

KINGSTON UPON HULL SWIMMING CLUB

(Affiliated to ASA NER Region)



END OF SEASON SHORT COURSE MEET 2009

Under ASA Laws & ASA Technical Rules

**Licensed 2 Event for entry into District and County
Championships**

Saturday 4th and Sunday 5th July 2009

Ennerdale Leisure Centre, Hull

Events

9 yrs, 50m all strokes and 100m IM
10/11, 12/13, 14/15 and 16ov, 50m, 100m and 200m all
strokes, and 200m IM

Awards

9yrs Medals/Awards 1st – 6th
10/11, 12/13, 14/15 and 16ov Medals/Awards 1st – 3rd
Top Boy and Top Girl in each age group £25 cash prize

Age as at 5th July 2009

Closing Date: 1st June 2009



General Information

Organisation

The competition will be held under ASA Laws and ASA Technical Rules of Swimming.

Age as at 5th July 2009.

Venue

Ennerdale Leisure Centre
Sutton Road,
Hull,
HU7 6EA.

Pools

25m, 6 Lane Pool with anti-wave ropes.

Swim down pool will be in operation throughout the meet. This facility will be withdrawn if abused, co-operation of the coaches would be appreciated.

Over the top starts will be used at the discretion of the Lead Referee and Meet Management.

Timing

Electronic timing will be used throughout the meet.

Session Times

Saturday Morning	Warm Up (08:00)	Start (9:00)
Saturday Afternoon	Warm Up (13:00)	Start (14:00)
Sunday Morning	Warm Up (8:00)	Start (9:00)
Sunday Afternoon	Warm Up (13:00)	Start (14:00)

Age Groups

Boys 9, 10/11, 12/13, 14/15 years and 16 years and over.

Girls 9, 10/11, 12/13, 14/15 years and 16 years and over.

Individual Events

9 yrs – 50m all strokes and 100m IM.

10/11, 12/13, 14/15 and 16ov – 50m, 100m, 200m all strokes and 200m IM.

All events are **Heat Declared Winners**.

Please note: should entries be over-subscribed, entries will be rejected on the basis of the slowest times submitted.

Seeding

Integrated heats (i.e. multiple age groups) will be seeded according to entry times

Awards

9yrs Medals/Awards 1st – 6th

10/11, 12/13, 14/15 and 16ov Medals/Awards 1st – 3rd

Top Boy and Top Girl in each age group £25 cash prize

In each event points will be awarded 6, 5, 4, 3, 2, and 1 for the first 6 in each age group.



Coaches Passes

Coaches pass costs £12 this includes: admissions to all sessions, a programme, results sheets and a buffet lunch with refreshments.

Entry Procedures

All entries are £4.00 per event and must be on the standard entry form. Photocopies will be accepted when additional sheets are required.

Entries must meet the qualifying times and be no faster than the upper limit times.

Send completed entry forms together with the requisite fees and a **SAE** for the return of entry information to:

C Walker,
4 Main Street,
Tickton,
HU17 9RZ.

Cheques made payable to: Kingston Upon Hull Swimming Club

ONE CHEQUE PER CLUB PLEASE

ENTRY CLOSING DATE: MIDNIGHT MONDAY 1st JUNE 2009

Entry Cards

This meet is cardless. All entry withdrawal forms must be presented to the recorders desk no later than 45 minutes before the start of each session.

Spectators

Admission for spectators will be £3 per session or £5 per day.

Swim Shop

There will be a swim shop open throughout the meet.

Footwear

All Meet participants must observe the safety precautions in operation at Ennerdale Leisure Centre and must wear footwear when leaving poolside.

Further Information

For further information, please contact the meet manager:

Telephone: 07521 684711

E-Mail: red_winged_phoenix@hotmail.com

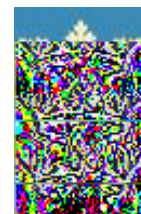
Alternatively, you can visit our website and click on gala information:

www.kuhsc.co.uk

Hotels

Premier Inn, Hull North, 01482 820225 – www.premierinn.com (5 minutes away)

Ramada Jarvis, Willerby – www.ramadajarvis.co.uk (20 minutes away)



Qualifying Times

Boys					Event	Girls				
9	10/11	12/13	14/15	16ov		9	10/11	12/13	14/15	16ov
50.00	47.00	35.00	31.50	30.00	50m Free	50.00	46.00	35.00	33.00	32.50
	1.27.50	1.15.20	1.07.00	1.03.00	100m Free		1.29.00	1.22.00	1.15.00	1.09.50
	3.10.00	2.55.00	2.35.00	2.20.00	200m Free		3.15.00	3.00.00	2.45.00	2.35.00
52.00	51.50	42.50	38.00	35.00	50m Breast	59.50	58.50	48.50	43.50	41.50
	1.45.00	1.38.00	1.22.00	1.14.00	100m Breast		1.58.50	1.52.00	1.40.00	1.30.00
	3.42.00	3.26.00	2.54.00	2.38.00	200m Breast		4.02.00	3.56.00	3.30.00	3.10.00
59.50	58.50	48.50	42.50	37.00	50m Fly	56.00	49.50	41.50	37.50	36.00
	1.58.50	1.52.00	1.40.00	1.30.00	100m Fly		1.32.00	1.41.00	1.28.00	1.22.00
	4.02.00	3.56.00	3.30.00	3.10.00	200m Fly		3.57.00	3.32.00	3.06.00	2.54.00
56.00	50.50	41.50	37.00	34.00	50m Back	52.00	51.50	42.50	39.00	37.50
	1.52.00	1.38.00	1.22.00	1.14.00	100m Back		1.46.00	1.39.00	1.29.00	1.21.00
	3.57.00	3.26.00	2.54.00	2.38.00	200m Back		3.44.00	3.28.00	3.08.00	2.52.00
1.56.00					100m IM	1.56.00				
	3.49.00	3.33.00	3.01.00	2.45.00	200m IM		3.51.00	3.34.00	3.14.00	2.58.00

Upper Limit Times

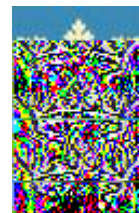
Boys					Event	Girls				
9	10/11	12/13	14/15	16ov		9	10/11	12/13	14/15	16ov
35.00	30.00	28.00	27.00	26.50	50m Free	35.00	31.00	30.00	28.00	27.50
	1.05.00	1.00.00	58.00	56.50	100m Free		1.06.50	1.03.50	1.01.50	1.00.50
	2.24.00	2.09.00	2.02.00	1.57.50	200m Free		2.25.00	2.15.00	2.10.50	2.09.50
42.00	39.00	37.00	35.00	33.00	50m Breast	42.00	39.50	37.00	35.00	34.00
	1.24.00	1.15.00	1.12.00	1.08.00	100m Breast		1.25.00	1.17.00	1.16.00	1.16.00
	3.02.00	2.43.00	2.31.00	2.31.00	200m Breast		3.00.00	2.46.00	2.43.00	2.42.00
37.00	34.00	30.00	28.00	26.00	50m Fly	37.00	34.00	31.50	30.00	28.50
	1.15.00	1.06.00	1.01.00	59.00	100m Fly		1.15.00	1.09.50	1.06.50	1.06.00
	2.48.00	2.22.00	2.14.00	2.13.00	200m Fly		2.45.00	2.28.00	2.25.00	2.25.00
37.50	35.00	31.00	29.00	27.00	50m Back	37.50	34.50	32.50	32.00	29.50
	1.14.00	1.06.00	1.02.50	1.01.50	100m Back		1.15.00	1.10.00	1.09.00	1.07.00
	2.39.00	2.23.00	2.15.00	2.13.00	200m Back		2.39.00	2.29.00	2.25.00	2.23.00
1.28.00					100m IM	1.28.00				
	2.40.00	2.24.00	2.18.00	2.15.00	200m IM		2.42.00	2.30.00	2.28.00	2.27.00

Kingston Upon Hull Swimming Club

Schedule of Events

End of Season Short Course Open Meet 2009

Age as at 5th July 2009



<p><u>SATURDAY 4th July 2009</u> <u>SESSION 1</u> <u>(W/up 8:00am, Start 9:00am)</u></p> <ol style="list-style-type: none">1. Girls 9 yrs 100m IM2. Boys 9 yrs 50m Free3. Boys 10 yrs & over 100m Back4. Girls 10 yrs & over 100m Breast5. Boys 10 yrs & over 200m Fly6. Girls 10 yrs & over 50m Back7. Boys 10 yrs & over 50m Breast8. Girls 10 yrs & over 200m Free	<p><u>SATURDAY 4th July 2009</u> <u>SESSION 2</u> <u>(W/up 1:00pm, Start 2:00pm)</u></p> <ol style="list-style-type: none">9. Boys 9 yrs 100m IM10. Girls 9 yrs 50m Free11. Boys 10 yrs & over 200m IM12. Girls 10 yrs & over 100m Free13. Boys 10 yrs & over 100m Fly14. Girls 10 yrs & over 200m Back15. Boys 10 yrs & over 50m Free16. Girls 10 yrs & over 50m Fly17. Boy 10 yrs & over 200m Breast
<p><u>SUNDAY 5th July 2009</u> <u>SESSION 3</u> <u>(W/up 8:00am, Start 9:00am)</u></p> <ol style="list-style-type: none">18. Girls 9 yrs 50m Back19. Boys 9 yrs 50m Back20. Girls 10 yrs & over 200m IM21. Boys 10 yrs & over 100m Breast22. Girls 10 yrs & over 100m Back23. Boys 10 yrs & over 200m Free24. Girls 10 yrs & over 50m Breast25. Boys 10 yrs & over 50m Back26. Girls 10 yrs & over 200m Fly	<p><u>SUNDAY 5th July 2009</u> <u>SESSION 4</u> <u>(W/up 1:00pm, Start 2:00pm)</u></p> <ol style="list-style-type: none">27. Boys 9 yrs 50m Breast28. Girls 9 yrs 50m Breast29. Boys 10 yrs & over 100m Free30. Girls 10 yrs & over 100m Fly31. Boys 9 yrs 50m Fly32. Girls 9yrs 50m Fly33. Boys 10 yrs & over 200m Back34. Girls 10 yrs & over 200m Breast35. Boys 10 yrs & over 50m Fly36. Girls 10 yrs & over 50m Free



Kingston Upon Hull Swimming Club

Schedule of Events

End of Season Short Course Open Meet 2009

Cash and Entry Summary

Club

Contact name

Tel. Number

E-Mail Address

This will be used to notify you when the draft programme is available and to resolve any queries with the entries.

Individual Boys Entries @ £4.00 each - Sub – total

Individual Ladies Entries @ £4.00 each - Sub – total

Coaches Passes @ £12.00 each - Sub – total

GRAND TOTAL ENCLOSED £

Cheques should be made payable to **Kingston Upon Hull Swimming Club**, only one cheque per club.

Please ensure that you have put enough postage on your envelope before posting to us.