



A/B Easter Short Course Meet 2019

KINGSTON UPON HULL SWIMMING CLUB

(Affiliated to ASA NER Region)

A/B Easter Short Course Meet License Pending

Under ASA Laws & ASA Technical Rules

Licensed Level 3 Event

(For entry into Regional and County Championships)

**Friday 5th April,
Saturday 6th and Sunday 7th April 2019
Ennerdale Leisure Centre, Hull**

Events

All age groups - 50m, 100m and 200m all strokes and 200m IM
11 yr – 15+ 400 Free and 400 IM

Awards

**9 / 10 / 11 Years Medals 1st – 3rd
12 / 13 / 14/ 15 Years & Over Medals 1st – 3rd**

**Age as at 7th April 2019
Closing Date: Sunday 3rd March 2019**



A/B Easter Short Course Meet 2019

General Information

Organisation

- The competition will be held under ASA Laws and ASA Technical Rules of Swimming.
- Age as at 7th April 2019.
- 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- This facility will be withdrawn if abused.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 behaviour in the swim down pool from coaches and team managers is expected.
- Mobile phones are prohibited 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

- | | | |
|---------------------------------|----------------|--------------|
| • Friday evening | Warm Up 5.30pm | Start 6:00pm |
| • 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 & Over.
- Girls 9 / 10 / 11 / 12 / 13 / 14 / 15 & Over.

Individual Events

- All age groups graded (except 9 year Age Group) – 50m, 100m, 200m all strokes, 200m IM
- All age groups ungraded - 400 Free and 400 IM
- All events are Heat Declared Winners.

Awards

- 9 / 10 / 11 Medals 1st – 3rd
- 12 / 13 / 14 / 15 & Over Medals 1st – 3rd
- Speeding Tickets for all who swim faster than the upper A grade limit times by the following tolerances:
 - 1 second on 50m events 3 seconds on 200m events
 - 2 seconds on 100m events 4 seconds on 400m events



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Coaches Passes

- **Coaches pass costs £20** this includes: admissions to all sessions, a programme, results sheets and a buffet lunch with refreshments.

Entry Procedures and fees

All entries to be submitted using the Sports System file which will be available at 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 meet the qualifying times and 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 and lower qualifying times. It may be necessary to close entries prior to the official closing date.
- Refunds for rejected entries will be returned via your club secretary. No refunds will be made for cancellation of accepted entries after the meet closes.
- Poolside entries will be accepted if the meet is not full at the discretion of the lead referee.

- **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 kuhscoopenmeets@gmail.com

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

ENTRY CLOSING DATE: Sunday 3rd March 2019

Withdrawals

- 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**.
- Programmes 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 Thomas Rhodes For further information, please contact: Thomas Rhodes 07800 881187
kuhscoopenmeets@gmail.com

- Or you can visit our website and click on gala information www.kuhsc.co.uk



A/B Easter Short Course Meet 2019

Schedule of Events

| Friday 5th April 2019 | |
|--|----------|
| <u>Session One</u> | |
| <u>Sat Warm Up 5.30pm Start 6pm</u> | |
| 1. GIRLS | 400 FREE |
| 2. BOYS | 400 FREE |
| 3. GIRLS | 400 IM |
| 4. BOYS | 400 IM |

| Saturday 6th April 2019 | | Saturday 6th April 2019 | |
|---|------------|---|------------|
| <u>Session One</u> | | <u>Session Two</u> | |
| <u>Sat Warm Up 8.00am start 9:00am</u> | | <u>Warm Up 1.00pm start 2.00pm</u> | |
| 5. GIRLS | 200 FREE | 11. GIRLS | 200 IM |
| 6. BOYS | 200 BACK | 12. BOYS | 200 BREAST |
| 7. GIRLS | 50 BREAST | 13. GIRLS | 50 BACK |
| 8. BOYS | 50 FLY | 14. BOYS | 50 FREE |
| 9. GIRLS | 100 BACK | 15. GIRLS | 100 FREE |
| 10. BOYS | 100 BREAST | 16. BOYS | 100 FLY |
| | | 17. GIRLS | 200 FLY |

| Sunday 7th April 2019 | | Sunday 7th April 2019 | |
|---|------------|---|------------|
| <u>Session One</u> | | <u>Session Two</u> | |
| <u>Sat Warm Up 8.00am start 9:00am</u> | | <u>Warm Up 1.00pm start 2.00pm</u> | |
| 18. BOYS | 200 FREE | 24. BOYS | 200 IM |
| 19. GIRLS | 200 BACK | 25. GIRLS | 200 BREAST |
| 20. BOYS | 50 BREAST | 26. BOYS | 50 BACK |
| 21. GIRLS | 50 FLY | 27. GIRLS | 50 FREE |
| 22. BOYS | 100 BACK | 28. BOYS | 100 FREE |
| 23. GIRLS | 100 BREAST | 29. GIRLS | 100 FLY |
| | | 30. BOYS | 200 FLY |



A/B Easter Short Course Meet 2019

A Grade Cut Off Times (Not Faster Than)

No A Grade cut off times for the 9&10 year age groups

| Boys | | | | | | | EVENT | Girls | | | | | | |
|------|----|--------|--------|--------|--------|--------|-------------|-------|----|--------|--------|--------|--------|--------|
| 9 | 10 | 11 | 12 | 13 | 14 | 15/OV | | 9 | 10 | 11 | 12 | 13 | 14 | 15/OV |
| - | - | 30.0 | 29.0 | 28.0 | 27.0 | 26.0 | 50m Free | - | - | 30.0 | 29.5 | 29.0 | 28.0 | 27.0 |
| - | - | 1:07.0 | 1:03.0 | 59.0 | 57.0 | 55.0 | 100m Free | - | - | 1:06.0 | 1:04.0 | 1:02.0 | 1:01.0 | 1:00.0 |
| - | - | 2:26.0 | 2:17.0 | 2:10.0 | 2:04.0 | 2:01.0 | 200m Free | - | - | 2:25.0 | 2:19.0 | 2:14.0 | 2:12.0 | 2:10.0 |
| | | 5:11.0 | 4:55.0 | 4:41.0 | 4:30.0 | 4:23.0 | 400m Free | | | 5:05.0 | 4:54.0 | 4:46.0 | 4:42.0 | 4:37.0 |
| - | - | 40.0 | 37.0 | 35.0 | 34.0 | 32.0 | 50m Breast | - | - | 39.0 | 38.0 | 37.0 | 36.0 | 35.0 |
| - | - | 1:26.0 | 1:21.0 | 1:16.0 | 1:12.0 | 1:10.0 | 100m Breast | - | - | 1:26.0 | 1:22.0 | 1:18.0 | 1:16.0 | 1:15.0 |
| - | - | 3:08.0 | 2:55.0 | 2:44.0 | 2:37.0 | 2:32.0 | 200m Breast | - | - | 3:06.0 | 2:55.0 | 2:49.0 | 2:44.0 | 2:43.0 |
| - | - | 34.0 | 33.0 | 30.0 | 29.0 | 28.0 | 50m Fly | - | - | 33.0 | 32.5 | 32.0 | 31.0 | 30.0 |
| - | - | 1:16.0 | 1:12.0 | 1:07.0 | 1:03.0 | 1:01.0 | 100m Fly | - | - | 1:16.0 | 1:12.0 | 1:09.0 | 1:07.0 | 1:07.0 |
| - | - | 2:49.0 | 2:38.0 | 2:28.0 | 2:21.0 | 2:15.0 | 200m Fly | - | - | 2:49.0 | 2:38.0 | 2:32.0 | 2:27.0 | 2:25.0 |
| - | - | 36.0 | 34.0 | 32.0 | 30.0 | 29.0 | 50m Back | - | - | 35.0 | 34.0 | 33.0 | 32.0 | 31.0 |
| - | - | 1:16.0 | 1:11.0 | 1:07.0 | 1:04.0 | 1:02.0 | 100m Back | - | - | 1:16.0 | 1:12.0 | 1:09.0 | 1:08.0 | 1:07.0 |
| - | - | 2:43.0 | 2:33.0 | 2:24.0 | 2:18.0 | 2:13.0 | 200m Back | - | - | 2:41.0 | 2:33.0 | 2:29.0 | 2:25.0 | 2:23.0 |
| - | - | 2:45.0 | 2:36.0 | 2:28.0 | 2:21.0 | 2:16.0 | 200m IM | - | - | 2:44.0 | 2:36.0 | 2:32.0 | 2:29.0 | 2:26.0 |
| | | 5:59.0 | 5:36.0 | 5:20.0 | 5:06.0 | 4:56.0 | 400 IM | | | 5:57.0 | 5:37.0 | 5:26.0 | 5:19.0 | 5:15.0 |



A/B Easter Short Course Meet 2019

B Grade Cut Off Times (NOT Faster Than)

No cut off times for the 9 year age group

| Boys | | | | | | | | Girls | | | | | | |
|------|--------|--------|--------|--------|--------|--------|-------------|-------|--------|--------|--------|--------|--------|--------|
| 9 | 10 | 11 | 12 | 13 | 14 | 15/OV | EVENT | 9 | 10 | 11 | 12 | 13 | 14 | 15/OV |
| - | 39.0 | 37.0 | 34.0 | 32.0 | 30.0 | 29.0 | 50m Free | - | 39.0 | 36.0 | 34.0 | 33.0 | 32.0 | 31.0 |
| - | 1:27.0 | 1:20.0 | 1:14.0 | 1:08.0 | 1:05.0 | 1:02.0 | 100m Free | - | 1:26.0 | 1:19.0 | 1:13.0 | 1:10.0 | 1:09.0 | 1:08.0 |
| - | 3:09.0 | 2:55.0 | 2:41.0 | 2:30.0 | 2:21.0 | 2:16.0 | 200m Free | - | 3:05.0 | 2:50.0 | 2:39.0 | 2:31.0 | 2:28.0 | 2:26.0 |
| | | | | | | | 400m Free | | | | | | | |
| - | 52.0 | 48.0 | 44.0 | 40.0 | 38.0 | 36.0 | 50m Breast | - | 51.0 | 47.0 | 43.0 | 41.0 | 40.0 | 39.0 |
| - | 1:53.0 | 1:43.0 | 1:34.0 | 1:27.0 | 1:22.0 | 1:19.0 | 100m Breast | - | 1:51.0 | 1:40.0 | 1:33.0 | 1:28.0 | 1:25.0 | 1:25.0 |
| - | 4:03.0 | 3:43.0 | 3:24.0 | 3:08.0 | 2:58.0 | 2:51.0 | 200m Breast | - | 3:57.0 | 3:36.0 | 3:21.0 | 3:10.0 | 3:04.0 | 3:03.0 |
| - | 44.0 | 41.0 | 38.0 | 35.0 | 33.0 | 31.0 | 50m Fly | - | 43.0 | 40.0 | 37.0 | 36.0 | 35.0 | 34.0 |
| - | 1:40.0 | 1:30.0 | 1:23.0 | 1:16.0 | 1:12.0 | 1:09.0 | 100m Fly | - | 1:38.0 | 1:28.0 | 1:22.0 | 1:18.0 | 1:15.0 | 1:15.0 |
| - | 3:43.0 | 3:21.0 | 3:04.0 | 2:49.0 | 2:39.0 | 2:31.0 | 200m Fly | - | 3:38.0 | 3:16.0 | 3:01.0 | 2:51.0 | 2:45.0 | 2:43.0 |
| - | 46.0 | 42.0 | 39.0 | 36.0 | 34.0 | 33.0 | 50m Back | - | 44.0 | 41.0 | 39.0 | 37.0 | 36.0 | 36.0 |
| - | 1:39.0 | 1:30.0 | 1:23.0 | 1:17.0 | 1:12.0 | 1:09.0 | 100m Back | - | 1:37.0 | 1:29.0 | 1:22.0 | 1:18.0 | 1:16.0 | 1:15.0 |
| - | 3:33.0 | 3:14.0 | 2:58.0 | 2:45.0 | 2:36.0 | 2:30.0 | 200m Back | - | 3:26.0 | 3:07.0 | 2:56.0 | 2:48.0 | 2:43.0 | 2:41.0 |
| - | 3:36.0 | 3:18.0 | 3:03.0 | 2:49.0 | 2:40.0 | 2:33.0 | 200m IM | - | 3:30.0 | 3:12.0 | 2:59.0 | 2:52.0 | 2:47.0 | 2:45.0 |
| | | | | | | | 400m IM | | | | | | | |



Schedule of Events

A/B Easter Short Course Meet

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 @ £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 kuhsopenmeets@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 |
|------|---------|-------------------|---------------|
| | | | |
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| | | | |
| | | | |

Reply to: **Nina Curran**

E-mail: ncurran@st-anthonys.hull.sch.uk