers and 2 reserves) must be submitted at the start of the relay gala.
- c) 4 x 50m Relay Teams:
  - ✓ should comprise of two boys and two girls and they can swim in any order.
  - ✓ awards will be given in the following age groups:  
9/10 yrs, 11/12 yrs, 13/14 yrs and 15/16 yrs
  - ✓ a maximum of five names per relay team (4 swimmers and 1 reserve) must be submitted at the start of the relay gala.

## **Coaches**

Coaches' passes will be available at a cost of £20 each per weekend. This will include **admission to all sessions, programmes, refreshments and food during the interval each day.**

# WHITE CLIFFS WINTER WONDERLAND 2015

## Upper Time Limits

Swimmers may not enter if they have achieved times since April 1st 2015, in competition, faster than those indicated on the tables below. Age is on 6<sup>th</sup> December 2015.

Boys	FS 50m	100m	200m	Back 50m	100m	200m	Breast 50m	100m	200m	Fly 50m	100m	200m
9/10	34.50	1:19.00	2:41.00	40.00	1:30.00	2:59.00	46.75	1:47.00	3:33.00	40.25	1:49.00	3:30.00
11/12	32.50	1:12.00	2:34.00	38.50	1:23.00	2:53.00	43.25	1:37.00	3:22.00	37.25	1:30.00	3:07.00
13/14	29.50	1:04.00	2:17.00	34.25	1:13.00	2:33.00	39.00	1:24.00	2:56.00	33.00	1:14.00	2:47.00
15/16	26.75	58.00	2:06.00	32.00	1:07.00	2:21.00	35.75	1:18.00	2:45.00	30.00	1:06.00	2:25.00
17 plus	25.25	54.00	1:59.00	29.25	1:02.00	2:14.00	33.25	1:12.00	2:38.00	28.00	1:01.00	2:21.00

Girls	F/C 50m	100m	200m	Back 50m	100m	200m	Breast 50m	100m	200m	Fly 50m	100m	200m
9/10	34.75	1:18.00	2:44.00	40.25	1:29.00	3:02.00	45.75	1:42.00	3:34.00	39.25	1:41.00	3:28.00
11/12	32.50	1:11.00	2:31.00	37.75	1:21.00	2:50.00	42.75	1:33.00	3:15.00	36.50	1:25.00	3:08.00
13/14	30.00	1:05.00	2:17.00	34.75	1:13.00	2:33.00	39.25	1:25.00	3:00.00	34.00	1:16.00	2:49.00
15/16	29.25	1:03.00	2:13.00	33.50	1:11.00	2:28.00	39.25	1:24.00	2:58.00	32.50	1:11.00	2:38.00
17 plus	28.50	1:01.00	2:13.00	32.50	1:09.00	2:26.00	37.25	1:19.00	2:53.00	31.25	1:09.00	2:38.00

## PROGRAMME OF EVENTS

### Gala 1 Warm up 1pm Start 1.45pm

- 101 Open Mixed 8 x 25m FS Relay HDW
- 102 Open Boys 50m Freestyle HDW
- 103 Open Girls 50m Freestyle HDW
- 104 Open Boys 100m Butterfly HDW
- 105 Open Girls 100m Butterfly HDW
- 106 Open Boys 200m Backstroke HDW
- 107 Open Girls 200m Backstroke HDW

### Gala 3 Warm up 10am Start 10:45

- 301 Open Mixed 8 x 25m Medley Relay HDW
- 302 Open Boys 50m Breaststroke HDW
- 303 Open Girls 50m Breaststroke HDW
- 304 Open Boys 200m Freestyle HDW
- 305 Open Girls 200m Freestyle HDW
- 306 Open Boys 100m Backstroke HDW
- 307 Open Girls 100m Backstroke HDW

### Gala 2 Warm up 5.15pm Start 6pm

- 201 Mixed 4 x 50m FS Relay 9/10 yrs HDW
- 202 Mixed 4 x 50m FS Relay 11/12 yrs HDW
- 203 Mixed 4 x 50m FS Relay 13/14 yrs HDW
- 204 Mixed 4 x 50m FS Relay 15/16 yrs HDW
- 205 Open Boys 50m Butterfly HDW
- 206 Open Girls 50m Butterfly HDW
- 207 Open Boys 200m Breaststroke HDW
- 208 Open Girls 200m Breaststroke HDW
- 209 Open Boys 100m Freestyle HDW
- 210 Open Girls 100m Freestyle HDW

### Gala 4 Warm up 1.15pm Start 2pm

- 401 Mixed 4 x 50m Medley Relay 9/10 yrs HDW
- 402 Mixed 4 x 50m Medley Relay 11/12 yrs HDW
- 403 Mixed 4 x 50m Medley Relay 13/14 yrs HDW
- 404 Mixed 4 x 50m Medley Relay 15/16 yrs HDW
- 405 Open Boys 50m Backstroke HDW
- 406 Open Girls 50m Backstroke HDW
- 407 Open Boys 100m Breaststroke HDW
- 408 Open Girls 100m Breaststroke HDW
- 409 Open Boys 200m Butterfly HDW
- 410 Open Girls 200m Butterfly HDW