



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & Swim England East)

DECEMBER LAST CHANCE TIME TRIAL

(Held Under Swim England Laws & Regulations, Technical Rules of Racing
and the Swim England Open Meet Licensing Criteria)

Saturday 14th & Sunday 15th December 2019

Kingfisher Leisure Centre, Sudbury

Level 3 Licence: 3ER193074

December Last Chance Time Trial

Saturday 14th & Sunday 15th December 2019



ENTRY PACK

If you need further help please don't hesitate to call or look us up on the Internet at

www.sudburyswimming.org.uk

Where general information about us and further entry packs can be found.



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Rules and Conditions

- 1 All entrants must be Category 2 registered members of a Swim England affiliated club.
- 2 All ages will be at 15th December 2019.
- 3 The promoter Karen Bedford acting for and on behalf of the promoting club, Sudbury & District Swimming Club will accept entries on a first come first served basis to ensure a maximum swim time of 7½ hours a day and maximum individual session time of 3 hours.
- 4 Entry times must have been achieved since 1st January 2019 and should be no faster than the cut off times provided. Short course or converted long course times will be accepted.
- 5 Incomplete entries, Late entries, Day of Meet entries and Day of Meet alterations will only be accepted if due to administrative error or if the meet is under subscribed and sessions timings are not significantly affected by any changes.
- 6 'Over the top' starts will be used at the referee's discretion.
- 7 The heats for each event will cover all age groups and competitors. Events will be seeded slowest to fastest, based on entry time submitted. Each heat will be spearheaded. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
- 8 Results will be available on the club's website or can be issued in electronic format (HTML) please provide a USB Memory stick on the day of the meet, NO CD/DVD's.
- 9 No swimmer may enter the water during warm up unless under the supervision of his or her team coach. There will be no diving during the warm up periods except in designated sprint lanes.
- 10 The pool is a 25m 6 lane pool with anti-turbulence lane ropes and full electronic timing. A secondary strobe for the starting system is not available. The depth in lane 6 is 1.00m and in lane 1 is 2.00m. The height of the starting blocks above the surface of the water is 630mm. Only swimmers who have achieved the ASA Competitive Start Award or equivalent are permitted to use the starting blocks. Swimmers who are starting in the water must report to the Referee.
- 11 Electronic entries would be preferred, if you are happy to use this method please email the promoter and they will issue your appointed Club Official with a formatted spreadsheet to complete and email back by the closing date.
- 12 Entries can also be made on the enclosed form (please feel free to photocopy) and posted to the promoter by the closing date, but only forms with original signatures will be accepted.
- 13 **Clubs with more than 1 swimmer entering should consolidate ALL entries – 1 payment per club.**
- 14 Prior to the meet accepted entries for each club will be sent via email to 1 nominated contact only. For individual entries, a full list of accepted entries will be available on the club website. **Please check details carefully & report back to the promoter promptly if any errors are found.**
- 15 Withdrawal forms will be included for each session in each club's coach pack.
- 16 Entry fees will be **£4.00** per event. Cheques should be made payable to Sudbury & District Swimming Club (S.D.S.C.) However payment by BACS is preferred: Sudbury & District SC, Sort Code: 30-98-31, Account No: 01345043.
- 17 Coach Passes will cost £5.00 per day excluding food or £15.00 per day including food & drinks in both breaks on Saturday and Sunday. All poolside personnel should be members of Swim England with current DBS and Safeguarding.
- 18 **CLOSING DATE FOR ENTRIES IS MONDAY 25th NOVEMBER 2019.**
- 19 Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and the Technical Rules of Racing.
- 20 Contact the Promoter, Karen Bedford on sdsc.galas@gmail.com if further information is required.
- 21 The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
- 22 In accordance with the Swim England Child Safeguarding Policies and Procedures any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography and filming at this event then please bring them to the attention of the Promoter.
- 23 All participants must observe the safety precautions in operation at Kingfisher Leisure Centre. Neither the Promoter nor Sudbury and District Swimming Club will be responsible for any loss or damage occurring during this meet.



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Programme of Events

Session 1 Saturday 14th December

WARM UP 13.00pm START 13.45pm

- Event 1 Male 400m Individual Medley
- Event 2 Female 100m Butterfly
- Event 3 Male 50m Breaststroke
- Event 4 Female 100m Backstroke
- Event 5 Male 200m Butterfly
- Event 6 Female 200m Individual Medley
- Event 7 Male 50m Freestyle

Session 2 Saturday 14th December

WARM UP TBA START TBA

- Event 8 Female 400m Individual Medley
- Event 9 Male 100m Butterfly
- Event 10 Female 50m Breaststroke
- Event 11 Male 100m Backstroke
- Event 12 Female 200m Butterfly
- Event 13 Male 200m Individual Medley
- Event 14 Female 50m Freestyle

Session 3 Sunday 15th December

WARM UP 9.00am START 9.45am

- Event 15 Male 200m Backstroke
- Event 16 Female 400m Freestyle
- Event 17 Male 50m Butterfly
- Event 18 Female 50m Backstroke
- Event 19 Male 200m Breaststroke
- Event 20 Female 100m Freestyle

Session 4 Sunday 15th December

WARM UP TBA START TBA

- Event 21 Male 400m Freestyle
- Event 22 Female 200m Backstroke
- Event 23 Male 100m Breaststroke
- Event 24 Female 50m Butterfly
- Event 25 Male 100m Freestyle
- Event 26 Female 200m Breaststroke

Session 5 Sunday 15th December

WARM UP TBA START TBA

- Event 27 Male 200m Freestyle
- Event 28 Female 100m Breaststroke
- Event 29 Male 100m Individual Medley
- Event 30 Female 200m Freestyle
- Event 31 Male 50m Backstroke
- Event 32 Female 100m Individual Medley



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Upper Limit Times = No Faster Than

Age as at 15th December 2019

QT	FEMALE QUALIFYING TIMES								EVENT	MALE QUALIFYING TIMES							
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15/16yrs	17+yrs		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15/16yrs	17+yrs
Upper	37.0	33.0	30.0	29.0	28.0	27.0	26.0	25.0	50m Free	37.0	33.0	30.0	28.0	26.0	25.0	24.0	23.0
Upper	1.20.0	1.10.0	1.04.0	1.03.0	1.01.0	1.00.0	59.0	58.0	100m Free	1.20.0	1.10.0	1.04.0	1.00.0	56.0	54.0	52.0	51.0
Upper	2.46.0	2.33.0	2.22.0	2.15.0	2.10.0	2.08.0	2.06.0	2.04.0	200m Free	2.44.0	2.31.0	2.20.0	2.12.0	2.04.0	2.00.0	1.54.0	1.52.0
Upper	5.57.0	5.26.0	4.56.0	4.44.0	4.35.0	4.30.0	4.26.0	4.24.0	400m Free	5.55.0	5.24.0	4.56.0	4.39.0	4.24.0	4.15.0	4.04.0	4.00.0
Upper	41.0	37.0	35.0	34.0	33.0	32.0	31.0	30.0	50m Back	41.0	37.0	35.0	32.0	31.0	30.0	29.0	28.0
Upper	1.30.0	1.20.0	1.16.0	1.11.0	1.09.0	1.07.0	1.05.0	1.04.0	100m Back	1.30.0	1.20.0	1.16.0	1.11.0	1.07.0	1.04.0	1.01.0	1.00.0
Upper	3.11.0	2.53.0	2.40.0	2.31.0	2.26.0	2.24.0	2.20.0	2.19.0	200m Back	3.11.0	2.53.0	2.40.0	2.29.0	2.20.0	2.15.0	2.08.0	2.06.0
Upper	45.0	41.0	39.0	38.0	37.0	36.0	35.0	34.0	50m Breast	45.0	41.0	39.0	37.0	34.0	33.0	32.0	31.0
Upper	1.45.0	1.34.0	1.25.0	1.21.0	1.18.0	1.16.0	1.15.0	1.14.0	100m Breast	1.45.0	1.34.0	1.25.0	1.20.0	1.14.0	1.11.0	1.07.0	1.06.0
Upper	3.35.0	3.20.0	3.05.0	2.55.0	2.49.0	2.46.0	2.43.0	2.42.0	200m Breast	3.35.0	3.20.0	3.05.0	2.53.0	2.42.0	2.36.0	2.28.0	2.25.0
Upper	40.0	36.0	34.0	33.0	32.0	31.0	30.5	30.0	50m Fly	40.0	36.0	34.0	32.0	30.0	29.0	27.5	26.0
Upper	1.29.0	1.19.0	1.15.0	1.10.0	1.08.0	1.06.0	1.05.0	1.04.0	100m Fly	1.29.0	1.19.0	1.15.0	1.09.0	1.04.0	1.01.0	58.0	56.0
Upper	3.16.0	3.04.0	2.47.0	2.37.0	2.30.0	2.27.0	2.24.0	2.22.0	200m Fly	3.16.0	3.04.0	2.47.0	2.35.0	2.24.0	2.17.0	2.10.0	2.07.0
Upper	1.26.0	1.22.0	1.18.0	1.15.0	1.13.0	1.12.0	1.09.0	1.08.0	100m IM	1.26.0	1.22.0	1.18.0	1.12.0	1.08.0	1.05.0	1.02.0	1.00.0
Upper	3.08.0	3.00.0	2.45.0	2.36.0	2.30.0	2.27.0	2.24.0	2.22.0	200m IM	3.08.0	3.00.0	2.45.0	2.32.0	2.23.0	2.18.0	2.14.0	2.10.0
Upper	6.38.0	6.20.0	5.46.0	5.27.0	5.16.0	5.14.0	5.05.0	5.04.0	400m IM	6.38.0	6.20.0	5.46.0	5.24.0	5.10.0	5.05.0	4.45.0	4.37.0



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Male Entry Form

Name (As registered with Swim England) _____

Email Address: _____

Telephone Number _____ Date of Birth _____ / _____ / _____

Swim England Reg No _____ CLUB _____

Event	Distance/Stroke	Time
1	400m I.M.	
3	50m Breaststroke	
5	200m Butterfly	
7	50m Freestyle	
9	100m Butterfly	
11	100m Backstroke	
13	200m I.M.	
15	200m Backstroke	

Event	Distance/Stroke	Time
17	50m Butterfly	
19	200m Breaststroke	
21	400m Freestyle	
23	100m Breaststroke	
25	100m Freestyle	
27	200m Freestyle	
29	100m I.M.	
31	50m Backstroke	

Total No of entries _____ @ £4.00 each	£ _____ :
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I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters

(Sudbury & District Swimming Club) **Signature of competitor:** _____

I certify that the above competitor is a Swim England registered member of our club and are eligible to compete as defined by ASA law:

Signature of Club Official: _____ **Post:** _____

BACS Payment: Sudbury & District SC. Sort Code: 30-98-31 Account No: 01345043 or

Cheques payable to Sudbury & District Swimming Club (S.D.S.C.) and send to:-

Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN

CLOSING DATE Monday 25th November 2019



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Female Entry Form

Name (As registered with Swim England) _____

Email Address: _____

Telephone Number _____ Date of Birth ____/____/____

Swim England Reg No _____ CLUB _____

Event	Distance/Stroke	Time
2	100m Butterfly	
4	100m Backstroke	
6	200m I.M.	
8	400m I.M	
10	50m Breaststroke	
12	200m Butterfly	
14	50m Freestyle	
16	400m Freestyle	

Event	Distance/Stroke	Time
18	50m Backstroke	
20	100m Freestyle	
22	200m Backstroke	
24	50m Butterfly	
26	200m Breaststroke	
28	100m Breaststroke	
30	200m Freestyle	
32	100m I.M.	

Total No of entries _____ @ £4.00 each	£ _____ :
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I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters

(Sudbury & District Swimming Club) **Signature of Competitor:** _____

I certify that the above competitor is a Swim England registered member of our club and are eligible to compete as defined by ASA law:

Signature of Club Official: _____ **Post:** _____

BACS Payment: Sudbury & District SC. Sort Code: 30-98-31 Account No: 01345043 or

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Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN

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Summary Form

CLUB _____

CLUB CONTACT NAME _____

Telephone Number _____

Email Address _____

	No		Total
Male Entries		@ £4.00 each	£ :
Female Entries		@ £4.00 each	£ :
Coach Pass for Saturday (exc. food)		@ £5.00 each	£ :
Coach Pass for Saturday (inc. food)		@ £15.00 each	£ :
Coach Pass for Sunday (exc. food)		@ £5.00 each	£ :
Coach Pass for Sunday (inc. food)		@ £15.00 each	£ :
		Total	£ :

We are also able to export the results in electronic format (HTML) to a USB memory stick.
Results will also be published on our website www.sudburyswimming.org.uk

BACS Payment: Sudbury & District SC. Sort Code: 30-98-31 Account No: 01345043 or

Cheques payable to Sudbury & District Swimming Club (S.D.S.C.) 1 PAYMENT PER CLUB and send to:-

Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN

Please note list of accepted entries will be sent to only 1 named contact at each club

CLOSING DATE for Entries: Monday 25th November 2019



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Officials Details

We would be grateful for all offers to help with officiating at the meet and will endeavour to provide mentoring opportunities for trainee officials provided we have sufficient numbers.

CLUB _____

Saturday 14th December 2019

Name of Official (Session 1)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

Name of Official (Session 2)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

Sunday 15th December 2019

Name of Official (Session 3)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

Name of Official (Session 4)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

Name of Official (Session 5)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

* JL1 Trainee's must be Qualified Timekeepers to officiate at a Level 3 licensed meet.

CLUB CONTACT NAME: _____

Telephone Number: _____

Email Address: _____