



NOTTINGHAM NORTHERN SWIMMING CLUB

(Affiliated to Swim England East Midlands)

TIME TRIALS MAY 2019

Level 4 Licenced



COMPETITION RULES

1. General
 - a. Session 1 will take place on Monday 13th May 2019 at Ken Martin Leisure Centre in Nottingham. The pool is 25 metres x 6 lanes. Swim England Licence 4EM191658.
 - b. Session 2 will take place on Friday 17th May 2019 at the Harvey Hadden Sports Village in Nottingham. The pool is 25 metres x 8 lanes. Swim England Licence 4EM191659.
 - c. The event is Swim England licenced at level 4 for the development of swimmers and those seeking to compete outside their own club environment. Times recorded are suitable for entry into County Championships where acceptable to the County concerned, and Meets at Level 3.
 - d. The competition will be held under Swim England Regulations and Rules.
 - e. The promoter is Nottingham Northern Swimming Club.
 - f. **CLOSING DATE FOR ENTRIES – Friday 3rd May 2019.**
 - g. Entry is free of charge.
2. Entry Processing
 - a. Age Groups are based on the swimmer's age on the **day of the last events – Friday 17th May 2019.**
 - b. All entrants must be a member of Nottingham Northern Swimming Club.
 - c. All correspondence will be communicated by email and via the swimming club website at www.northernsc.co.uk.
3. The Competition
 - a. As these are time trials there will be heats only with no finals.
4. Poolside and Changing Rooms
 - a. Competitors should report to the stewards approximately two races before their event.
 - b. Other than swimmers, no person will be allowed on the poolside without a coaches' pass.
 - c. Outdoor shoes should not be worn on the poolside.
 - d. No glass bottles are to be taken into the pool area.
 - e. Litter should be placed in the receptacles provided. Under no circumstances should any litter be deposited in any of the swimming pools.
 - f. The organising committee reserves the right to deal with any misconduct of any kind by a swimmer or coach in a way that they see fit at the time. Persons indulging in misconduct may be asked to leave the pool and be disqualified from the event.
5. Photography
 - a. Photography or video is not permitted from the side of the pool or from the spectator gallery without the authorization of Nottingham Northern Swimming Club officials.
6. Any Other Matters
 - a. The organising committee reserves the right to make decisions on anything concerning the meet not covered in the advertised rules.

Gala 1 Monday 13th May 2019 7:00pm to 8:30pm – SE Licence 4EM191658

1	Girls	9 years and over	100m	Freestyle
2	Boys	9 years and over	100m	Freestyle
3	Girls	All ages	50m	Butterfly
4	Boys	All ages	50m	Butterfly
5	Girls	9 years and over	100m	Breaststroke
6	Boys	9 years and over	100m	Breaststroke
7	Girls	All ages	50m	Backstroke
8	Boys	All ages	50m	Backstroke
9	Girls	All ages	100m	Individual Medley
10	Boys	All ages	100m	Individual Medley
11	Girls	All ages	50m	Breaststroke
12	Boys	All ages	50m	Breaststroke

Gala 2 Friday 17th May 2019 6:30pm to 8:00pm - SE Licence 4EM191659

13	Girls	9 years and under	25m	Backstroke
14	Boys	9 years and under	25m	Backstroke
15	Girls	9 years and over	100m	Backstroke
16	Boys	9 years and over	100m	Backstroke
17	Girls	9 years and under	25m	Freestyle
18	Boys	9 years and under	25m	Freestyle
19	Girls	All ages	50m	Freestyle
20	Boys	All ages	50m	Freestyle
21	Girls	9 years and under	25m	Breaststroke
22	Boys	9 years and under	25m	Breaststroke
23	Girls	9 years and over	100m	Butterfly
24	Boys	9 years and over	100m	Butterfly
25	Girls	9 years and under	25m	Butterfly
26	Boys	9 years and under	25m	Butterfly