

KINGSTON UPON HULL SWIMMING CLUB

(Affiliated to ASA NER Region)



REGIONAL QUALIFIER SHORT COURSE MEET 2010

Under ASA Laws & ASA Technical Rules

**Licensed Level 3 Event for entry into Regional and
County Championships**

Sunday 3th October 2010

Ennerdale Leisure Centre, Hull

Events

9 yrs, 50m all strokes.

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

Awards

9yrs and 10/11 year olds Medals/Awards 1st – 6th

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

Age as at 3rd October 2010

Closing Date: 20th September 2010



General Information

Organisation

The competition will be held under ASA Laws and ASA Technical Rules of Swimming. Age as at 3rd October 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 This facility will be withdrawn if abused, co-operation of the coaches would be appreciated.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

Colorado Electronic timing will be used throughout the meet.

Session Times

Sunday Morning	Warm Up 8:00am	Start 9:00am
Sunday Afternoon	Warm Up 1:45pm	Start 2:45pm

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.

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

All events are **Heat Declared Winners**.

Seeding

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

Awards

9yrs olds - Medals 1st – 6th

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

Speeding Tickets will be awarded to those who swim faster than the upper limit times as stated in this pack.



Coaches Passes

Coaches pass costs £8 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.

Please note -

Entries will be accepted on a first come first served basis. It may be necessary to close entries prior to the Official Closing Date. **NO POOLSIDE ENTRIES WILL BE ACCEPTED.**

Send completed entry forms together with the requisite fees to:

C Walker,
29 Brentford Drive,
Derby,
DE22 4BP.

Cheques made payable to: Kingston Upon Hull Swimming Club

ONE CHEQUE PER CLUB PLEASE

ENTRY CLOSING DATE: MIDNIGHT MONDAY 20th SEPTEMBER 2010

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 £5 for the 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: chloewalker89@hotmail.co.uk

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
58.00	54.00	43.00	37.20	35.50	50m Free	59.00	54.00	43.00	38.3	37.00
	3.45.00	3.10.00	2.35.00	2.24.00	200m Free		3.45.00	3.10.00	2.45.00	2.35.00
69.50	59.50	54.50	50.50	42.90	50m Breast	69.50	59.50	54.50	50.50	44.00
	4.18.20	4.08.0	3.53.00	3.18.00	200m Breast		4.18.20	4.08.00	3.53.00	3.18.00
64.00	57.50	49.50	44.0	37.90	50m Fly	66.00	57.50	49.50	44.00	40.40
	4.13.57	3.44.00	3.29.00	2.43.00	200m Fly		4.13.57	3.44.00	3.29.00	2.54.00
60.02	56.50	49.50	41.70	39.70	50m Back	60.02	56.50	49.50	42.30	42.00
	4.04.00	3.44.00	3.16.00	2.48.00	200m Back		4.04.00	3.44.00	3.16.00	2.58.00
	4.03.49	3.43.0	3.15.00	2.55.00	200m IM		4.03.49	3.3.43.00	3.15.00	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
	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
	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
	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
	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
	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

REGIONAL QUALIFIER Short Course Open Meet 2010

Age as at 3rd October 2010

SUNDAY 3rd OCTOBER 2010

Session One

Sat Warm Up 8am start 9am

1. BOYS 200IM (10 & OVER)
2. GIRLS 50 FLY (9 & OVER)
3. BOYS 50 BACK (9 & OVER)
4. GIRLS 200 BACK (10 & OVER)
5. BOYS 200 FREE (10 & OVER)
6. GIRLS 50 BREAST (9 & OVER)
7. BOYS 50 FLY (9 & OVER)
8. GIRLS 200 BREAST (10 & OVER)
9. BOYS 200 BACK (10 & OVER)

SUNDAY 3rd OCTOBER 2010

Session Two

Warm Up 1.45pm start 2.45pm

10. GIRLS 200 IM (10 & OVER)
11. BOYS 50 BREAST (9 & OVER)
12. GIRLS 50 BACK (9 & OVER)
13. BOYS 200 FLY (10 & OVER)
14. GIRLS 200 FREE (10 & OVER)
15. BOYS 50 FREE (9 & OVER)
16. GIRLS 50 FREE (9 & OVER)
17. BOYS 200 BREAST (10 & OVER)
18. GIRLS 200 FLY (10 & OVER)



Kingston Upon Hull Swimming Club

Schedule of Events

Regional Qualifier Short Course Open Meet 2010

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 @ £8.00 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.

**KINGSTON UPON HULL
REGIONAL QUALIFIER SHORT COURSE MEET 2010
SUNDAY 3rd OCTOBER 2010
Ennerdale Leisure Centre Sutton Road, HULL**

OFFICIALS - WE WOULD APPRECIATE YOUR HELP

We need many officials to run a successful meet.

If you are willing to officiate at our Regional Qualifier meet, could you please fill the form below and return it with your club entries. We will contact you nearer the date confirming when we require your help.

Any help you give is very much appreciated. Expenses and a lunch will be provided for anyone willing to help for the day.

Name	Address	Contact No./Email	Timekeeper/Judge/Starter/Referee

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

Telephone: 07521 684711

Email: chloewalker89@hotmail.co.uk