



Affiliated to SWIM ENGLANDSER

Invite you to

**The Vanessa Knight
Level 3
Open Meet
2019**

Level 3 License No 3SE191591

Held under ASA Law

50's in all strokes + 100 I.M. + 200 Free

A/B/C Grade Meet – PRIZES FOR ALL GRADES

Age groups 9-10, 11, 12, 13, 14+

Sunday 26th May 2019

**Fred Lyons Swimming Pool
Arun Leisure Centre
Felpham Way
Bognor Regis**

BOGNOR REGIS SWIMMING CLUB

(Affiliated to Swim England South East Region)

The Vanessa Knight Open Meet Promoter's conditions

The Organizers reserve the right to amend the program and these conditions to ensure the efficient and timely running of the Meet

- * This competition will be held under SWIM ENGLAND laws and SWIM ENGLAND technical rules
- * This Meet has been licensed at level 3, for qualifying into Regional meets
- * **Events:** Events will consist of 50m all four strokes, 200m freestyle and 100m Individual Medley
- * **Age Up Date:** for this meet will be age as at 27th May 2019
- * **Age Groups:** For this meet are 9-10 yrs., 11yrs, 12yrs, 13yrs and 14yrs+
- * Prospective competitors must be registered (or have applied for registration) with SWIM ENGLAND to enable them to compete in this meet.
- * **Entries:** will be by Hi-tech meet manager software. Individual manual entries will be considered and Will attract an administration fee. Entries should be emailed to:- headcoach@brsc.co.uk
- * **Closing date:** for entries is 13th May 2019 MIDDAY
- * **Late entries:** will be considered. The promoters reserve the right to accept entries at their discretion
- * **Entry Fees:** All entries £5:50 per event. Administration fee for manual entries £1:00 per athlete. Payment must be made on a single club cheque made payable to:- Bognor Regis Swimming Club. Bank Detail, Barclays Bank, Account Name, Bognor Regis Swimming Club, Sort Code, 20-20-62, Account No 40144088.
- * **Incorrect Entries:** To ensure that this competition is fair any swimmer/club found to be submitting incorrect or false times may be removed from the meet. In this case refund of entry fees will not be Given.
- * **Rejections:** Entries will be restricted to a first come first served basis in order to keep the meet times within SWIM ENGLAND rules for competitive meets.
- * **Entry confirmation:** Clubs will be provided with a summary of accepted entries as soon as possible After the closing date by email.
- * **Refunds:** where it is necessary to restrict entries, a refund will be given and available for coaches / team managers to collect at the event.
- * **Coaches:** Passes must be applied for with the entry forms (£5:50 each). Coach pack includes Admission poolside, programs, warm up schedule, sign out sheets and coaches passes. Packs should be collected, on the day, from the admissions entry point. Only those with a coach's pass will be allowed poolside.
- * The meet will run by "**Sign out**" procedure. Sign out sheets from the coaches' pack, should be Returned by the stated time.
- * **Warm Up:** The pool will be available for warm up prior to each session. Times set out in the warm up schedule. Warm up will be controlled by the warm up marshal. Coaches/Team managers of each club are responsible for ensuring that their swimmers follow the guidelines laid down, act Responsibly and warm up in the time allotted for their age group and gender.
- * **The pool:** Is 25 meters (Short course), has 8 lanes, and has Anti-turbulence lane ropes. Full Colorado. A secondary strobe is not available at this meet.

Electronic Timing will be used for this meet.

- * **Heat marshalling:** All swimmers must report to the heat marshalling (whipping) area when Instructed to do so. Any competitor failing to report on time may be excluded from that event.
- * All events will start at the deep end of the pool.
- * Over the top starts may operate at the discretion of the lead referee and the meet management.
- * Each event will incorporate all age groups as promoted (using submitted times to seed)
- * **Awards:** Provided they have completed their race without disqualification, medals or trophies will be Awarded to the first three places in all age groups in categories A, B and C. Category A will include all swimmers beating the B grade time. Category B will be swimmers beating the C grade time but slower than the B grade time. Category C will be swimmers slower than the C grade time. **There will be no presentations.**

- * **Top Club Trophy:** The 'Top Club Trophy' will be awarded to the club gaining the most number of points. Categories will be ignored for the purpose of calculating the Top Club Trophy points, which will be awarded on the following basis:-
1st - 8 points, 2nd - 7 points, 3rd - 6 points, 4th - 5 points, 5th - 4 points, 6th -3 points, 7th - 2 points, 8th - 1 point.
- * **Results:** will be posted alongside the marshalling area and in the main café area. Medals will be available for collection from the medals table. Results will also be made available on our website (brsc.co.uk) by the end of the following week.
- * **Video recording/photography/mobile telephones: personal photography is allowed subject to the SWIM ENGLAND Wave power guidelines.**
- * **Data Protection:** Meet entries and results will be held and managed on a computer. Your consent to the holding of personal information is deemed to be given by the submission of your entry to the Bognor Regis Swimming Club.
- * **Security:** Competitors are advised not to leave their belongings unattended. Bognor Regis Swimming Club or Freedom Leisure can accept responsibility for any property that is either lost or stolen.
- * The meet management reserve the right to remove any spectators or swimmers from the pool whose behaviour is either against the swimming centre rules or the efficient running of the meet.
- * The meet management reserves the right to amend the program to ensure the timely running of the meet
- * Any matters not covered by these conditions will be dealt with in accordance with the laws of the Sport and at the discretion of the meet management. By submitting an entry participants have deemed to agree to such decisions.

SPECTATORS ARE ASKED TO VACATE THE POOL AREA AT THE END OF SESSION 1



The Vanessa Knight Open Meet 2019

26th May 2019

UPPER LIMIT QUALIFYING TIMES

BOYS					
EVENT	9-10	11	12	13	14+
50M FREESTYLE	34.0	30.5	30.5	28.9	27.2
50M BREASTSTROKE	44.0	42.0	41.0	38.8	36.2
50M BUTTERFLY	38.0	34.3	34.3	32.2	30.5
50M BACKSTROKE	40.0	38.1	35.8	33.7	31.9
100M IND MEDLEY	1.16.00	1.10.00	1.07.00	1.04.00	1.01.00
200M FREESTYLE	2.30.00	2.20.00	2.14.40	2.06.8	2.01.00
GIRLS					
EVENT	9-10	11	12	13	14+
50M FREESTYLE	34.0	30.0	30.7	29.4	28.5
50M BREASTSTROKE	44.0	40.6	40.6	38.2	37.3
50M BUTTERFLY	38.0	34.0	34.0	32.6	31.9
50M BACKSTROKE	40.0	35.6	35.6	34.3	33.8
100M IND MEDLEY	1.20.10	1.17.10	1.11.70	1.08.00	1.05.60
200M FREESTYLE	2.30.00	2.20.00	2.16.40	2.08.30	2.10.00

Swimmers may NOT be faster than the times listed above



The Vanessa Knight Open Meet 26th May 2019

ARUN LEISURE CENTRE, BOGNOR REGIS, PO22 8ED

Session 1

Doors

Open: 8.00am

Warm up: 8.30am

Start: 9.00am

					B Time	C Time
Event 1	Girls	9-10	50m	Freestyle	34.60	38.70
	Girls	11	50m	Freestyle	30.40	34.40
2	Boys	12	50m	Backstroke	35.50	39.50
	Boys	13	50m	Backstroke	33.10	37.10
	Boys	14+	50m	Backstroke	31.90	35.90
3	Girls	9-10	50m	Breaststroke	44.10	48.80
	Girls	11	50m	Breaststroke	40.20	44.80
4	Boys	12	50m	Freestyle	30.50	34.50
	Boys	13	50m	Freestyle	29.9	33.9
	Boys	14+	50m	Freestyle	27.2	31.2
5	Girls	9-10	50m	Butterfly	38.0	42.40
	Girls	11	50m	Butterfly	34.10	38.10
6	Boys	12	50m	Breaststroke	41.0	45.0
	Boys	13	50m	Breaststroke	38.3	42.3
	Boys	14+	50m	Breaststroke	37.3	41.3
7	Girls	9-10	50m	Backstroke	40.20	44.20
	Girls	11	50m	Backstroke	38.40	40.40
8	Boys	12	50m	Butterfly	38.10	42.00
	Boys	13	50m	Butterfly	32.20	38.80
	Boys	14+	50m	Butterfly	30.5	34.20
9	Girls	9-10	4x25m	IM	1.20.00	1.24.00
	Girls	11	4x25m	IM	1.14.00	1.18.00
10	Boys	12	200m	Freestyle	2.14.20	218.20
	Boys	13	200m	Freestyle	2.06.8	210.8
	Boys	14+	200m	Freestyle	2.01.10	2.05.10
11	Girls	9-10	200m	Freestyle	2.30.20	2.40.40
	Girls	11	200m	Freestyle	2.16.20	2.20.20
12	Boys	12	4x25m	IM	1.07.00	1.14.00
	Boys	13	4x25m	IM	1.04.00	1.08.00
	Boys	14+	4x25m	IM	1.01.00	1.05.00



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Session 2

Doors Open: TBC

Warm up: TBC

Start: TBC

					B Time	C Time
Event 13	Boys	9-10	50m	Freestyle	34.0	38.0
	Boys	11	50m	Freestyle	30.5	34.5
14	Girls	12	50m	Backstroke	35.6	39.6
	Girls	13	50m	Backstroke	34.0	38.30
	Girls	14+	50m	Backstroke	33.80	37.80
15	Boys	9-10	50m	Breaststroke	44.0	48.0
	Boys	11	50m	Breaststroke	41.0	45.0
16	Girls	12	50m	Freestyle	30.7	35.10
	Girls	13	50m	Freestyle	29.9	33.9
	Girls	14+	50m	Freestyle	28.9	32.9
17	Boys	9-10	50m	Butterfly	38.0	42.0
	Boys	11	50m	Butterfly	34.3	38.3
18	Girls	12	50m	Breaststroke	40.10	44.10
	Girls	13	50m	Breaststroke	38.2	42.90
	Girls	14+	50m	Breaststroke	37.3	41.10
19	Boys	9-10	50m	Backstroke	40.10	44.50
	Boys	11	50m	Backstroke	35.4	39.10
20	Girls	12	50m	Butterfly	34.40	38.40
	Girls	13	50m	Butterfly	32.60	36.60
	Girls	14+	50m	Butterfly	31.9	35.10
21	Boys	9-10	4x25m	IM	1.20.80	1.24.80
	Boys	11	4x25m	IM	1.10.80	1.14.80
22	Girls	12	200m	Freestyle	2.20.10	2.24.10
	Girls	13	200m	Freestyle	2.08.40	2.12.40
	Girls	14+	200m	Freestyle	2.06.60	2.10.60
23	Boys	9-10	200m	Freestyle	2.32.00	2.36.00
	Boys	11	200m	Freestyle	2.14.00	2.18.00
24	Girls	12	4x25	IM	1.11.00	1.15.00
	Girls	13	4x25	IM	1.08.00	1.12.00
	Girls	14+	4x25	IM	1.05.00	1.09.00