

# CITY OF LIVERPOOL SWIMMING CLUB



(Affiliated to the Swim North West A.S.A.)  
President Mr.N.Wilkinson

Life Vice President Mrs.D.Jameson      Life Vice President Mr.T.Tunstall  
Chairman Mrs.D.Jameson      Chief Coach Mr.M.Roberts      Secretary Mr.D.Lodge  
Website: [www.colsc.net](http://www.colsc.net)



Gala Secretary - Ian Ingman  
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## City of Liverpool Swimming Club 2009 Summer Sprint Meet

Dear Swimmers, Parents, Clubs & Coaches,

Please find enclosed this years City of Liverpool SC Summer Sprint Meet Information Pack, Entry Forms and Gala Conditions. May, I apologies for the late arrival of this information but one of my major targets this year was to include entry conditions and times for swimmers with disabilities to open up and encourage participation for all.

After researching the subject and contacting a number of different authorities I finally found a set of tables on the ASA website which gave entry standards specifically for open meets but upon looking at them, I found events and classifications that didn't have entry times which has held me up in publishing the meet information as I've been trying to fill in the gaps by contacting GB Swimming Staff and additional authorities and experts in the area.

After coming to a dead end, I have decided to publish the information I have and we will consider all entries individually.

I hope everyone will understand my ambition to make our open meets accessible to all swimmers and my, determination to make the events inclusive, which this year has held me up in producing this information pack. I'm still in contact with a number of different authorities to see if anything can be done in this area to support the development of disability swimming at a local club / open meet level for the future.

Once again, I'm very sorry for the delay but to compensate for this I have extended the closing date for the competition by a couple more days to allow clubs and individuals to enter the meet as I know from enquiries I have received, there has been a great demand for the meet information.

Yours sincerely

Ian Ingman



# City of Liverpool Swimming Club



In association with Liverpool City Council Swimming Development Section, Total Swimming & SRS Leisure  
Affiliated to the A.S.A. Swim North West and held under FINA Law & Technical Rules of Swimming

Present Their "Second"

LICENSED LEVEL 3 (3NW9031)

# Long Course Summer Sprint Open Meet "Non National Qualifier"

Liverpool Aquatics Centre



Total Swimming  
[www.totalswimming.co.uk](http://www.totalswimming.co.uk)



Liverpool City Council  
Swimming Development Section  
(Swim Liverpool)



SRS Leisure  
[www.srsleisure.co.uk](http://www.srsleisure.co.uk)

Information Pack and Entry Form

Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> June 2009

***New for 2009***

***Entry Conditions for Swimmers with Disabilities  
Hy-Tek Electronic Entry System***

Meet Secretary and Promoter: Mr Ian Ingman

# Meet Information

**Venue** Liverpool Aquatics Centre, Wavertree Sports Park, Wellington Road, Liverpool, L15 4LE  
Reception Tel. 0151 – 233 – 8850  
Swimming Development Office Tel. 0151 – 233 – 8872

**Spectators Balcony** Parents / Supporters – please note that the balcony at the Liverpool Aquatics Centre holds around 350 people and seats will be allocated on a first come, first served basis and no seats can be reserved. Due to the number of seats, no swimmers will be allowed onto the balcony as there is plenty of swimmers seating on the poolside and a café / refreshment area in reception where swimmers can sit between events / during breaks.

**Competition Pool** 50m, 8 Lane, Deck-level, Fast Pool, Full Daktronics Electronic Timing System  
**Warm up Pool** 20m, 4 Lane, Deck-level

**Facilities** Swim shop provided by SRS Leisure, Large car park with excellent lighting and CCTV

Sessions & Timings	Saturday 27 <sup>th</sup> June 2009		Sunday 28 <sup>th</sup> June 2009	
	1	2	3	4
Session				
Warm up	9.00 a.m.	TBC	9.00 a.m.	TBC
Broken Warm up	9.00 – 9.20am Boys	TBC – Boys	9.00 – 9.20am Boys	TBC – Girls
20 minutes each	9.20 – 9.40am Girls	TBC – Girls	9.20 – 9.40am Girls	TBC – Boys
Start	9.45 a.m.	TBC	9.45 a.m.	TBC

**Licensed Gala** This event is designed specifically for Non – National qualifiers of all age groups. If you have qualified for the National Championships in any stroke or distance, you are ineligible to compete in this gala. Licensed by the A.S.A. for a Level 3 competition

**Age Groups** 9 – 10 – 11 yrs as single age groups / 12 - 13yrs / 14 & Over

**Age on Day** Ages as at 28<sup>th</sup> June 2009

**Events** 50m & 100m all strokes plus 200m IM. All events will be run on a "**Heat Declared Winner**" basis

**Entries** Entries will be seeded on a fastest to slowest basis. A maximum number of swimmers per event will be accepted to ensure that the gala runs in accordance with A.S.A. Regulations. Entries will be accepted at the discretion of the gala secretary.

**Entry Times** Please read the Qualifying Time Limits carefully. You must not enter a time faster than the qualifying time stated.

**Swimmers with Disabilities Consideration Times** Swimmers entering these events must have achieved the consideration time in either a long or short course pool. If there isn't a consideration time shown, please enter the event giving an entry time and all entries will be considered individually.

**Supplementary Conditions for Swimmers with Disabilities** This is the first year we have included entry conditions for swimmers with disabilities. The conditions have been taken from ASA criteria set out for County / Open Meets. We are looking to include disabled swimmers who are aiming to become elite competitors, who are already competitive and members of an ASA Affiliated Swimming Club.

The general conditions for the competition shall apply to all swimmers with disabilities who are eligible to compete in the events as laid down in the general competition programme, there will not be separate events for swimmers with disabilities.

## Events and Classification (Male & Female)

50m Fr/s	S1 – S14	100m Fr/s	S1 – S14
50m Bk/s	S1 – S14	100m Bk/s	S6 – S14
50m Br/s	SB1 – SB9 & SB11 – SB14	100m Br/s	SB4 – SB9 & SB11 – SB14
50m Fly	S1 – S14	100m Fly	S8 – S14
		200m IM	SM5 – SM14

### **Eligibility for Swimmers with disabilities**

All competitors must have an authorised British Swimming or IPC Swimming classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry.

All competitors must hold a current Functional Ability Card (FAC) at the time of entry.

A FAC application form can be obtained by completing and returning the FAC Application Form (available on the British Swimming website [www.britishswimming.org](http://www.britishswimming.org))

All competitors must be registered as members of a swimming club affiliated to the Amateur Swimming Association (ASA) Scottish ASA (SASA) or Welsh ASA (WASA) at the time of entry.

Qualifying times must have been achieved in the 12 months immediately preceding the closing date and may be achieved in either a long course or a short course pool. Times from time trials will not be allowed. If consideration times are not shown, please enter the event by giving an entry time and all entries will be considered individually.

All classes of swimmers will swim together in inclusive events and not separate events.

Competitors must be a minimum of 9 years of age as of 28<sup>th</sup> June 2009

Functional Ability Cards (FAC's) must be submitted to the Recording Desk / Referee prior to the start of the session with the athletes' first event. No further submission is required following this. Failure to do so will result in the swimmer being unable to race.

The competition shall take place under the relevant IPC Swimming, Swimming Rules.

### **Accreditation**

All coaches and personal care attendants must have accreditation. Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as all the coaches and they must apply for this accreditation at the same time as sending in swimmers entry form.

A swimmer in any of the classes as specified above may have both a coach and a personal care attendant present. The accreditation will be at a charge of **£8**. The second accreditation will be free of charge. All applications for both coaches and carers must be made on the official form supplied. All coaches, chaperones and personal care attendants must conform with the ASA child protection procedures and hold a current CRB and be a member of the swimming club.

### **Meet Records**

Short course meet established in 2005, Long course meet established in 2008.

### **Bagcat Prizes**

Bagcat presentations will be awarded to the Top 3 swimmers in each age group to the value of £15.00, £10.00, £5.00

Bagcat age groups – (9), (10), (11), (12 – 13), (14 and over)

Bagcat awards will be based on three categories, best 50m, best 100m and 200m IM

### **Event Prizes**

Awards will be made to the first three swimmers in each individual event and age group.

### **TopClub Award Presentations**

£100

Individual event awards will be presented during each session.

Individual event awards will be presented in the following age groups (9), (10), (11), (12 – 13), (14 & Over)

Bagcat presentations will be made as soon as possible once the individual age group have finished their last event on Sunday 28<sup>th</sup> June.

### **Card-less system**

- This competition will be run on a card-less system.
- If you intend to withdraw from an event(s) you must contact a gala official via telephone, text or email in advance of the gala or prior to the start of the warm up. Alternatively you can complete a "Heat Withdrawal Form" and hand it in at the competition control office

before the warm up starts.

- Clubs and swimmers will receive a printout to confirm all the swims they have been accepted for prior to the competition date.
- Please ensure to attach a SAE to your entry form to enable us to return your confirmation information to you. Stamp to the value of 44p minimum.

**Individual Entries**

New for 2009 – we are running the competition with the assistance of the Hy-Tek computer system and with this an electronic entry system / form will be available via download from the City of Liverpool SC website along with full instructions. [www.colsc.net](http://www.colsc.net)

Anyone not wishing to use the electronic entry system, entries should be made on an official entry form (attached), Please photocopy the form for additional entries.

Late entries and poolside entries will not be accepted. If necessary entries will be limited to a maximum number of heats.

**Important Notice for All Clubs:**

When completing your entry forms, please ensure to fill in both the Swimmers A.S.A. Registration Number & Date of Birth. It is vital that we have every swimmer's Full Name, Date of Birth, Registration Number and Entry Times to prove that they are a fully paid up member of the ASA for this year and so their competition times will be entered onto the ASA Ranking system.

**Closing Date**

The Closing Date for entries is Wednesday 3<sup>rd</sup> June 2009

**Entry Fees**

Individual Entries: £4.00 per event

**Coach's Pass**

Coach's Pass: £8.00 per pass for the whole weekend

A coach's pass will entitle you to free entrance onto the poolside and competition programmes

Please make all your cheques payable to: **City of Liverpool Swimming Club**

**Clothes Lockers**

The pool has a large number of clothes lockers in the changing village that competitors can use. To access the locker you will need a 20p coin and this is none returnable. Also the management have requested that nobody leaves clothes or equipment in the lockers over night.

**Hotel Accommodation**

You can find hotel information on the City of Liverpool SC website [www.colsc.net](http://www.colsc.net) Or by visiting the Merseyside Tourist Information website on [www.visitliverpool.com](http://www.visitliverpool.com)

**Photographic Policy**

Liverpool City Council has adopted a no photographic policy from all balconies, spectator areas and pool halls.

## Long Course Competition Records Established in 2008

<u>Boys Records</u>					<u>Girls Records</u>			
<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Year</u>	<u>Event</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Year</u>
9 Years								
Ethan Clark	Southport	37.12	2008	50m Fly	Jessica Sloan	Tyldesley	40.34	2008
Brandon D Kinder	Leyland Barr	39.53	2008	50m Bk/s	Ashleigh Dibb	Bobcats	40.55	2008
Brandon D Kinder	Leyland Barr	46.92	2008	50m Br/s	Katie Matts	Co Salford	46.20	2008
Brandon D Kinder	Leyland Barr	33.54	2008	50m Fr/s	Jessica Sloan	Tyldesley	35.39	2008
Alec Scott	Southport	1.25.55	2008	100m Fly	Jessica Sloan	Tyldesley	1.40.95	2008
Ethan Clark	Southport	1.27.28	2008	100m Bk/s	Lois Martin	Crosby	1.29.36	2008
Brandon D Kinder	Leyland Barr	1.39.66	2008	100m Br/s	Katie Matts	Co Salford	1.39.22	2008
Ethan Clark	Southport	1.12.96	2008	100m Fr/s	Jessica Sloan	Tyldesley	1.19.18	2008
Ethan Clark	Soputhport	3.01.56	2008	200m IM	Ashleigh Dibb	Bobcats	3.12.26	2008
10 Years								
Ross Rutherford	Liverpool Pen	36.55	2008	50m Fly	Shannon Dodson	Askern Spa	36.95	2008
Ross Rutherford	Liverpool Pen	38.28	2008	50m Bk/s	Shannon Dodson	Askern Spa	37.28	2008
Ross Rutherford	Liverpool Pen	41.22	2008	50m Br/s	Emma Grayson	Bootle	43.78	2008
Ross Rutherford	Liverpool	31.83	2008	50m Fr/s	Emma Grayson	Bootle	32.57	2008
Cole Charnock	Garston	1.30.99	2008	100m Fly	Olivia Askew	Oldham Aqua	1.23.35	2008
Ross Rutherford	Liverpool Pen	1.22.49	2008	100m Bk/s	Emma Grayson	Bootle	1.19.89	2008
Ross Rutherford	Liverpool Pen	1.33.51	2008	100m Br/s	Lydia Paris Davies	Crosby	1.32.21	2008
Ross Rutherford	Liverpool Pen	1.14.59	2008	100m Fr/s	Emma Grayson	Bootle	1.09.38	2008
Ross Rutherford	Liverpool Pen	2.57.39	2008	200m IM	Emma Grayson	Bootle	2.51.62	2008
11 Years								
Robert Hilton	Wallasey	34.36	2008	50m Fly	Katie F Hands	Leyland Barr	35.30	2008
Lewis Robinson	Co Man Aq	36.70	2008	50m Bk/s	Charlotte Hill	Carnforth	37.22	2008
Matthew Linford	Ellesmere Pt	43.79	2008	50m Br/s	Eve Whittle	Howe Bridge	42.89	2008
Lewis Robinson	Co Man Aq	32.01	2008	50m Fr/s	Megan Green	Leyland Barr	31.96	2008
Marc McLean	Liverpool Pen	1.17.66	2008	100m Fly	Megan Green	Leyland Barr	1.20.77	2008
Marc McLean	Liverpool Pen	1.17.38	2008	100m Bk/s	Jessica Jervis	Hoylake	1.17.85	2008
Matthew Linford	Ellesmere Pt	1.34.06	2008	100m Br/s	Charlotte Hill	Carnforth	1.31.74	2008
Lewis Robinson	Co Man Aq	1.08.96	2008	100m Fr/s	Charlotte Hill	Carnforth	1.09.05	2008
Lewis Robinson	Co Man Aq	2.48.45	2008	200m IM	Olivia Brett	Howe Bridge	2.48.21	2008
12 – 13								
Dale Bradbury	Co man Aq	30.55	2008	50m Fly	Aeron Brown	Newcastle St	33.31	2008
Andrew Plummer	Leyland Barr	32.73	2008	50m Bk/s	Lucy Doherty	Co Chester	34.95	2008
Harry Entwistle	Oldham Aqua	36.62	2008	50m Br/s	Ashley Holmes	Halton	39.48	2008
Alex Dunk	Prescot	28.75	2008	50m Fr/s	Rachel Turton	Ormskirk	29.94	2008
Dale Bradbury	Co Man Aq	1.07.28	2008	100m Fly	Aeron Brown	Newcastle St	1.12.81	2008
Liam Graves	Crosby	1.11.16	2008	100m Bk/s	Ellie Newby	Halton	1.14.21	2008
Liam Graves	Crosby	1.23.10	2008	100m Br/s	Aeron Brown	Newcastle St	1.25.57	2008
Andrew Plummer	Leyland Barr	1.03.28	2008	100m Fr/s	Ellie Newby	Halton	1.05.98	2008
Liam Graves	Crosby	2.36.70	2008	200m IM	Hannah Grace Clegg	Oldham Aqua	2.40.23	2008
14 & O								
Dane Harrop	Liverpool Pen	27.48	2008	50m Fly	Naomi Sivill	Howe Bridge	31.11	2008
Dane Harrop	Liverpool Pen	30.25	2008	50m Bk/s	Alice Howarth	Co Chester	32.29	2008
Joseph Gillam	Bobcats	32.68	2008	50m Br/s	Clare Ridler	Stockport Metro	37.15	2008
Ian Parsons	Wirral Aq	25.99	2008	50m Fr/s	Ruth Scanlan	Staines	29.48	2008
Martin Dosson	Halton	1.02.59	2008	100m Fly	Michelle Wiblin	Stockport Metro	1.09.79	2008
Josh Davies	Garston	1.04.27	2008	100m Bk/s	Michelle Wiblin	Stockport Metro	1.12.39	2008
Joseph Gillam	Bobcats	1.13.38	2008	100m Br/s	Clare Ridler	Stockport Metro	1.20.19	2008
Martin Bossom	Halton	56.69	2008	100m Fr/s	Ruth Scanlan	Staines	1.04.02	2008
Ryan Beggs	Prescot	2.21.23	2008	200m IM	Rachel E Byrne	Warrington Dol	2.31.11	2008

# Invitation Medley Skins Competition

## SKINS EVENT

1. An invitation to swim in the skins competition will be initially offered to the swimmers finishing 1<sup>st</sup> to 8<sup>th</sup> in the Boys & Girls 200m IM event, 12/13yrs & 14yrs and over age group.
2. If less than 8 swimmers accept the initial invitation, then we will invite swimmers placed 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> etc into the event.
3. We are basing the skins competition on an individual medley, with all four strokes being available to swim in each round. A random draw will take place before each round to decide the stroke to be swum.
4. Races will take place 3 minutes apart.

Boys				Girls			
Race No	Race starts at. Time stated in minutes	Round	No of Swimmers	Race No	Race starts at. Time stated in Minutes	Round	No of Swimmers
1	0.0	1	8	2	1.5	1	8
3	3.0	2	7	4	4.5	2	7
5	6.0	3	6	6	7.5	3	6
7	9.0	4	5	8	10.5	4	5
9	12.0	5	4	10	13.5	5	4
11	15.0	6	3	12	16.5	6	3
13	18.0	7	2	14	19.5	7	2

5. We will start the skins event with a maximum of 16 competitors, 8 boys and 8 girls.
6. At the end of each race, the swimmer who finishes last will be eliminated from the competition.
7. Prize Money – A cash prize of £15.00 for 1<sup>st</sup> place, £10.00 for 2<sup>nd</sup> place and £5.00 for 3<sup>rd</sup> place.

# Rules for Skins Events

1. The race distance will be 50m.
2. Up to 8 swimmers will contest the first heat of each event.
3. Boys and girls heats will be run alternatively with the time between each gender's heats being 3 minutes.
4. Choice of stroke will be made by drawing slips from a hat. The Promoter will select from the hat the first stroke to be swum in the boy's and the girl's heat. This will be announced to the swimmers prior to each heat.
5. Each start will be made to ASA starting procedure e.g. The referee will blow a series of short whistle blasts followed by long whistle blast, (followed by a further long whistle blast if a backstroke race.) The Starter will then give the command "Take your marks" and will attempt to give the starting signal on the 1.5min or 3min time slot for each heat race.
6. If a swimmer "is moving at the start" the heat will continue and the swimmer "moving at the start" will be eliminated at the end of the heat race instead of the slowest swimmer in that heat.
7. If a swimmer "False Starts" and enters the water the remaining swimmers will be stood down and the heat race re-started ASAP when it is safe to do so. Health and safety of the all the swimmers is very important and the race cannot be re-started until save to do so. The swimmer who "false started" will be eliminated.
8. The Placing Judges will identify the swimmer who is last in the heat to be eliminated and inform the Referee. The Referee informs the eliminated swimmer. If the Placing Judges disagree on the swimmer to be eliminated the Referee's decision will decide. If no clear decision can be reached (e.g. a dead Heat.) all swimmers will swim in the next heat and 2 swimmers will be eliminated from the subsequent round.
9. If a swimmer is disqualified for a stroke infringement then there will be no elimination of the slowest swimmer in that swim. Strokes will be in accordance with ASA Laws and Technical Rules.
10. The heats proceed according to these rules with the heats in each event being 3 minutes apart until there is a winning swimmer.
11. Swimmers will remain in their original assigned lanes throughout the event. However the final heat will take place in the two central lanes.
12. At the end of each heat the Referee will enter on the swimmer's timecard the place attained in the event (i.e. 8th, 7th, 6th etc.). At the end of the final heat the Referee will enter the place attained and the time achieved by the winning swimmer.
13. In all matters pertaining to the Skins event not covered by these rules the Referee's decision is final.

## Saturday Programme of Events

Saturday 27 <sup>th</sup> June		Session 1 Warm up 9.00 am Start 9.45 am	
Event No.	Sex	Age Group	Event
101	Boys	14yr & O	200m IM
102	Girls	14yr & O	200m IM
103	Boys	12/13yr	100m Bk/s
104	Girls	12/13yr	100m Bk/s
105	Boys	9/11yr	50m Fly
106	Girls	9/11yr	50m Fly
107	Boys	14yr & O	50m Br/s
108	Girls	14yr & O	50m Br/s
5 minutes officials comfort break			
109	Boys	12/13yr	50m Br/s
110	Girls	12/13yr	50m Br/s
111	Boys	9/11yr	100m Fr/s
112	Girls	9/11yr	100m Fr/s
113*	Boys	14yr & O	Invitation Medley Skins Event
114*	Girls	14yr & O	Invitation Medley Skins Event

Saturday 27 <sup>th</sup> June		Session 2 Warm up TBC Start TBC	
201	Boys	12/13yr	200m IM
202	Girls	12/13yr	200m IM
203	Boys	14yr & O	50m Fly
204	Girls	14yr & O	50m Fly
205	Boys	9/11yr	100m Br/s
206	Girls	9/11yr	100m Br/s
207	Boys	12/13yr	50m Fly
208	Girls	12/13yr	50m Fly
5 minutes officials comfort break			
209	Boys	14yr & O	100m Fr/s
210	Girls	14yr & O	100m Fr/s
211	Boys	9/11yr	50m Br/s
212	Girls	9/11yr	50m Br/s
213*	Boys	12/13yr	Invitation Medley Skins Event

214*	Girls	12/13yr	Invitation Medley Skins Event
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## Sunday Programme of Events

Sunday 28 <sup>th</sup> June		Session 3 Warm up 9.00 am Start 9.45 am	
301	Boys	12/13yr	100m Br/s
302	Girls	12/13yr	100m Br/s
303	Boys	14yr & O	50m Bk/s
304	Girls	14yr & O	50m Bk/s
305	Boys	9/11yr	100m Fly
306	Girls	9/11yr	100m Fly
307	Boys	12/13yr	50m Fr/s
308	Girls	12/13yr	50m Fr/s
5 minutes officials comfort break			
309	Boys	14yr & O	50m Fr/s
310	Girls	14yr & O	50m Fr/s
311	Boys	9/11yr	50m Bk/s
312	Girls	9/11yr	50m Bk/s
313	Boys	12/13yr	100m Fly
314	Girls	12/13yr	100m Fly
315	Boys	14yr & O	100m Bk/s

Sunday 28 <sup>th</sup> June		Session 4 Warm up TBC Start TBC	
401	Girls	14yr & O	100m Bk/s
402	Boys	9/11yr	200m IM
403	Girls	9/11yr	200m IM
404	Boys	12/13yr	50m Bk/s
405	Girls	12/13yr	50m Bk/s
406	Boys	14yr & O	100m Fly
407	Girls	14yr & O	100m Fly
5 minutes officials comfort break			
408	Boys	9/11yr	100m Bk/s
409	Girls	9/11yr	100m Bk/s
410	Boys	12/13yr	100m Fr/s
411	Girls	12/13yr	100m Fr/s
412	Boys	14yr & O	100m Br/s
413	Girls	14yr & O	100m Br/s
414	Boys	9/11yr	50m Fr/s
415	Girls	9/11yr	50m Fr/s

## Award Presentations

- Presentation of the Bagcat Awards will be made on Sunday 28<sup>th</sup> June at the end of Session 4
- For all the Bagcat presentations we will require the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placed swimmers in the following age groups i.e. Boys & Girls (9yrs), (10 yrs), (11 yrs), (12 - 13 yrs) & (14 yrs & Over)
- **Award Winners**, if you are not going to be available at the end of session 4 to collect your award, please let Ian Ingman, the gala secretary know in advance so we can arrange to send on your award.

For all forthcoming events, information packs & entry forms

Please Contact:

Ian Ingman

Meet Secretary

Swimming Development Office, Liverpool Aquatics Centre,  
Wavertree Sports Park, Wellington Road, Liverpool, L15 4LE

Tel: 0151 – 233 – 8872

Fax: 0151 – 233 – 8868

Email: [ingmani@liverpool.gov.uk](mailto:ingmani@liverpool.gov.uk)

Information and entry forms for all the events will be published on the City of Liverpool Swimming Club Website

**Website Address: [www.colsc.net](http://www.colsc.net)**

Following the meet, results will also be available on the City of Liverpool SC website.

You can also obtain a link to our website via the A.S.A. website  
[www.britishswimming.org](http://www.britishswimming.org)

### Directions to the Liverpool Aquatics Centre

Come off at the **end of M62** continue straight through lights (city centre route)

At the **second** set of **lights turn left**, Signposted for Wavertree Athletics Centre

Carry on approximately two miles to a set of traffic lights at Picton Road  
Go straight across through to Wellington Road

**Turn left** 400 yards before bridge into Wavertree Sports Park Complex.

Also maps and directions will be available via the City of Liverpool SC website and Liverpool City Council website under the sports centres section.

**If lost? Contact reception on telephone number 0151 - 233 - 8850  
Liverpool Aquatics Centre**

**CITY OF LIVERPOOL SWIMMING CLUB LICENSED LEVEL 3 SUMMER SPRINT MEET 2009  
INDIVIDUAL ENTRY FORM**

Please complete all details requested below in full

Name of Swimmer  Male  Female

If you are a disabled competitor and have a FAC card please state your classification

Name of Swimming Club

If you are completing this form on behalf of a large club entry, you don't have to complete the "Swimmers Address" box but, if you are swimming as an "Individual" then you must complete all boxes including the "Swimmers Address" Box.

Swimmers Address

Telephone Number  E-Mail Address

Date of Birth (In numbers) Day  Month  Year  Age Group as at 28<sup>th</sup> June 2009  Yrs

Registration No.

Closing Date For Entries **Wednesday 3<sup>rd</sup> June 2009**

Entry Forms and Fees to be returned to: Ian Ingman, Swimming Development Office, Liverpool Aquatics Centre, Wavertree Sports Park, Wellington Road, Liverpool, L15 4LE  
Tel: 0151 – 233 – 8872 Fax: 0151 – 233 – 8868 Email: ingmani@liverpool.gov.uk

**Please complete the following table with your long course (50m pool) entry times or converted (25m pool) times to a (50m pool) time. Your entry times can't be faster than the times displayed in the table at the bottom of this page. Swimmer with, disabilities please see the separate table of consideration times.**

Events	Times	Events	Times
50m Fly	<input type="text"/>	100m Fly	<input type="text"/>
50m Bk/s	<input type="text"/>	100m Bk/s	<input type="text"/>
50m Br/s	<input type="text"/>	100m Br/s	<input type="text"/>
50m Fr/s	<input type="text"/>	100m Fr/s	<input type="text"/>
		200m I.M.	<input type="text"/>

No. of Entries  @ £4.00 Per Event +  Coaches Passes @ £8.00 each = £

**AAA Grade Qualifying Times based on 100% of the National Level (Long Course Times)**

Age Group	Sex	50m Fly	50m Bk/s	50m Br/s	50m Fr/s	100m Fly	100m Bk/s	100m Br/s	100m Fr/s	200m IM
9 yrs	Boys	42.7	43.8	49.6	37.1	1.36.0	1.36.0	1.52.2	1.25.9	3.21.8
	Girls	42.3	43.8	49.9	37.2	1.34.7	1.38.5	1.53.6	1.26.0	3.25.6
10 yrs	Boys	37.3	39.4	44.5	33.4	1.22.5	1.23.0	1.35.1	1.12.4	2.58.8
	Girls	37.9	39.4	44.0	34.1	1.23.6	1.23.7	1.34.7	1.13.6	2.58.9
11 yrs	Boys	34.9	36.9	41.2	31.5	1.14.7	1.16.3	1.26.4	1.06.8	2.44.5
	Girls	35.0	36.9	41.0	31.9	1.15.2	1.16.7	1.26.8	1.07.4	2.45.5
12 / 13yrs	Boys	31.0	33.0	36.1	28.5	1.06.1	1.08.1	1.16.3	59.8	2.28.1
	Girls	32.1	34.4	37.7	29.8	1.09.0	1.11.3	1.19.1	1.03.3	2.33.9
14yrs & Over	Boys	26.6	28.4	31.3	24.5	58.3	1.00.5	1.08.0	54.3	2.13.8
	Girls	29.1	31.5	34.5	27.3	1.04.4	1.06.6	1.14.7	1.00.1	2.26.3



## Swimming Club Contact & Coach Information Sheet

If you are completing & sending in a number of entry forms on behalf of a swimming club, would you please complete this form with your details so I can either update or add your information to our current mailing list. Please read the coaches pass application information carefully and ensure it's completed and returned along with your clubs entries. When completing the information below, please print your details clearly. Thank you.

Swimming Club	
Clubs Contacts Name	
Position in Club	
Home Address	
Post Code	
Telephone No	
Fax No	
Mobile No	
E-Mail Address	

### Application for Coaches Passes

1. Each club is entitled to a ratio of 2 coaches to 20 swimmers if your team consists of both male and female competitors. If your club enters more than 20 swimmers then you are entitled to additional coaches' passes as long as your ratio's stay the same. A club is not limited to a maximum number of coaches' passes for the weekend.
2. In accordance to child protection rules and guidelines, we now request each club submits the name(s) of the coaches / chaperones / team managers who will be accompanying their team on the poolside at the same time as submitting their swimmers entries. Along with this, we ask your club secretary to sign the accompanying letter to declare at the point of submitting the entries all the named coaches have been CRB checked and are registered as a member of your club.

**PLEASE NOTE:**

3. **ALL COACHES, TEAM MANAGER'S & CHAPERONES MUST BE CRB CHECKED TO GAIN A COACHES PASS AND ACCESS ONTO THE POOLSIDE.**
4. **ANY PARENT WISHING TO ACT AS A COACH MUST ALSO BE CRB CHECKED AND REGISTRED AS A MEMBER OF THE CLUB THEY ARE REPRESENTING.**
5. **PARENTS MUST ALSO ASK THE CLUB SECRETARY TO SIGN THE APPROPRIATE LETTER ON THEIR BEHALF AND SUBMIT IT ALONG WITH THE SWIMMERS ENTRIES.**
6. **WITHOUT THE LETTER / APPLICATION FORM BEING SIGNED BY THE CLUB SECRETARY, NO COACHES' PASSES WILL BE ISSUED.**

Signed	
If the address to which the coaches' passes should to be sent is different from the club contact, please write the persons name and address in the box.	



# CITY OF LIVERPOOL SC LEVEL 3 SUMMER SPRINT MEET 2009

Liverpool Aquatics Centre 27<sup>th</sup> – 28<sup>th</sup> June 2009

## HEAT / EVENT WITHDRAWAL FORM

PHONE WITHDRAWAL NUMBER: **07851 - 830312**

EMAIL: **lesley.loyd@talktalk.net**

EMAIL: **ingmani@liverpool.gov.uk**

Swimmers wishing to withdraw from a heat / event must inform a gala official in the timing suit, which is based on the balcony by completing a copy of this form before the start of the warm-up of the relevant session. Alternatively, you can ring or text the telephone number above to inform a gala official of your withdrawal. You can use the phone number as from Wednesday 24<sup>th</sup> June or email **lesley.loyd@talktalk.net** or **ingmani@liverpool.gov.uk**

CLUB:	
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First Name:		Surname:	
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Event Number	Competitor Number	Age Group	Distance & Stroke

Name (Print)		Signed	
Date		Time of Delivery	

Received By			
Date		Time	



### Open Meet Consideration Times for Swimmers with Disabilities

Boys Consideration Times	Classification	50m Fly	50m Bk/s	50m Fr/s	100m Fly	100m Bk/s	100m Fr/s	Classification	200m IM	Classification	50m Br/s	100m Br/s
	S1		2.55.49	2.43.17			5.50.29	SM1		SB1	3.30.26	
	S2	3.07.87	1.54.43	1.50.76			4.04.17	SM2		SB2	1.43.95	
	S3	2.05.27	1.32.67	1.17.77			2.51.84	SM3		SB3	1.26.77	
	S4	1.21.52	1.22.25	1.06.18			2.25.72	SM4		SB4		2.52.79
	S5	1.03.02	1.05.93	57.05			2.06.72	SM5	5.08.69	SB5		2.41.21
	S6	55.03		52.19		2.10.99	1.56.67	SM6	4.46.36	SB6		2.32.93
	S7	55.20		48.98		2.07.47	1.48.29	SM7	4.49.17	SB7		2.22.82
	S8			46.21	1.44.60	1.57.67	1.40.32	SM8	4.14.51	SB8		2.04.85
	S9			43.52	1.42.19	1.48.10	1.36.56	SM9	3.58.36	SB9		1.59.27
	S10			41.91	1.40.96	1.46.90	1.32.17	SM10	3.48.77			
	S11			45.51	1.51.13	1.58.00	1.42.83	SM11	4.17.99	SB11		2.06.99
	S12			42.41	1.42.85	1.45.54	1.32.34	SM12	3.47.89	SB12		1.58.71
	S13			41.74	1.43.02	1.47.78	1.31.99	SM13	3.58.12	SB13		1.57.13
	S14			45.15	1.49.07	1.58.37	1.40.59	SM14	4.09.19	SB14		2.05.83

Girls Consideration Times	Classification	50m Fly	50m Bk/s	50m Fr/s	100m Fly	100m Bk/s	100m Fr/s	Classification	200m IM	Classification	50m Br/s	100m Br/s
	S1		2.19.84	2.20.81			8.02.58	SM1		SB1	4.01.81	
	S2		2.22.27	2.22.36			4.58.81	SM2		SB2	3.47.82	
	S3	2.25.11	1.49.41	1.43.16			3.47.14	SM3		SB3	1.52.96	
	S4	2.05.37	1.44.28	1.29.78			3.16.06	SM4		SB4		3.20.84
	S5	1.24.29	1.16.02	1.02.73			2.16.17	SM5	6.49.97	SB5		3.10.98
	S6	1.09.34		1.03.26		2.33.90	2.14.91	SM6	5.31.84	SB6		2.54.90
	S7	1.05.43		57.66		2.26.71	2.03.98	SM7	5.19.53	SB7		2.42.37
	S8			54.64	2.08.04	2.15.93	1.56.55	SM8	4.54.35	SB8		2.24.82
	S9			50.51	2.00.67	2.01.18	1.48.61	SM9	4.32.53	SB9		2.24.35
	S10			49.15	1.59.90	2.05.41	1.45.25	SM10	4.32.70			
	S11			54.72	2.48.47	2.28.92	2.00.84	SM11	5.27.35	SB11		2.50.00
	S12			48.18	1.57.06	2.05.44	1.45.37	SM12	4.22.72	SB12		2.15.20
	S13			47.40	1.53.78	2.00.68	1.42.46	SM13	4.13.79	SB13		2.22.31
	S14			51.20	2.13.33	2.16.02	1.54.60	SM14	4.48.64	SB14		2.24.38