

NORTH CORNWALL DRAGONS

SWIMMING CLUB

MARGARET JACOB MEMORIAL OPEN MEET

LICENSE No 3SW192760

**SATURDAY 16TH &
SUNDAY 17TH NOVEMBER 2019**

**Bodmin Dragons Leisure Centre
Lostwithiel Road PL31 1 DE**

25m, 6 lane Competition pool
1.85m starting to 1.05 shallow end
Electronic timing with Hy-Tek Meet Manager

AGES AS OF 31st December 2019



**NORTH CORNWALL
DRAGONS**

Svim**Mark**
ESSENTIAL CLUB

The two day programme will include:

- 50 metres all strokes for ages 9 years and older
- 100 metres all strokes for ages 9 years and older
- 200 metres Individual Medley for ages 9 years and older
- 800 and 1500 meters freestyle for 12 years and older
- All events are Heat Declared Winners [HDW]
- Medals for 1st, 2nd, 3rd, in each age group

- **£6.50 per event 50, 100, 200 meters**
- **£10.00 per event 800 and 1500 meters**
- **Coaches pass £10 per day or £15 for 2 days**

CLOSING DATE:

Hy-Tek file: Monday 21st October 2019
Paper entries: Monday 14th October 2019



PROGRAMME OF EVENTS

SATURDAY 16th NOVEMBER 2019

SESSION 1 _____ Warm up 12.30 – 1.15pm Start 1.15pm

Event 101/102	Girls/Boys	50 metres backstroke
Event 103/104	Girls/Boys	100 metres individual medley
Event 105/106	Girls/Boys	100 metres breaststroke
Event 107/108	Girls/Boys	50 metres butterfly

SESSION 2 _____ Warm up and Start TBC

Event 201/202	Girls/Boys	50 metres freestyle
Event 203/204	Girls/Boys	100 metres backstroke
Event 205/206	Girls/Boys	200 metres individual medley
Event 207	Mixed	800 metres freestyle

SUNDAY 17th NOVEMBER 2019

SESSION 3 _____ Warm up 10.30 – 11.15am Start 11.15am

Event 301/302	Girls/Boys	50 metres breaststroke
Event 303/304	Girls/Boys	100 metres butterfly
Event 305/306	Girls/Boys	100 metres freestyle

SESSION 4 _____ Warm up and Start TBC

Event 401	Mixed	1500 metres freestyle
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* Programme of Events Warm Up Times are provisional & may be subject to change once the entries have been received. Swimmers will be notified accordingly.

Closing date for entries is midnight on:

Electronically by Hy-Tek file: Monday 21st October 2018

Paper entries: Monday 14th October 2018

Failure to return entries will result in swimmers being excluded from the event.

NORTH CORNWALL DRAGONS

SWIMMING CLUB

NCD Open Meet Qualifying Times 2019

NCD Open Meet No swimmer with a time faster than the qualifying time may enter that event.

Swimmers with no licensed times for an event are welcome to enter

BOYS		9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15&Over
50m	Free	36.00	33.66	31.14	29.20	27.57	26.57	25.72
100m	Free	1.20.00	1.15.75	1.08.62	1.03.97	1.00.00	57.50	55.76
800m	Free				N/A	N/A	N/A	N/A
1500m	Free				N/A	N/A	N/A	N/A
50m	Breast	48.00	44.49	41.31	37.90	35.53	33.88	32.79
100m	Breast	1.40.00	1.35.80	1.30.41	1.22.80	1.17.32	1.14.08	1.11.75
50m	Fly	40.40	37.12	34.50	32.39	30.30	28.95	28.03
100m	Fly	1.32.40	1.25.15	1.18.72	1.13.22	1.07.87	1.03.88	1.02.18
50m	Back	42.50	38.45	35.80	33.75	31.81	30.15	29.32
100m	Back	1.34.00	1.23.89	1.16.64	1.12.87	1.08.06	1.04.66	1.02.32
100m	IM	1.34.00	1.25.18	1.19.16	1.14.13	1.09.44	1.06.14	1.04.55
200m	IM	3.31.00	3.02.69	2.47.68	2.37.95	2.29.04	2.21.59	2.18.45

GIRLS		9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs
50m	Free	36.00	33.66	31.44	29.76	29.05	28.50	28.00
100m	Free	1.20.00	1.15.75	1.09.30	1.04.95	1.02.18	1.00.25	59.50
800m	Free				N/A	N/A	N/A	N/A
1500m	Free				N/A	N/A	N/A	N/A
50m	Breast	48.00	44.49	40.68	37.94	36.44	35.68	34.90
100m	Breast	1.40.00	1.35.80	1.27.70	1.22.84	1.19.39	1.16.94	1.16.09
50m	Fly	40.40	37.12	34.90	32.62	31.23	30.55	29.90
100m	Fly	1.32.40	1.25.15	1.19.82	1.12.64	1.09.65	1.07.73	1.06.47
50m	Back	42.50	38.45	35.91	33.75	32.51	31.57	30.68
100m	Back	1.34.00	1.23.89	1.17.12	1.12.58	1.09.44	1.07.39	1.06.00
100m	IM	1.34.00	1.25.18	1.19.95	1.14.30	1.11.42	1.09.84	1.09.03
200m	IM	3.31.00	3.02.69	2.49.09	2.39.18	2.31.89	2.28.61	2.26.73

You can find your current fastest times at www.swimmingresults.org/individualbest
 On the website enter your ASA mMembership No. (found on your ASA card)
 or your family name to find your information.

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SATURDAY 16TH & SUNDAY 17TH NOVEMBER 2019

BODMIN DRAGONS LEISURE CENTRE

ENTRY FORM

Please complete as comprehensively as possible

Surname: _____

First Name: _____

☐ Male ☐ Female (Please tick)

Club: _____

Date of Birth: _____

Age @ 31/12/19: _____

ASA Registration No: _____

Email: _____

SATURDAY 16th NOVEMBER 2019

		SELECT	ENTRY TIME
SESSION 1	50 metres backstroke		
	100 metres Individual Medley		
	100 metres breaststroke		
	50 metres butterfly		
SESSION 2	50 metres freestyle		
	100 metres backstroke		
	200 metres Individual Medley		
	800 metres freestyle		

SUNDAY 17th NOVEMBER 2019

		SELECT	ENTRY TIME
SESSION 3	50 metres breaststroke		
	100 metres butterfly		
	100 metres freestyle		
SESSION 4	1500 metres freestyle		

Fees paid with entry _____ events @ £6.50 per event = £_____

_____ events @ £10.00 per event = £_____ Total £_____

I declare that I am an eligible competitor and that I accept the promoter's conditions:

Signature of Competitor: _____

Signature of club coach / official is required below, ratifying the above entry times and that the swimmer is capable of diving as per the Competitive Start Award.

Signature of Coach / Official Club Representative: _____

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BODMIN DRAGONS LEISURE CENTRE

SUMMARY ENTRIES SHEET

Please note that club entries of more than 5 swimmers must also be made electronically by Team Manager File. Team Manager Lite is available as a free download at <http://www.hy-tek ltd.com/downloads.html> where instructions can be found.

Please find enclosed entries from:

Club: _____

Please consolidate all entries for your club.

There are a total of _____ swimmers.

No. male entries _____ @ £6.50 = _____

No. female entries _____ @ £6.50 = _____

No. Coaches passes _____ @ £10.00 = _____

I enclose a payment of £ _____

☐ BACs HSBC a/c 91544764 Sortcode: 40-45-10
☐ Cheque Made Payable to North Cornwall Dragons SC

Please tick as appropriate

Signed _____ Club Official / Coach

Name and address for future correspondence: _____

Email address: _____ Tel No: _____

Please return this form with your consolidated club cheque payable to North Cornwall Dragons SC or via BACs for the above amount together with a copy of the HyTek Meet Entries Report.
Individual entry forms should be retained by the club.

email: openmeet@ncdsc.uk



PROMOTERS CONDITIONS AND INFORMATION

- The competition will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and is licensed to Level 3 by Swim England (3SW192760).
- An automatic timing system will be in use for this meet.
- A secondary starting strobe light is not available at this pool.
- All entrants must be registered members of a Swim England affiliated club.
- All events will be age on 31st December 2019
- The closing date is Monday 21st October 2019 for entries made electronically by Hy-Tek file, and Monday 14th October 2019 for paper entries.
- Each swimmer must be no faster than the Cut-Off times shown in the qualifying standard tables.
- There are no qualifying times for 800m/1500m events.
- The age groups for events are 9, 10, 11, 12, 13, 14, 15 & over.
- The promoter reserves the right to refuse or restrict entries, and in the event of over-subscription, any deletions required will be based on entry time and balanced across each age group and event.
- Warm-up times and start times will be as stated in the programme.
- Those entries not accepted will be returned with their entry fee.
- Entry fee is £10.00 for long distance events and £6.50 for all others.
- No refunds will be made for incorrect entries or withdrawals after entries have closed.
- Refunds for injury will be made on an individual basis but the request must be made via your club in the first instance.
- Competing teams will be limited to 3 team managers/coaches poolside, who must be in possession of a pass.
- These passes are to be requested along with swimmers' entries at a cost of £10.00 each day, £15.00 for the weekend.
- Passes will not be available on the day.
- Passes will be checked by the promoter on the day.
- The programme will cost £2.00.
- Entries will be seeded into heats, slowest to quickest with heats spearheaded.
- All events are H.D.W. based on age groups.
- Medals will be awarded to the first three swimmers in each group for each event unless disqualified.
- Awards will go to the Top Junior Girl and Top Junior Boy (12 and under) and Top Senior Girl and Top Senior Boy (13 and over).
- This will be based on six points for first, five points for second, etc, and in the event of a tie the number of first places will be considered.
- Parents and Carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.
- Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.
- Please look after your valuables: North Cornwall Dragons Swimming Club and/or GLL will not be responsible for any loss or damage.
- No items of glassware are to be taken onto the poolside by any swimmers or spectator.
- All competitors must comply with the Promoter's conditions
- Anything not covered by these conditions will be at the discretion of the referee, who also reserves the right to alter these conditions in order to ensure the smooth running of the Open Meet. Any such alterations will be announced during the meet. Promoters details as follows: Marion Saddler, North Cornwall Dragons Membership Secretary, email openmeet@ncdsc.uk

Data Protection Statement

Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 2018 and in line with GDPR 2018, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal Data will be available for inspection during the Meet on application to the Promoters.