



Basildon & Phoenix Swimming Club

WWW.basildonswimming.org

EVENT CONDITIONS

Event	BPSC SPRING LONG COURSE EVENT 2019
Date	11/12 MAY 2019
Venue	Basildon Sporting Village, Cranes Farm Road, Basildon, Essex SS14 3GR
Pool	50m, 8 Lane pool with Electronic timing and swimdown facilities
Level	1
Age Groups	9,10,11,12,13,14+
Age On Day	12TH MAY 2019
Awards	Top 3 in each Age Group
Events	ALL 50'S, 100'S, 200'S, 400's 800 and 1500 OPEN finals in all 50m events
Race Entry Fee	£6.00 per event (£10.00 per 800 or 1500)
Spectator Entrance Fee	£5.00 per day or part of
Club Entry Files Returned to	Via Website ONLY www.basildonswimming.org
Individual Entries	Via Website ONLY www.basildonswimming.org
All Enquiries to	bpsccgalasec@btopenworld.com
Closing Date	12TH APRIL 2019
Meet Manager	Lyndsey Motin





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Rules and Conditions

1. The event will be held under ASA laws and regulations, ASA Technical rules of racing and to the ASA Meet Licensing Criteria
2. Entries may only be accepted from competitors registered as members of the ASA CATEGORY 2
3. **Competitors' ages shall be as on the last day of the Competition 19TH MAY 2019**
4. All entries must be LONG Course times or Short course times converted to Long course.
5. All entries must be **FASTER** than the cut off times listed.
6. All swimmers aged 9 and over can swim all events
7. Entries WILL NOT be accepted from swimmers who are eligible for Regional Championships in LONDON or South East Regions
8. **ALL entries MUST be submitted online via our website at www.basildonswimming.org**
Full instructions are online ENTRIES CANNOT BE POSTED OR EMAILED
9. If the number of entries is high the promoter reserves the right to limit entries to enable the gala to meet licensing requirements. This will be done by rejecting the slowest swimmers first in the oversubscribed events. Full club entries received will be acknowledged immediately by email, but must be made in full (ie electronic entry file, payment, club summary form, entry summary report). Partial entries and entries received after the closing date may not be accepted.
10. The list of accepted entries will be published/available for download from the club website (www.phoenixbasildon.org) shortly after the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that may be required. Club contacts will be notified of rejections where/if appropriate.
11. **There will be no refunds of entry fees unless the entries are rejected by the organisers for any reason.**
12. **The meet promoter will check entries against the ASA British Rankings database. Falsely entered times will be rejected without refund. – This also applies to 'on the day entries'**
13. **This is a signing in Event –**
14. Spectator admission will be from the start of Warm up
15. Competitors must report to the marshalling area 15 mins before the start of their event where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event.
16. In HDW Events all Events will be seeded with fastest swimmers swimming last.
17. The top three in each age group will receive a medal A competitor who has been disqualified will not receive an award.
18. On The Day entries will be accepted SPACE PERMITTING at a price of £7.00.PER EVENT (£15 FOR 1500/800) - All of these entries will be seeded and eligible for an award
19. The promoters reserve the right to refuse admission to any competitor or spectator.





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20. 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. In order to use the locker you will need a £1 coin
21. Basildon & Phoenix 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, recorded and entered times may be made public during or after the meet.
22. Coaches' passes will not be sold on the day – no pass, no admission poolside.
23. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways, report any issues immediately to a member of the pool staff or to the Open Meet Promoter.
24. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter clockwise. Swimmers using sprint lines must swim 15 metres before slowing up. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions.
25. BPSC accepts no responsibility for loss or damage to personal property and requests that all persons remove their belongings if they leave the premises at any time. Any lost property not claimed from the announcer during the meet will be handed to Pool Management for collection by the owner
26. Anyone attending the gala wishing to use camera, video or digital image-capturing devices (including mobile phones and tablet devices) may do so without the need to register their details with the meet organiser
27. Participants and spectators are requested to follow the ASA guidelines for photography and use of photographs on social media. The ASA Child Safeguarding Policy and Procedures, Wavepower 2016-19 Section 2 provides guidance on the use of social networking (page 72-75) and guidance on photography (page 76-77).
28. IMAGE CAPTURING DEVICES MUST NOT BE USED ON POOLSIDE OR CHANGING AREA AT ANY TIME FOR THE PURPOSE OF TAKING PHOTOS
29. Competitors must be suitably dressed and with the appropriate footwear whilst on poolside. No outdoor shoes are allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers are not allowed elsewhere in the building or in the spectator area with wet swimwear.
30. Spectators, officials and competitors must observe the safety precautions in operation at Basildon Sporting Village and are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management. Neither the Meet Management, the Promoters nor BPSC will be responsible for any loss or damage occurring during this Meet.
31. Coaches or Team Managers are responsible for the swimmers' conduct at all times.
32. By submitting an entry, competitors and coaches are agreeing to be bound by these rules.
33. Results will be available on the Club website as soon as possible after the meet.
34. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws

ALL CLUB PAYMENTS CAN BE MADE VIA BACS

BPSC / Sort code 20-12-21 / Account No 90547875 / REF GALA NAME 'CLUB NAME'





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SATURDAY WARM UP 1.00PM SESSION 1		SUNDAY WARM UP 1.00PM SESSION 3	
BOYS 400 FREESTYLE		GIRLS 400 FREESTYLE	
GIRLS 400 IM		BOYS 400 IM	
BOYS 50 BREASTSTROKE		GIRLS 50 BREASTSTROKE	
GIRLS 50 BACKSTROKE		BOYS 50 BACKSTROKE	
BOYS 200 BUTTERFLY		GIRLS 200 BUTTERFLY	
GIRLS 200 FREESTYLE		BOYS 200 FREESTYLE	
BOYS 100 BACKSTROKE		GIRLS 100 BACKSTROKE	
GIRLS 100 BREASTSTROKE		BOYS 100 BREASTSTROKE	
FINAL BOYS 50 BRST		FINAL GIRLS 50 BRST	
FINAL GIRLS 50 BACK		FINAL BOYS 50 BACK	
BOYS/GIRLS 800M FREESTYLE		GIRLS/BOYS 1500M FREESTYLE	
SATURDAY WARM UP TBC SESSION 2		SUNDAY WARM UP TBC SESSION 4	
BOYS 50 FREESTYLE		GIRLS 50 FREESTYLE	
GIRLS 50 BUTTERFLY		BOYS 50 BUTTERFLY	
BOYS 200 IM		GIRLS 200 IM	
GIRLS 100 FREESTYLE		BOYS 100 FREESTYLE	
BOYS 100 BUTTERFLY		GIRLS 100 BUTTERFLY	
GIRLS 200 BACKSTROKE		BOYS 200 BACKSTROKE	
BOYS 200 BREASTSTROKE		GIRLS 200 BREASTSTROKE	
FINAL GIRLS 50 FLY		FINAL BOYS 50 FLY	
FINAL BOYS 50 F/S		FINAL GIRLS 50 F/S	

LONGCOURSE Qualifying Times

BOYS							GIRLS					
9	10	11	12	13	14		9	10	11	12	13	14+
42.6	40	39	35.9	34	33.3	50m Freestyle	45.8	41.8	39.3	37.4	36	34.9
1:27.8	1:25.8	1:20.8	1:15.7	1:11.8	1:08.9	100m Freestyle	1:35.2	1:29.2	1:25.3	1:20.2	1:18.7	1:17.7
3:25.4	3:10.6	2:55.3	2:45.8	2:37.6	2:30.6	200m Freestyle	3:30.1	3:10.4	2:59.3	2:49.5	2:39.2	2:38.1
7:22.5	6:30.4	5:59.0	5:40.1	5:28.8	5:10.0	400m Freestyle	7:20.7	6:27.4	5:59.4	5:39.8	5:29.3	5:19.0
		10:00.00	10:00.00	10:00.00	10:00.00	800 Freestyle			10:15.00	10:15.00	10:15.00	10:15.00
		18:30.00	18:30.00	18:30.00	18:30.00	1500 Freestyle			20:00.00	20:00.00	20:00.00	20:00.00
59.8	55.6	49.2	45.6	43.8	41.7	50m Breaststroke	59	58.2	49.8	48	47.1	46.5
1:55.5	1:50.5	1:49.5	1:39.7	1:32.8	1:29.6	100m Breaststroke	1:59.3	1:50.3	1:48.0	1:38.2	1:33.8	1:28.5
4:20.5	3:59.2	3:42.1	3:29.2	3:19.5	3:08.5	200m Breaststroke	4:27.3	3:55.5	3:38.6	3:28.9	3:18.5	3:15.5
49.8	48.5	47.8	39.1	38.9	36	50m Butterfly	49	46	44.7	39.6	38.7	37.7
1:35.7	1:34.7	1:27.7	1:25.5	1:19.8	1:18.8	100m Butterfly	1:45.1	1:39.1	1:29.9	1:29.6	1:25.1	1:19.2
4:03.7	3:40.3	3:20.5	3:10.9	2:59.9	2:49.9	200m Butterfly	3:59.6	3:39.6	3:19.6	3:09.7	2:59.5	2:49.0
50.3	48	45.2	43.5	39.2	38.1	50m Backstroke	55.2	48	47.1	45.9	39.4	38
1:35.8	1:34.8	1:30.8	1:28.1	1:27.2	1:20.0	100m Backstroke	1:45.5	1:39.5	1:29.9	1:28.5	1:27.7	1:19.6
3:55.7	3:35.8	3:25.0	3:15.7	2:59.3	2:49.3	200m Backstroke	3:59.7	3:29.3	3:19.0	3:09.6	2:59.3	2:49.8
3:55.0	3:39.6	3:24.3	3:12.8	2:59.7	2:49.8	200m Individual Medley	3:59.2	3:39.0	3:19.3	3:09.3	2:59.8	2:59.3
8:21.9	7:26.3	6:59.8	6:40.7	6:30.4	5:59.3	400m Individual Medley	8:24.4	7:26.2	6:49.3	6:29.9	6:10.6	6:02.0

