

kingston upon hull  
swimming club

Beverley Road Baths  
Albert Avenue Pools  
Ennerdale  
East Hull Pools

# KINGSTON UPON HULL SWIMMING CLUB

(Affiliated to ASA NER Region)

## REGIONAL QUALIFIER SHORT COURSE MEET 2017

Under ASA Laws & ASA Technical Rules

**Licensed Level 3 Event [License Pending]**

For entry into Regional and County Championships

**Saturday 7th October 2017**

**Sunday 8th October 2017**

**Ennerdale Leisure Centre, Hull**

### Events

9 yrs,	50m, 100m and 200m all strokes and 100m IM
10/11, 12/13, 14/15 & 16ov	50m, 100m and 200m all strokes, 100 and 200m IM
11 & Over	400 Free and 400 IM

### Awards

9 yrs, 10/11 year olds	Medals/Awards 1st – 3rd
12/13, 14/15 and 16ov	Medals/Awards 1st – 3rd
400m Events - 11 & Over	Medals/Awards 1st - 3rd

**Age as at: 8th October 2017**

**Closing Date: Sunday 10th September 2017**



## General Information

### Organisation

- The competition will be held under ASA Laws and ASA Technical Rules of Swimming.
- Age as at 8th October 2017.
- Over the top starts will be used at the discretion of the Lead Referee and Meet Management.
- Integrated heats (i.e. multiple age groups) will be seeded according to entry times.
- All events are Heat Declared Winners.

### Venue

- Ennerdale Leisure Centre, Sutton Road, Hull, HU7 6EA.
- Free Parking

### Pools

- 25m, 6 Lane Pool with anti-wave ropes.
- Wedge starting blocks.
- **Swim down pool** will be in operation throughout the meet.
- This facility will be withdrawn if abused. Vigilance over behavior in the swim down pool from coaches and team managers is expected.
- Mobile phones are not to be used for photography or filming on poolside.
- Over the top starts will be used at the discretion of the Lead Referee and Meet Management.

### Footwear

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

### Timing

- Colorado Electronic timing will be used throughout the meet.

### Session Times

- |                                 |                |              |
|---------------------------------|----------------|--------------|
| • Saturday and Sunday Morning   | Warm Up 8:00am | Start 9:00am |
| • Saturday and Sunday Afternoon | Warm Up 1:00pm | Start 2:00pm |

### Age Groups

- Boys 9, 10/11, 12/13, 14/15, 16/Over - 400 Events 11/Over.
- Girls 9, 10/11, 12/13, 14/15, 16/Over - 400 Events 11/Over.

### Individual Events

- **All ages 50m, 100m, 200m all strokes, 9yrs 100 IM, 10/OV 100 & 200 IM**
- **11/Over 400 Free & 400 IM**
- **All events are Heat Declared Winners.**

### Awards

- 9yrs, 10/11yrs Medals 1st - 3rd
- 12/13, 14/15, 16yrs & Over Medals 1st - 3rd
- 400 Events 11yrs & Over Medals 1st - 3rd
- Speeding Tickets for all who swim faster than the upper limit times by the following tolerances:  
1 second 50m events, 2 seconds 100m events, 3 seconds 200m events, 5 seconds 400m events.



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### Coaches Passes

- **Coaches pass costs £20** this includes: admissions to all sessions, a program, start list, and a buffet lunch with refreshments. Results will be available online at the club website.

### Entry Procedures and fees

All entries to be submitted using the Sports System file which will be available at [www.kuhsc.co.uk](http://www.kuhsc.co.uk)

- All entries are **£6** per event and must be submitted electronically using the Sports System files provided.
- **Only small entries will be accepted without the sports systems entry file.**
- Entries must be no faster than the upper limit times.
- Entries will be accepted on a first come first served basis providing that the entry times submitted are within the upper limit times. It may be necessary to close entries prior to the official closing date or reject entries to ensure smooth running of the meet.
- **NO POOLSIDE ENTRIES WILL BE ACCEPTED**
  
- **Send completed entry forms together with the requisite fees to:**
- **KUHSC, P.O BOX 776, Ennerdale Leisure Centre, Sutton Road, Hull,**
- **East Yorkshire, HU6 9YZ**
  
- **Or BACS PAYMENT HSBC, HULL JAMESON STREET**
- **SORT CODE – 40-25-49 ACCOUNT NO. 50118575**

PLEASE SEND/ E-MAIL AN 'ENTRY SUMMARY' TO [kuhsopenmeets@gmail.com](mailto:kuhsopenmeets@gmail.com)

- **Cheques made payable to: Kingston Upon Hull Swimming Club**

**ENTRY CLOSING DATE: Sunday 10th September 2017**

### Entry Cards

- This meet is card less. 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 **£6 for the day.**
- Programs will cost **£4 each.**
- Users of any video, zoom or close range cameras must register their details at the entrance. Stickers will be issued, and must be worn at all times.
- No Photography is permitted on poolside (with exception to the KUHSC official photographer) or in the changing rooms at any point during the competition.

### Swim Shop

- There will be a swim shop open throughout the meet.

### Further Information

For further information, please contact Nick Mills on 07920 886298 or the Meet Manager at [kuhsopenmeets@gmail.com](mailto:kuhsopenmeets@gmail.com)

- Or you can visit our website and click on gala information [www.kuhsc.co.uk](http://www.kuhsc.co.uk)

Any points not covered here will be at the discretion of the Promoter / meet organisers



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**UPPER CUT- OFF TIMES**  
**Swimmers should not be faster than the ULT**  
**(9yrs Age Group Have No ULT)**

Boys						EVENT	Girls					
9	10	11	12&13	14&15	16/OV		9	10	11	12&13	14&15	16/OV
-	30.0	30.0	27.0	25.0	23.0	50m Free	-	31.0	31.0	29.0	27.0	26.0
-	1:06.0	1:06.0	58.0	54.0	51.0	100m Free	-	1:05.0	1:05.0	1:00.0	59.0	57.0
-	2:22.0	2:22.0	2:05.0	1:58.0	1:52.0	200m Free	-	2:23.0	2:23.0	2:09.0	2:07.0	2:03.0
		5:10.0	4:30.0	4:12.0	4:00.0	400m Free			5:03.0	4:37.0	4:29.0	4:20.0
-	40.0	40.0	35.0	31.0	29.0	50m Breast	-	39.0	39.0	37.0	35.0	33.0
-	1:29.0	1:29.0	1:18.0	1:09.0	1:04.0	100m Breast	-	1:28.0	1:28.0	1:20.0	1:15.0	1:12.0
-	3:11.0	3:11.0	2:50.0	2:30.0	2:20.0	200m Breast	-	3:06.0	3:06.0	2:52.0	2:42.0	2:35.0
-	35.0	35.0	31.0	27.0	25.0	50m Fly	-	35.0	35.0	32.0	29.0	28.0
-	1:20.0	1:20.0	1:10.0	1:00.0	56.0	100m Fly	-	1:17.0	1:17.0	1:09.0	1:05.0	1:02.0
-	2:54.0	2:54.0	2:30.0	2:13.0	2:06.0	200m Fly	-	3:00.0	3:00.0	2:36.0	2:24.0	2:18.0
-	35.0	35.0	31.0	28.0	26.0	50m Back	-	35.0	35.0	32.0	30.0	29.0
-	1:17.0	1:17.0	1:07.0	1:00.0	57.0	100m Back	-	1:16.0	1:16.0	1:08.0	1:05.0	1:03.0
-	2:45.0	2:45.0	2:22.0	2:12.0	2:04.0	200m Back	-	2:41.0	2:41.0	2:27.0	2:20.0	2:15.0
-	1:21.0	1:21.0	1:13.0	1:02.0	59.0	100 IM	-	1:18.0	1:18.0	1:13.0	1:08.0	1:06.0
-	2:42.0	2:42.0	2:23.0	2:14.0	2:06.0	200m IM	-	2:41.0	2:41.0	2:28.0	2:24.0	2:19.0
		5:54.0	5:08.0	4:46.0	4:31.0	400 IM			5:50.0	5:22.0	5:06.0	4:54.0



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**SCHEDULE OF EVENTS**

**End Of Season Short Course Level 3 Meet 2017**

**Age as at 2nd July 2017**

<p style="text-align: center;"><b><u>Saturday 7th October 2017</u></b></p> <p style="text-align: center;"><b><u>Session One</u></b> <b><u>Warm Up 8am Start 9am</u></b></p> <p>1. BOYS      400m Free          2. GIRLS     200m Free          3. BOYS     200m Back          4. GIRLS     50m Breast          5. BOYS     50m Fly          6. GIRLS     100m Back          7. BOYS     100m Breast</p>	<p style="text-align: center;"><b><u>Saturday 7th October 2017</u></b></p> <p style="text-align: center;"><b><u>Session Two</u></b> <b><u>Warm Up 1pm Start 2pm</u></b></p> <p>8. GIRLS     200m IM (10yrs &amp; Over)          9. BOYS     400m IM (11 &amp; Over)          10. GIRLS    100m IM (9yrs &amp; Over)          11. BOYS    200m Breast          12. GIRLS    50m Back          13. BOYS    50m Free          14. GIRLS    100m Free          15. BOYS    100m Fly          16. GIRLS    200m Fly</p>
<p style="text-align: center;"><b><u>Sunday 8th October 2017</u></b></p> <p style="text-align: center;"><b><u>Session Three</u></b> <b><u>Warm Up 8am Start 9am</u></b></p> <p>17. GIRLS    400m Free          18. BOYS    200m Free          19. GIRLS    200m Back          20. BOYS    50m Breast          21. GIRLS    50m Fly          22. BOYS    100m Back          23. GIRLS    100m Breast</p>	<p style="text-align: center;"><b><u>Sunday 8th October 2017</u></b></p> <p style="text-align: center;"><b><u>Session Four</u></b> <b><u>Warm Up 1pm Start 2pm</u></b></p> <p>24. BOYS    200m IM (10yrs &amp; Over)          25. GIRLS    400m IM (11 &amp; Over)          26. BOYS    100m IM (9yrs &amp; Over)          27. GIRLS    200m Breast          28. BOYS    50m Back          29. GIRLS    50m Free          30. BOYS    100m Free          31. GIRLS    100m Fly          32. BOYS    200m Fly</p>



**KUHSC End of Season Meet**

**Cash and Entry Summary**

**Club:** .....  
**Contact name:** .....  
**Tel. Number:** .....  
**E-Mail Address:** .....

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

**Individual Boys Entries** ..... @ £6 each - Sub – total £ .....

**Individual Girls Entries** ..... @ £6 each - Sub – total £ .....

**Coaches Passes** ..... @ £20.00 each - Sub – total £ .....

**GRAND TOTAL ENCLOSED** £ .....

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

Send requisite fees and 'Entry Summary' **must** be emailed or posted to:  
**KUHSC, P.O BOX 776, Ennerdale Leisure Centre, Sutton Road, Hull,  
East Yorkshire, HU6 9YZ**

**Or BACS PAYMENT HSBC, HULL JAMESON STREET  
SORT CODE – 40-25-49 ACCOUNT NO. 50118575**

**PLEASE SEND/ E-MAIL AN 'ENTRY SUMMARY' TO [kuhscoopenmeets@gmail.com](mailto:kuhscoopenmeets@gmail.com)**



**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	Qualification

Reply to: **Nina Curran**

E-mail: [ncurran@st-anthonys.hull.sch.uk](mailto:ncurran@st-anthonys.hull.sch.uk)