

N&UEL SWIMMING CLUB

Welcome you to our
400m Free Club Championships 2018
License 4LR181046



Friday 23rd March 2018

Spectator's admission
£1 entry fee incl programme



Programme of Events

Friday 23rd March 2018

Warm up 7pm

Start 7.40pm

1.	Girls 400m Freestyle
2.	Boys 400m Freestyle

Warm-up

Lanes 1, 3 & 5 clockwise, lanes 2, 4 & 6 anti-clockwise. Coaches are asked to ensure swimmers comply with this requirement.

Swimmers must report to the marshalling area before their race.

We would like to thank you all for supporting our Club



Conditions

Affiliation: N&UEL Swimming Club is affiliated to ASA London Region. The meet will be held under ASA Laws and ASA Technical Rules. **The meet is licensed at Level 4** and held under license number 4LR181046

Pool: Pool is located at East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Pool is 25m long, 6 lanes, anti wave ropes and electronic timing, with spectator seating

Age Groups: Ages as at midnight **31st December 2018**. Age groups 8, 9, 10, 11, 12, 13, 14 and 15+.

Events: Events will be seeded by time. All heats will be swum on the spearhead principle. All events will be swum on a **heat declared winner basis**. The meet will be cardless. All races will start from and finish at the deep end. It is the responsibility of the swimmer to report to the stewarding area in sufficient time for each event & heat. N&UEL Swimming Club will not be held responsible for any swimmer missing the start of their particular heat. We will not be re-seeding events from withdrawals and will be running with empty lanes if the swimmer is absent.

Entries:

Closing date for entries is midnight 16th March 2018. N&UEL Swimming Club reserves the right to close the meet or individual events within the meet earlier than the specified closing date. All entries must include Date of Birth and ASA Registration Number details. All swimmers including must be registered as Category 2 or 1 with the ASA and be affiliated to Newham & UEL Swimming Club. Races consist of 400m freestyle only. There are no upper limit times or qualifying times. Cost is £4 per swimmer which covers entry into the 400 freestyle event. Time trials will be accepted on the day at £5 per event if there are available lanes and will be at the discretion of the lead referee and promoter, but will not be eligible for awards.

Awards & results: Awards will be made of top 3 placed swimmers in each age group and medals can be collected from the medal table **after** the results of that event are published. **No medals will be posted**. Full results will be available on the club's website after the event. Results will also be passed onto the ASA for inclusion in the rankings, however rankings will not upload times for swimmers below 8 at the date of the gala.

Warm-up: Swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated by the lane direction cards. Swimmers must swim in their appropriate warm-up. Sprint lanes will be announced.

Swim Down: Swim down facility will be available from 7.40pm. Swimmers are reminded that no tumble turns are allowed in the swim down pool.

Starts: It is the responsibility of the competitor, coaches and club to ensure that all swimmers are competent to the standard of the ASA competitive start award to perform a shallow racing dive into the water. Swimmers are permitted to start in the water of all events, but must advise the referee of this prior to the start of their heat. In the event of a false start, the swimmer must make a safe entry. The competition will operate over the top starts throughout, with the exception of the backstroke events.

Safety & Security: Everyone is to familiarise themselves with the emergency exits which must be kept clear at all times. Anyone observing anything they consider to be a safety hazard must report this to the Meet Director or one of the organisers. The pool depth at the starting end is 1m. The distance between the top of the diving block and the water level is 2m. Competitors and spectators must not leave their belongings unattended. Neither N&UEL nor the pool management will be held responsible for the loss of any property. Only officials and coaches/team managers with passes will be allowed on poolside.

Behaviour: The promoters and the pool management reserve the right to remove any swimmer or spectator from the pool area whose behaviour is either against pool rules or is affecting the running of the meet. Anyone found causing damage or misbehaving will be banned from the meet.

Data Protection: Entries will be entered onto a computer. By submitting entries, consent is give under the data protection act 1984 to holding of personal information.

Any situation arising not covered by these conditions will be determined by the Gala Secretary Deborah Harouma.