

# Meet of Legends

**Millfield Swimming,  
Somerset: Friday 21<sup>st</sup> to Sunday 23<sup>rd</sup> May 2010**

Under ASA Laws & Technical Rules



**Venue :** Millfield School (50m), Street, Somerset



**Pool :** 8 Lane Long Course Racing Pool  
: Constantly Available Swim Down Pool  
: Electronic Timing & 8-Lane Display  
: Free Parking

**: This is a Level 1 Licensed Meet (1)**

## **For Entry into National Competitions & Championships**

**Age Groups :** 10/11yrs ; 12/13yrs ; 14/15 yrs ; 16/17 yrs ; 18yrs/Over and Open.

: Meet Finals in all 50m, 100m & 200m events

: Ages as at 23<sup>rd</sup> May 2010

**Awards :** Medals to 1<sup>st</sup> 3 in all Events, All Age Groups,

: Top Male Athlete & Top Female Athlete Awards

: Top Visiting Club Awarded **£500 CASH**.

**Events :** 50m Events All Strokes,

: 100m & 200m All Events

: 400m ; 800m & 1500m Freestyle **HDW**, Open

: 400m IM **HDW**, Open

**Fees :** Race Entry Fee £7.50 for 1500m and 800m Freestyle

: Race Entry Fee £7.00 for all other Events

**Entries To:** Millfield Swimming, Millfield School

Street

Somerset

BA16 0LX

Enquiries can be e-mailed to [swimevent@millfieldschool.com](mailto:swimevent@millfieldschool.com) or Call 01458 444519

**Closing :** 12.00 Midnight on 04<sup>th</sup> April 2010

## Meet Conditions

1. The event will be held at Millfield School, Somerset (50m pool) on 21<sup>st</sup> 22<sup>nd</sup> and 23<sup>rd</sup> May 2010
2. The event will be held under ASA Laws and ASA Technical Rules. All British swimmers must be registered ASA members of an ASA affiliated club and amateurs as defined by ASA Law
3. Competitors age groups shall be defined as at 23<sup>rd</sup> May 2010. Age groups shall be:  
50m, 100m & 200m events: 10/11yrs; 12/13yrs; 14/15yrs; 16/17 yrs; 18yrs/over.  
400m , 800m & 1500m events: Open
4. A competitor may enter all events in his/her age group and open events
5. All submitted entry times must be:  
\_ Times achieved in a 50m pool  
(Meet Qualification times have been set at 'A' Grade standard from ASA Graded Swimming Tables)
6. Entries of 10 or more swimmers from the same Club must be made electronically. Entries of 9 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Manager, entries not adhering to this condition will be rejected without consideration.
7. If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted to enable the competition to meet ASA licensing requirements. Any deletions made will be equally proportionate from each age year, and will endeavour to ensure an equal balance of swimmers across the age groups.  
7.1. In the event minimum numbers are not achieved finals will be run as follows:  
1 – 29 entries A Final only will be swum.  
30 – 49 entries A and B final will be swum.  
50+ entries A, B and C finals will be swum.
8. In the case of events with limited entries, priority will be given to swimmers entering the meet from **International, Scotland, Northern Ireland and/or Channel Island and Millfield School** teams. However, these competitors must still enter with the stated qualification times, and meet the all other conditions.
9. No refunds for entries will be given after the entries have been processed, except in the case of:  
\_ a swimmer being subsequently selected to swim for their country on the same day  
\_ the production of a Doctor's note confirming the athlete is unfit to compete
10. There will be no entry cards for this Meet. Swimmers must register in the foyer at least 30 minutes before the start of Session 1, and 45 minutes before the start of Sessions 2, 3, 4, 5, 6 & 7 for those events they wish to swim. Swimmers withdrawing from an event without prior notification after they have registered may be deemed to have withdrawn from the rest of the session. Swimmers who register late will be allocated any vacant lanes in the slowest heat. If no such lanes are available, the swimmer will not be allowed to swim.
11. Competitors must report to stewards two events prior to their own where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from the remainder of the session
12. Heats will be seeded with the fastest entrants swimming **FIRST**. The heats of all events will be spearheaded

13. Age group winners within each event will be decided from the heats. Meet Finals will be held in all 50m, 100m & 200m events.

14. **10/11yrs** competitors swimming in 100m events must have entered and competed in the equivalent 200m event. Failure to do so may result in the time achieved being deleted from the results of the competition

15. Competitors may enter **EITHER** the 1500m Freestyle **OR** 800m Freestyle, but not both.

16. The top three swimmers in each age group will receive an award, except for open events where the top three swimmers overall will receive an award. A competitor who has been disqualified will not receive an award. Awards will be presented post finals been swum.

17. Additional awards will be made to the:

\_ Top Male Athlete. (excluding 50m events).

\_ Top Female Athlete. (excluding 50m events).

\_ Top Visiting Club (including 50m events)

17.1. Points will be awarded for all finalists to count towards Top Athlete and Top Visiting Club. Points will be rewarded as;

"A" Final:

1<sup>st</sup> : 38, 2<sup>nd</sup> : 37, 3<sup>rd</sup> : 36, 4<sup>th</sup> : 35, 5<sup>th</sup> : 34, 6<sup>th</sup> : 33, 7<sup>th</sup> : 32, 8<sup>th</sup> : 31.

In the event of additional finals been swam points for these will be as follows:

"B" Final

1<sup>st</sup> : 28, 2<sup>nd</sup> : 27, 3<sup>rd</sup> : 26, 4<sup>th</sup> : 25, 5<sup>th</sup> : 24, 6<sup>th</sup> : 23, 7<sup>th</sup> : 22, 8<sup>th</sup> : 21.

"C" Final

1<sup>st</sup> : 18, 2<sup>nd</sup> : 17, 3<sup>rd</sup> : 16, 4<sup>th</sup> : 15, 5<sup>th</sup> : 14, 6<sup>th</sup> : 13, 7<sup>th</sup> : 12, 8<sup>th</sup> : 11.

\*Disqualifications will result in no points be received.

18. The promoters reserve the right to refuse admission to any competitor or spectator

19. The promoters do not accept responsibility for any property. Lockers are available in the Changing rooms and should be used for the safe keeping of all belongings

20. All Clubs will be permitted to purchase up to 3 Coach Passes per Club (regardless of entrant numbers) and **one free** additional Coach Pass per 10 athletes over 30 swimmers. Coach Passes will not be sold on the day. Admission to pool deck will be refused to non pass holders

20.1. **Any clubs with over 15 swimmers will be entitled to one free weekend coaching pass.**

21. Millfield Swimming uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet

22. Closing date for entries is **12.00 Midnight on 04<sup>th</sup> April 2010**

23. Charges as follows

\_ **Race Entry Fee:**

**£7.50 for 1500m or 800m Freestyle**

**£7.00 per race for all other Events**

_ Full Weekend Programme of Events/Entries:	£5.00 per Programme
_ Three-Day Coaches Pass:	£10.00 per Pass
_ One-Day Coaches Pass:	£8.00 per Pass
_ Spectator Entry	£5.00 Weekend or £3.00 per day

24. All persons wishing to use photographic equipment, including mobile phones with photographic capacity, must register such equipment at the entrance desk. The Meet Organisers may use photographs to display on their website. It is the responsibility of clubs to ensure that the Meet Organisers are notified if any child/parent does not wish their photograph to be taken.

25. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter

26. Any swimmer unable to execute a safe dive from the starting blocks into shallow water are reminded that they should start from the side of the pool

27. The promoters reserve the right to make alterations to the above conditions if necessary. All participants will be informed of any such changes we hope you have an enjoyable meet. Look out for our evaluation questionnaire in the back of the programme and let us know how we can improve the meet in the future

**PLEASE DO NOT USE RECORDED DELIVERY OR SPECIAL DELIVERY. If you are concerned about your entry reaching the destination on time, please obtain a certificate of posting and telephone the Meet Manager or e-mail [swimevent@millfieldschool.com](mailto:swimevent@millfieldschool.com) informing of dispatch**

**Entries Returned to:** Millfield Swimming, Millfield School, Street, Somerset, BA16 0LX

Cheques payable to "Millfield Swimming". Enquiries can be emailed to [swimevent@millfieldschool.com](mailto:swimevent@millfieldschool.com) or call 01458 444519

## Meet Warm-- Up & Swim Down Procedures

- \_ Coaches and athletes are asked to cooperate with these procedures to give every competitor the best opportunity to prepare for their event/s
- \_ In the interest of swimmer safety, the following pool procedures must be observed throughout the warm up periods. Warm-ups to be split into two distinct periods:

### Period 1 – Generic

#### Entrance End Scoreboard End

- No Entry 1 Clockwise 1 Feet First
- No Entry 2 Anticlockwise 2 Feet First
- No Entry 3 Clockwise 3 Feet First
- No Entry 4 Anticlockwise 4 Feet First
- No Entry 5 Clockwise 5 Feet First
- No Entry 6 Anticlockwise 6 Feet First
- No Entry 7 Clockwise 7 Feet First
- No Entry 8 Anticlockwise 8 Feet First

1. All 8 lanes to be used for generic swimming purposes for the designated length of Period 1
2. Pool entry must be 'feet first' from the Scoreboard end only. There is no diving during this period
3. Swimmers must observe the alternate 'clockwise – anticlockwise' lane circling
4. Paddles are not permitted in the pools during warm-up or swim down periods

### Period 2 – Race Specific

#### Entrance End

- Dive 1 15m Sprints>>>>>>>
- No Entry 2 Anticlockwise
- No Entry 3 Clockwise
- No Entry 4 Anticlockwise
- No Entry 5 Clockwise
- No Entry 6 <<<<<<<One Way 50m Pace Swimmers <<<<<<<
- Push 7 >>>>>>>One Way 50m Pace Swimmers >>>>>>>
- Dive 8 15m Sprints>>>>>>>

#### Scoreboard End

- <<<<<<<25m Sprints 1 Dive
- 2 Feet First
- 3 Feet First
- 4 Feet First
- 5 Feet First
- 6 Feet First
- 7 No Entry
- <<<<<<<25m Sprints 8 Dive

- Swimmers in Lanes 1 & 8 must exit the Pool at the 25m mark*
- Swimmers in Lane 6 must exit the pool at the Entrance End*
- Swimmers in Lane 7 must exit the pool at the Scoreboard End*

1. Lanes 1 & 8 may be used for 25m sprints with a dive entry from the Scoreboard end of the pool. Swimmers must exit the pool immediately after the 25m mark. Swimming back to the end of the pool is not permitted
2. Lanes 1 & 8 may be used for 15m sprints with a dive entry from the Entrance end of the pool. Swimmers must exit the pool before the 25m mark. Swimming back to the end of the pool is not permitted
3. Lanes 1 & 8 will have a coloured marker placed across the width of the lane approx 30m from the Scoreboard end.

4. Warm-Up Marshals may dedicate either Lane 1 or Lane 8 to Backstroke starts only in warm-up sessions where this is deemed necessary

5. Lanes 6 & 7 are single direction 50m pace lanes. Swimmers must exit the pool at the opposite end

6. Entry into the pool in Lanes 2 – 7 must be 'feet first'. There shall be no diving in these lanes

7. At the conclusion of the warm-up period, coaches and team managers are asked to have their team members leave the pool promptly when requested to do so



## **Meet Programme of Events**

- \_ Age Groups: Male and Female 10/11 yrs ; 12/13 yrs ; 14/15 yrs ; 16/17 yrs ; 18yrs/over and Open
- \_ There will be no BAGCAT or Stroke Category Awards. All events are in age-group's except 400's, and 800/1500m .
- \_ Meet Finals will be held for all 50m, 100m & 200m events with 'A', 'B' & 'C' Finals (per Promoters Condition 7.1)

<b>Heat Declared Winners Session 1</b>		<b>21/05/10</b>
Event 11 Girls/Boys 1500 Meter Freestyle		
Event 12 Girls/Boys 800 Meter Freestyle		
<b>22/05/10</b>	<b>23/05/10</b>	
<b>Long Course Session 2</b>	<b>Long Course Session 5</b>	
Event 21 Boys 200 Meter IM	Event 51 Girls 200 Meter IM	
Event 22 Girls 100 Meter Breaststroke	Event 52 Boys 100 Meter Breaststroke	
Event 23 Boys 200 Meter Freestyle	Event 53 Girls 200 Meter Freestyle	
Event 24 Girls 200 Meter Backstroke	Event 54 Boys 200 Meter Backstroke	
Event 25 Boys 100 Meter Butterfly	Event 55 Girls 100 Meter Butterfly	
Event 26 Girls 50 Meter Freestyle	Event 56 Boys 50 Meter Freestyle	
Event 27 Boys 50 Meter Backstroke	Event 57 Girls 50 Meter Backstroke	
Event 21 Boys 200 Meter IM	Event 51 Girls 200 Meter IM	
<b>Finals "A"</b>	<b>Finals "A"</b>	
<b>Finals "B"</b>	<b>Finals "B"</b>	
<b>Finals "C"</b>	<b>Finals "C"</b>	
Event 22 Girls 100 Meter Breaststroke	Event 52 Boys 100 Meter Breaststroke	
<b>Finals "A"</b>	<b>Finals "A"</b>	
<b>Finals "B"</b>	<b>Finals "B"</b>	
<b>Finals "C"</b>	<b>Finals "C"</b>	
Event 23 Boys 200 Meter Freestyle	Event 53 Girls 200 Meter Freestyle	
<b>Finals "A"</b>	<b>Finals "A"</b>	
<b>Finals "B"</b>	<b>Finals "B"</b>	
<b>Finals "C"</b>	<b>Finals "C"</b>	
Event 24 Girls 200 Meter Backstroke	Event 54 Boys 200 Meter Backstroke	
<b>Finals "A"</b>	<b>Finals "A"</b>	
<b>Finals "B"</b>	<b>Finals "B"</b>	
<b>Finals "C"</b>	<b>Finals "C"</b>	
Event 25 Boys 100 Meter Butterfly	Event 55 Girls 100 Meter Butterfly	
<b>Finals "A"</b>	<b>Finals "A"</b>	
<b>Finals "B"</b>	<b>Finals "B"</b>	
<b>Finals "C"</b>	<b>Finals "C"</b>	
Event 26 Girls 50 Meter Freestyle	Event 56 Boys 50 Meter Freestyle	
<b>Finals "A"</b>	<b>Finals "A"</b>	
<b>Finals "B"</b>	<b>Finals "B"</b>	
<b>Finals "C"</b>	<b>Finals "C"</b>	
Event 27 Boys 50 Meter Backstroke	Event 57 Girls 50 Meter Backstroke	
<b>Finals "A"</b>	<b>Finals "A"</b>	
<b>Finals "B"</b>	<b>Finals "B"</b>	
<b>Finals "C"</b>	<b>Finals "C"</b>	
<b>22/05/10</b>	<b>23/05/10</b>	
<b>Long Course Session 3</b>	<b>Long Course Session 6</b>	
Event 31 Girls 200 Meter Breaststroke	Event 61 Boys 200 Meter Breaststroke	
Event 32 Boys 100 Meter Freestyle	Event 62 Girls 100 Meter Freestyle	
Event 33 Girls 100 Meter Backstroke	Event 63 Boys 100 Meter Backstroke	



\* FINALS WILL BE BASED UPON MEET ENTRIES. SEE 7.1.

**TIMINGS MEET OF LEGENDS**

**FRIDAY**

WARM UP                      1800 – 1900

SESSION 1                    1900 – 2100



**SATURDAY**

WARM UP	0830 – 0930
SESSION 2	0930 – 1200
WARM UP	1200 – 1300
SESSION 3	1300 – 1600
BREAK	1600 – 1700
WARM UP	1700 – 1730
SESSION 4	1730 – 1930

**SUNDAY**

WARM UP	0830 – 0930
SESSION 5	0930 – 1200
WARM UP	1200 – 1300
SESSION 6	1300 – 1600
BREAK	1600 – 1700
WARM UP	1700 – 1730
SESSION 7	1730 – 1930

# Meet of Legends

## Minimum Qualifying Standards

Boys

Girls

10 / 11	12 / 13	14 / 15	16 / 17	18 and Over	Event	10 / 11	12 / 13	14 / 15	16 / 17	18 and Over
38	<b>33.9</b>	30.5	<b>28.5</b>	27.4	50m Free	39.9	<b>34.7</b>	33.5	<b>31.8</b>	30.5
1:18.8	<b>1:11.7</b>	1:05.6	<b>1:02.0</b>	1:00.5	100m Free	1:22.7	<b>1:13.9</b>	1:10.1	<b>1:08.4</b>	1:07.3
3:06.1	<b>2:36.7</b>	2:23.1	<b>2:15.0</b>	2:13.7	200m Free	2:54.9	<b>2:39.3</b>	2:30.6	<b>2:26.6</b>	2:25.8
6:44.9	<b>5:29.9</b>	5:02.3	<b>4:46.8</b>	4:43.4	400m Free	6:34.8	<b>5:32.5</b>	5:15.4	<b>5:07.6</b>	5:06.3
13:56.3	<b>11:29.9</b>	10:32.1	<b>10:00.2</b>	9:52.5	800m Free	13:33.7	<b>11:24.9</b>	10:50.7	<b>10:35.5</b>	10:28.3
26:42.6	<b>21:48.5</b>	19:58.0	<b>18:58.3</b>	18:43.9	1500m Free	26:00.6	<b>21:58.1</b>	20:51.9	<b>20:22.9</b>	20:05.1
52.2	<b>43.2</b>	38.7	<b>36.3</b>	34.9	50m Breast	52.0	<b>44.0</b>	41.0	<b>39.9</b>	38.6
1:41.5	<b>1:31.7</b>	1:23.0	<b>1:17.9</b>	1:15.8	100m Breast	1:45.9	<b>1:33.0</b>	1:28.0	<b>1:25.6</b>	1:23.6
4:02.2	<b>3:18.8</b>	2:58.9	<b>2:49.3</b>	2:43.9	200m Breast	3:59.8	<b>3:20.2</b>	3:08.1	<b>3:04.9</b>	2:59.8
44.3	<b>37.0</b>	33.1	<b>31.0</b>	29.7	50m Fly	44.3	<b>37.6</b>	35.2	<b>34.2</b>	32.6
1:27.7	<b>1:19.1</b>	1:11.3	<b>1:07.1</b>	1:05.0	100m Fly	1:32.5	<b>1:20.8</b>	1:16.3	<b>1:14.4</b>	1:12.1
3:36.1	<b>2:54.9</b>	2:37.6	<b>2:29.0</b>	2:24.7	200m Fly	3:34.6	<b>2:57.6</b>	2:46.8	<b>2:42.3</b>	2:38.3
46.5	<b>39.3</b>	35.3	<b>33.1</b>	31.7	50m Back	46.4	<b>40.1</b>	37.5	<b>36.4</b>	35.3
1:29.8	<b>1:21.6</b>	1:13.6	<b>1:09.8</b>	1:07.5	100m Back	1:30.6	<b>1:23.1</b>	1:18.7	<b>1:16.7</b>	1:14.6
3:28.1	<b>2:55.5</b>	2:39.1	<b>2:30.0</b>	2:26.7	200m Back	3:30.0	<b>2:57.4</b>	2:47.8	<b>2:43.3</b>	2:39.9
3:37.3	<b>2:57.7</b>	2:41.6	<b>2:32.4</b>	2:29.2	200m IM	3:33.0	<b>3:00.8</b>	2:50.6	<b>2:46.2</b>	2:43.7
7:33.2	<b>6:16.5</b>	5:42.7	<b>5:52.1</b>	5:17.2	400m IM	7:32.6	<b>6:17.7</b>	5:58.6	<b>5:49.7</b>	5:43.9

Pool Length 50 m