



# **CITY OF SOUTHAMPTON SWIMMING CLUB**



Affiliated to South East Region ASA

*Proudly present their*  
**JAMES MORENO  
OPEN MEET**

Under ASA Laws and Regulations and FINA Technical Rules  
for Swimming  
License No. 2SE171157

**30 SEPTEMBER 2017**  
**at the QUAYS SWIMMING & DIVING  
COMPLEX, SOUTHAMPTON**

25m, 8 Lane Pool

### **Age Groups**

**9/10, 11/12, 13/14, 15+**

**50m all strokes, 100m all strokes**

**200m & 400m Free & 200m Individual Medley**

(Ages as at 30 September 2017)

➤ Top Visiting Club Award

➤ Award to Top 3 in Individual Events

**CLOSING DATE 8 SEPTEMBER 2017**

E-mail: [openmeet@cossc.org](mailto:openmeet@cossc.org)



Web site: [www.cossc.org](http://www.cossc.org)



**CITY OF SOUTHAMPTON SWIMMING CLUB**  
**17<sup>TH</sup> JAMES MORENO LEVEL 2 OPEN MEET**  
**2SE171157**  
**at The Quays, Southampton**  
**30 September 2017**  
**PROMOTER'S CONDITIONS**

1. All events will be conducted in accordance with ASA Laws and Regulations and FINA Technical Rules for Swimming.
2. Competitors must be members of an ASA affiliated club as defined by ASA Law and may enter in the name of one club only. ASA registration numbers **MUST** be included on all entries.
3. Lower limit Qualifying Times apply to this competition. The Promoter does not guarantee acceptance on the basis of the Qualifying Times having been achieved. In order that the event can run smoothly entries may be restricted, any entry not accepted due to a restriction on numbers being imposed by the Promoter will have the entry fee refunded in full.
4. All entry times must have been achieved at a Licensed Meet (1-4) and times must be able to be verified on ASA Rankings.
5. All entries, associated paperwork and cheques must be received by the specified closing date of Friday 8 September 2017. Late or ineligible entries will not be accepted. There will be no refunds for withdrawals after the closing date.
6. Ages will be as at 30 September 2017.
7. The entry fee will be £6.50 per event. All entries must be made electronically. Club entries should be submitted using the Hy-Tek electronic entry system – download available via [www.hy-tek ltd.com/downloads.html](http://www.hy-tek ltd.com/downloads.html) Full details of how to enter are available via the Club website at [www.cossc.org](http://www.cossc.org)

**Please note that entries will not be accepted without the purchase of a Coach Pass as we cannot be responsible for unaccompanied swimmers.**

All Clubs must complete the Entries Summary Form and return this together with a printed summary of those swimmers entered and either a) a cheque for the total fee to **THE MEET PROMOTER, CITY OF SOUTHAMPTON SC, C/O THE QUAYS SWIMMING & DIVING COMPLEX, 27 HARBOUR PARADE, SOUTHAMPTON, SO15 1BA. ONE CHEQUE PER CLUB** please, made payable to **CSSC**, or b) an associated electronic payment.

For electronic payments, an online payment must be made to the sort code and account number as identified on the Entries Summary Form, and the associated payment reference stated against **PAYMENT REF**.

8. A withdrawal system will be in operation. Club representatives are expected to submit withdrawal forms for swimmers who are not intending to swim, no later than 50 minutes before the advertised starting time of the first event in the session. Competitors who fail to withdraw and do not present themselves at the start will incur a penalty of £10 and may be suspended from all further events at the Meet. There shall be no refund of entry fees to swimmers who withdraw from events.
9. Prior to the Meet a list of those swimmers accepted, and any not accepted will be sent by e-mail to the club representative, as nominated on the Entries Summary Form. **It will be the responsibility of the club representative to carefully check all entries for correct name spellings, ages and entry times of their swimmers and to inform swimmers of their accepted times.** Any errors must be reported to the Meet Promoter by the date specified when this information is sent out.
10. **Technical Officials:** The ASA and their Open Meet Licensing Boards do not look favourably on any Open Meet that cannot provide the appropriate number of licensed and qualified officials to ensure the competition meets the licence requirements. The ultimate sanction could be that the meet would be downgraded to a lower licence level and the times recorded by swimmers would not be allowed into 'rankings' as at that date/level.

For this reason, we request that each club seeks to provide as many Licensed Officials or Judge Level 1 candidates (qualified as Timekeepers), as possible, to cover ALL sessions fully. Clearly, if "visiting clubs" cannot assist with the provision of licensed officials or appropriately qualified Judge Level 1 candidates, then the club cannot guarantee the licence level required by the ASA SER Licensing Board. 'Appointed visiting officials' will receive a free car park pass, lunch and will be able to claim reasonable travel expenses.

11. If the Meet is undersubscribed City of Southampton SC reserves the right to accept entries from swimmers outside of the qualifying standard and to run time trials.

12. All Meet participants and spectators must observe all safety precautions in operation at The Quays and follow instructions of Pool Staff and City of Southampton Meet Management Team. Prior to leaving poolside swimmers must dry off and put on appropriate clothing and footwear. No swimmers will be allowed into the spectator area or the main Quays entrance foyer area unless they have complied with this requirement. For safety reasons spectators must ensure that all gangways and the rear of the spectator area are kept clear. Stewards will be patrolling these areas during the Meet. Participating clubs are responsible for ensuring that their members are made aware of these Health and Safety requirements and those laid down in ASA Laws.
13. Failure to comply with any condition may result in disqualification and forfeiture of any fee paid.
14. Lanes will be allocated for the purpose of warm-up and announcements will be made. Diving will only be allowed in specified lanes.
15. Swimmers are responsible for reporting to the Competitor Stewards on time. For the first two events in each session swimmers should report to the Competitor Stewards directly after the warm-up. Swimmers in all other events should report to the Competitor Stewards at least one event before their own event.
16. The One-Start Rule will apply. All events will be run on a Heat Declared Winner (HDW) basis. The last heat in each event may be spearheaded.
17. All events will start at the deep end of the pool. Over the top starts will be used at the discretion of the Meet Management and the Lead Referee. When using 'Over the Top' starts, swimmers who have finished their race must remain in the pool until the next race has started or are required to leave by the Referee/authorised official. Swimmers must leave by the sides of the pool.
18. Electronic timing will be used. Competitors must leave the pool at the sides, and not climb over the electronic timing boards.
19. Heat results will not be announced but will be displayed in an appropriate location as soon as they are available. Result sheets may be available for purchase.
20. **Subject to availability**, competitors may swim down in the diving pit located adjacent to the shallow end of the pool providing they are adequately supervised by their coach. This facility will be withdrawn from swimmers/clubs who abuse the facility.
21. Awards will be made to those swimmers placed 1<sup>st</sup> to 3<sup>rd</sup> in each event without disqualification. All medals will be available for collection from the medal table on poolside. A permanent award will be presented to the top visiting club; as soon as possible after completion of the final event.
22. Competitors are advised not to leave their belongings unattended and to ensure that all valuables are placed in a locked locker. Neither City of Southampton Swimming Club nor the Management of The Quays can accept responsibility for any property that may be lost or stolen.
23. **Photography/Mobile Telephones.**  
It is requested that all mobile telephones are switched off or switched to silent during the competition and that there is no flash photography at the start of each event.
24. **Data Protection.**  
With the submission of entry details, consent is deemed to have been given, as required of the Data Protection Act, to the holding, and distribution as necessary, of personal information on computer to enable the running of the Meet.
25. Coaches' passes will be issued at a cost of £10.00. Passes will provide admission to all sessions, a Programme and Results Sheets (if requested). Passes must be displayed at all times. Clubs should be aware that the recommended ratio of adults to swimmers on poolside is 1:10.
26. Spectator entrance will be £5 (irrespective of the number of sessions attended). Programmes will be on sale at £2.00.
27. For any matters not covered by these Conditions the Meet Management will make any decisions it deems necessary to provide for the satisfactory running of the competition. By submitting an entry participants have deemed to agree to such decisions.

# 17<sup>TH</sup> JAMES MORENO LEVEL 2 OPEN MEET (2SE171157)

## SCHEDULE OF EVENTS

**SESSION 1: WARM-UP 8.00am**

**START 9.00am**

9am – 12.45pm (3.5 hours swimming + 15 mins comfort break)

Event 1	HDW	Girls	200m	IM
Event 2	HDW	Boys	200m	Freestyle
Event 3	HDW	Girls	50m	Breaststroke
Event 4	HDW	Boys	100m	Butterfly
Event 5	HDW	Girls	100m	Freestyle
Event 6	HDW	Boys	50m	Freestyle

Comfort Break      10 minutes      controlled  
warm-up

Event 7	HDW	Girls	400m	Freestyle
Event 8	HDW	Boys	100m	Breaststroke
Event 9	HDW	Girls	100m	Backstroke
Event 10	HDW	Boys	50m	Backstroke
Event 11	HDW	Girls	50m	Butterfly

**SESSION 2: WARM-UP 1.30pm**

**START 2.30pm**

2.30pm – 6.15pm (3.5 hours swimming +15 mins comfort break)

Event 12	HDW	Boys	200m	IM
Event 13	HDW	Girls	200m	Freestyle
Event 14	HDW	Boys	50m	Breaststroke
Event 15	HDW	Girls	100m	Butterfly
Event 16	HDW	Boys	100m	Freestyle
Event 17	HDW	Girls	50m	Freestyle

Comfort Break      10 minutes      controlled  
warm-up

Event 18	HDW	Boys	400m	Freestyle
Event 19	HDW	Girls	100m	Breaststroke
Event 20	HDW	Boys	100m	Backstroke
Event 21	HDW	Girls	50m	Backstroke
Event 22	HDW	Boys	50m	Butterfly

**17TH JAMES OPEN MEET (2SE171157)  
QUALIFYING TIMES**

**GIRLS**

	Age 9/10	Age 11/12	Age 13/14	Age 15+
	QT	QT	QT	QT
50m Freestyle	42.6	37.7	34.3	32.5
100m Freestyle	01:27.6	01:21.3	01:13.5	01:09.9
200m Freestyle	03:24.5	02:55.4	02:38.0	02:30.2
400m Freestyle	07:25.4	06:04.9	05:29.8	05:13.8
50m Breaststroke	55.9	48.3	43.2	40.8
100m Breaststroke	01:52.5	01:43.5	01:32.3	01:27.1
50m Butterfly	47.9	41.3	37.3	35.2
100m Butterfly	01:39.3	01:30.9	01:21.2	01:16.9
50m Backstroke	48.9	42.7	38.7	36.8
100m Backstroke	01:38.5	01:31.0	01:21.4	01:17.1
200m Individual Medley	03:51.6	03:17.9	02:58.8	02:49.5

**BOYS**

	Age 9/10	Age 11/12	Age 13/14	Age 15+
	QT	QT	QT	QT
50m Freestyle	42.1	37.2	33.1	29.9
100m Freestyle	01:26.2	01:20.6	01:11.1	01:04.6
200m Freestyle	03:22.8	02:54.8	02:35.0	02:20.8
400m Freestyle	07:20.6	06:06.0	05:26.8	04:57.5
50m Breaststroke	55.1	48.0	41.9	37.7
100m Breaststroke	01:51.8	01:43.4	01:30.1	01:21.0
50m Butterfly	47.4	41.0	36.4	32.5
100m Butterfly	01:39.4	01:30.4	01:19.1	01:10.7
50m Backstroke	48.6	42.5	37.6	33.9
100m Backstroke	01:36.6	01:30.5	01:19.7	01:11.5
200m Individual Medley	03:49.7	03:17.6	02:55.8	02:38.2