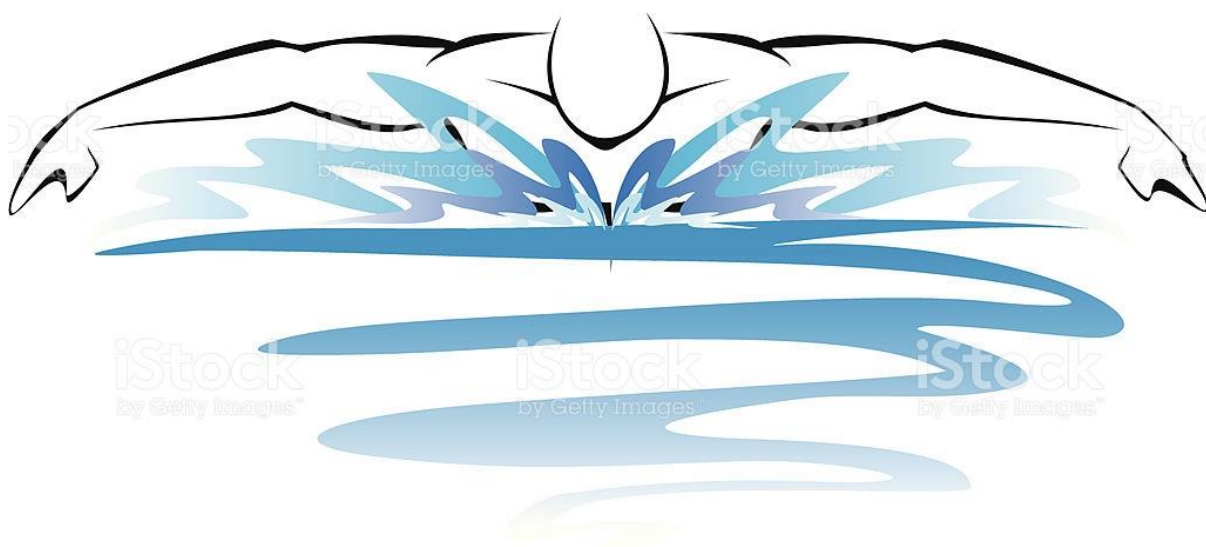




(Affiliated to the EssexASA and London Region)

## *RTSC End of Season Open Meet 2018*

(HELD UNDER ASA LAWS AND FINA TECHNICAL RULES OF SWIMMING)  
LICENCE NUMBER XXXXXXXX



**Saturday 14<sup>th</sup> July 2018**

London Aquatic Centre (LAC), The Queen Elizabeth Olympic Park. London. E20 2ZQ

**CLOSING DATE FOR ENTRIES Sunday 17<sup>th</sup> June 2018**

<http://www.romfordtownswimmingclub.co.uk>



(Affiliated to the EssexASA and London Region)

## ENTRY CONDITIONS

1. The competition will be held under ASA law and FINA Technical Rules of Swimming and licensed at level 3.
2. The competition is open to ASA registered swimmers and all entrants must be category 2 members.
3. There are no qualifying times, but there are upper limit times. There are only upper limit times which you must not have swam faster than. Converted short course times can be used, if submitting entries via SPORTSYSTEMS it will automatically convert short course times from rankings. Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded. **PLEASE NOTE NO TIME = NO SWIM**
4. The venue is the London Aquatic Centre (LAC), The Queen Elizabeth Olympic Park. London. E20 2ZQ. The pool length is 50metres, 10 lanes with anti wave lane ropes and Quantum electronic timing. Car parking is available at Westfield Shopping Centre. There is spacious spectator gallery and onsite café for spectator refreshment
5. The entry fees are £7.50 per event. Individual entries must be on the official entry form (photocopies accepted) and must include the entrant's ASA registration number together with all entry fees. All entries of 4 swimmers or more must be made electronically. SPORTSYSTEMS Entry Manager is available on request from Angela Eguakhide at romfordtownsc@aol.com. No refunds will be made for withdrawals other than on medical grounds and this must be accompanied by a medical note.
6. Once your entry has been accepted it is assumed that you will be swimming. Withdrawals must be made by the start of each warm-up session to the recorders using the withdrawal sheets which will be included in the coach's pack.
7. The Promoter reserves the right to limit entries to meet gala session timing restrictions. Entries will be accepted on **a first come first served basis or until full.**
8. Swim meet entries and results will be managed on a computer. By submitting entries, you give us consent to hold, store and make public that information
9. Male and female age groups will be 9, 10, 11,12,13,14 and 15 years and over. Age as at 14th July 2018. All events will be swum on a heat declared winner basis. The first three for each age group in each event will receive awards.
10. The events are 50m & 100m all strokes and 200m Freestyle, 200m Ind. Medley. Over the top starts will be used where appropriate.
11. Coaches and Team Managers' passes are available in advance for £35. *Food is provided by the LAC in-house catering service only.* This entitles the holder to a programme; meal between session, poolside drinks and result sheets posted or sent electronically. Coaches and Team Managers' Passes must be ordered using the Club Entry Form. Coaches and Team Managers will not be allowed on poolside without a Pass. The Promoter has the right to ask any unauthorised persons to leave the poolside. For insurance purpose's all applicants should be a registered member of the ASA and coaches must hold a current DBS (CRB) check.
12. Visiting clubs bringing a team of 9 or more swimmers are requested to provide one qualified official per session and their details (together with their qualification) are to be forwarded with the entry information. Meals and refreshments will be provided.



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13. It is the responsibility of coaches and parents to ensure the safety of their swimmers. All swimmers should meet the requirements of the ASA competitive start award and should obey all safety notices and announcements. The organisers and pool management reserve the right to remove any spectator or swimmer whose behaviour is against the rules of the pool or the efficient running of the meet. Stewards will be patrolling the centre and anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building. **For health and safety reasons only, small drawstring bags will be allowed poolside.** Lockers are available with the use of a refundable £1 coin. Any large bag will be removed by a clerk of the course.
14. Any changes to the stated warm-up times will be notified with accepted swims and be published on our website.
15. Coaches and Team Managers are expected to wear their wristbands at all times. Only competing swimmers, coaches, officials and Team Managers are allowed on poolside. This is a security request from the pool operator
16. In accordance with the ASA 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.
17. Flash photography is prohibited at all times and absolutely no photographs are permitted poolside. No cameras, video or digital capturing devices (including mobile phones) may be used in the changing area. This policy will be vigorously enforced, and any person found to be contravening this policy will be asked to leave the gala without refund
18. As the permitted use of devices which capture still or moving images is no longer dependent upon pre-registration, we request that all persons attending this meet at the London Aquatic Centre have a clear understanding of their responsibilities and obligations as detailed in the "ASA Photography Guidance" section of Wavepower 2016-19 (the current ASA Child Safeguarding Policies and Procedures publication).
19. Please ensure you clear up after yourself by placing all litter in the receptacles provided, do not leave it for others to clear up for you.
20. Payment can be made either via Cheques should be made payable to RTSC (one cheque per club) and sent together with the entry summary sheet to: **Angela Eguakhide, 38 Chadville Gardens, Chadwell Heath. Romford. RM6 5UA** If an entry has been submitted electronically only the summary sheet is required, **do not** send entry forms. Payment can also be made by BACS; details are on the summary sheet.
21. Closing date for this meet is **Sunday 17th June 2018**. RTSC reserves the right to refuse or close entries before this time to facilitate the smooth running of the competition
22. The promoter reserves the right to refuse admission to any competitor or other personnel.
23. Anything not covered within these rules will be at the discretion of the promoters of the competition.

# Romford Town Swimming Club



(Affiliated to the EssexASA and London Region)

## PROGRAMME OF EVENTS

Session 1 Warm up – 8.00am; Start – 9.10am			Session 2 Warm up – TBC; Start - TBC		
Event No	Gender	Event	Event No	Gender	Event
101	Boys	200 Individual Medley	201	Boys	200 Freestyle
102	Girls	200 Freestyle	202	Girls	200 Individual Medley
103	Boys	100 Freestyle	203	Boys	100 Backstroke
104	Girls	100 Breaststroke	204	Girls	100 Butterfly
105	Boys	50 Freestyle	205	Boys	50 Backstroke
106	Girls	50 Breaststroke	206	Girls	50 Butterfly
107	Boys	50 Butterfly	207	Boys	50 Breaststroke
108	Girls	50 Backstroke	208	Girls	50 Freestyle
109	Boys	100 Backstroke	209	Boys	100 Breaststroke
110	Girls	100 Butterfly	210	Girls	100 Freestyle

## UPPER LIMIT QUALIFYING TIMES

BOYS							
Events	9	10	11	12	13	14	15+
50 Freestyle	00.33.00	00.31.00	00.29.00	00.27.00	00.26.00	00.25.00	00.24.00
100 Freestyle	01.17.00	01.10.00	01.06.00	1.02.00	00.59.00	00.57.00	00.54.00
200 Freestyle	02.43.00	02.30.00	02.22.00	2.15.00	02.08.00	02.02.00	01.57.00
50 Breaststroke	00.45.00	00.43.00	00.39.00	00.36.00	00.35.00	00.33.00	00.30.00
100 Breaststroke	01.40.00	01.30.00	01.26.00	01.22.00	01.17.00	01.14.00	01.09.00
50 Butterfly	00.38.00	00.34.00	00.32.00	00.30.00	00.29.00	00.28.00	00.26.00
100 Butterfly	01.26.00	01.18.00	01.14.00	01.10.00	01.06.00	01.03.00	01.00.00
50 Backstroke	00.38.00	00.34.00	00.33.00	00.31.00	00.30.00	00.28.00	00.26.00
100 Backstroke	01.26.00	01.17.00	01.13.00	01.10.00	01.06.00	01.04.00	01.00.00
200 Ind. Medley	03.12.00	02.50.00	2.36.00	02.32.00	02.25.00	02.20.00	02.18.00
GIRLS							
Events	9	10	11	12	13	14	15+
50 Freestyle	00.33.00	00.31.00	00.30.00	00.28.00	00.27.00	00.27.00	00.26.00
100 Freestyle	01.17.00	01.10.00	01.07.00	01.03.00	01.01.00	00.59.50	00.58.00
200 Freestyle	02.42.00	02.30.00	02.22.00	02.16.00	02.12.00	02.08.00	02.06.00
50 Breaststroke	00.44.00	00.41.00	00.39.00	00.36.00	00.35.50	00.35.00	00.34.00
100 Breaststroke	01.39.00	01.30.00	01.25.00	01.21.00	01.18.00	01.17.00	01.16.00
50 Butterfly	00.38.00	00.34.00	00.32.00	00.31.00	00.30.00	00.29.00	00.28.00
100 Butterfly	01.26.00	01.18.00	01.14.00	01.11.00	01.08.00	01.05.00	01.04.00
50 Backstroke	00.38.00	00.34.00	00.33.00	00.32.00	00.31.00	00.29.00	00.28.00
100 Backstroke	01.26.00	01.17.00	01.13.00	01.12.00	01.09.00	01.05.00	01.04.00
200 Ind. Medley	03.10.00	02.50.00	02.36.00	02.33.00	02.29.00	02.26.00	02.24.00



# Romford Town Swimming Club



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## ENTRY SUMMARY FORM

One of these forms must accompany ALL entries. The club contact named below will receive ALL pre-meet information VIA e-mail regarding entries and rejections for distribution to their swimmers.

<b>CLUB</b>			
<b>CONTACT NAME</b>			
<b>ADDRESS</b>			
<b>POST CODE</b>			
<b>TELEPHONE</b>			
<b>MOBILE</b>			
<b>E-MAIL</b>			
<b>Total Number of Entries @ £7.50</b>		<b>Entries</b>	<b>£</b>
<b>One Day Coach Pass @ £35.00</b>			<b>£</b>
<b>Total Remittance</b>	<b>CHEQUE / BACS * Delete as necessary</b>		<b>£</b>
<b>Total Number of submitted entry forms or Sportsystems entry files emailed on</b>			

Make cheques payable to:  
 Payment by BACS to:  
 Sort Code  
 Account No.  
 Reference  
 Closing date for entries:  
 Post your entries to

**RTSC (Romford Town Swimming Club)**  
**RTSC (Romford Town Swimming Club)**  
**08-92-99**  
**65046300**  
**XXXX140718 – XXXX club short code**  
**17<sup>th</sup> June 2018**  
**Mrs Angela Eguakhide, 38 Chadville Gardens.**  
**Romford. RM6 5UA**  
**07946899710**  
[romfordtownsc@aol.com](mailto:romfordtownsc@aol.com)

Any queries Phone:  
 E-mail queries to

SIGNED BY CLUB OFFICIAL

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# Romford Town Swimming Club



(Affiliated to the EssexASA and London Region)

## INDIVIDUAL ENTRY FORM

Please complete all details requested below in **full**\*

Name				Male / Female
Address		ASA No.		
Telephone No* (We require a contact No)*		E-mail		
Date of Birth		Age as at 14 <sup>th</sup> July 2018		
Club				

**ALL TIMES TO BE 50M POOL TIMES or 25M POOL TIMES CONVERTED  
PLEASE REFER TO QUALIFYING TIMES INFORMATION**

EVENT	ENTRY TIME	EVENT	ENTRY TIME
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
100m Backstroke		200m Individual Medley	
Total No. of Entries		@ £7.50 per event = Total	£

Please accept my entries for the events indicated above. I declare that the details entered on this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the promoter's conditions.

Signature .....



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## REQUEST FOR OFFICIALS

RTSC End of Season Open Meet 2018 - Saturday 14<sup>th</sup> July 2018

<b>Name</b>	
<b>Qualification (Judge Level &amp; ASA Number)</b>	
<b>Swimming Club</b>	
<b>Contact Phone no</b>	
<b>Contact Address</b>	
<b>Contact email</b>	
<b>Sessions Available</b>	

All completed forms to be emailed to [romfordtownsc@aol.com](mailto:romfordtownsc@aol.com)