



NOTTINGHAM NORTHERN SWIMMING CLUB

(Affiliated to Swim England East Midlands)

42nd Northern Junior Open Gala
Sunday 24th June 2018 – ASA Level 3 Licence 3EM181039



Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham, NG8 4PB

Dear Swimmers

Nottingham Northern Swimming Club would like to invite you to our annual Northern Junior Open Meet Gala, which will be held on **Sunday June 24th 2018**. The competition will be held in an 8-lane 25m pool at Harvey Hadden Sports Village in Nottingham. This event will be ASA / Swim England Licensed at Level 3.

Please feel free to visit our website (www.northernsc.co.uk) for the following information that relates to this year's Open Meet.

- Poster to promote the meet for your notice board.
- Electronic Entry Form – available as a spreadsheet, PDF and Sports Systems Entry File.

Entry Forms

A single entry form has been created which can be used for individual swimmers or group entries. It is available to download and print (in PDF) from our website. If you have Microsoft Excel, we have provided the form to download so that you can fill it in on your computer. This can be emailed to us to save print and postage costs. Also available is a Sports Systems electronic entry file which can be emailed and saves time and effort. **If you have any problems, please do contact the Open Meet Secretary.**

MEET SCHEDULE

The meet schedule will run as at the following times;

MORNING (8:30am Warm-up, 9:30am Start)

AFTERNOON (1:30pm Warm-up, 2:15pm Start)

ENTRIES

We would like to encourage you to send in your entries as soon as possible, as the entries will be accepted on a first come first serve basis. The club reserve the right to limit the number of entries to ensure the meet can be run within the schedule set for the day.

TROPHIES

The Nottingham Northern Junior Open Meet is renowned for the trophies we present to the swimmers. There will be awards for the top six swimmers in each individual age group and trophies for TOP BOY(s) and TOP GIRL(s). There will also be our very prestigious JUNIOR OPEN MEET TROPHY called the J TIBBETS CUP which will be awarded to the TOP CLUB to proudly display in their cabinet until the following year.

For the clubs who have joined us in the past, and for those who are new to our Junior Open Meet, we look forward to receiving your entries and seeing you on the day.

For additional information, please feel free to visit our website and click on the link to the Northern Junior Open 2018.

Kind regards

Andrew Phillips
NSNC – Open Meet Secretary

Email: andrew@northernsc.co.uk

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COMPETITION RULES

1. General

- a. The event will take place at the Harvey Hadden Sports Village in Nottingham.
- b. The competition pool is 25 metres x 8 lanes, each 2.5 metres wide, with Colorado timing system and “wedge” starting blocks. The depth will be a constant 2 metres.
- c. The event is ASA licenced at level 3 to enable athletes to achieve times suitable for entry into Regional and County Championships and other Meets at Level 1 or Level 2.
- d. The competition will be held under ASA Laws and Regulations and ASA Technical Rules of Swimming.
- e. The promoter is Nottingham Northern Swimming Club.
- f. **CLOSING DATE FOR ENTRIES – Saturday 26th May 2018.**
- g. Entry cost is £5.00 per event.
- h. Poolside passes will be available for £15 each including a programme, start lists and a buffet lunch. These passes are for coaches and team managers. Clubs should ensure coaches and team managers hold current DBS certificates. Please ensure there is at least 1 representative poolside for every 10 swimmers from your club and that they take responsibility for your club swimmers during the day. Poolside passes are not transferable.
- i. Spectator pricing: £8 full day. £5 morning or afternoon session only. Cash and cheque payments only please.
- j. Programmes will be available to purchase on the day for £2 or will be downloadable from www.northernsc.co.uk in advance.
- k. No updates to entry times will be accepted after Saturday 26th May.

2. Entry Processing

- a. Age Groups are based on the swimmer's age on the **DAY OF MEET**.
- b. All entrants must be a member of an affiliated club, registered with that club and an amateur as defined by ASA law.
- c. A competitor may only compete under the name of one club.
- d. This Open Meet is a cardless meet. All correspondence will be communicated by Email.
- e. The organising committee reserves the right to restrict or reject entries should the gala be oversubscribed. **ENTRIES WILL BE ON A FIRST COME FIRST SERVED BASIS.**

3. Withdrawals

- a. The club requests where possible that you provide as much notice as possible if your child is unable to swim.
- b. Please advise of any withdrawals by email to andrew@northernsc.co.uk, or in person to the desk on the day of the Gala by 8:30am for Session 1 or by 1:30pm for Session 2. This will help avoid having empty lanes during the races.
- c. Please also advise if your child qualifies for a final but then needs to withdraw. This will give another swimmer the chance to compete.
- d. **NO REFUNDS** will be available for swimmers pulling out of the open meet **after the closing date**. For withdrawals up to the closing date a full refund will be offered.

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4. The Competition
 - a. In all 50 metre events, the eight fastest swimmers in each age group from the heats will qualify for the final. In the event of a tie for 8th place, a swim-off will take place. The Individual Medley event will be based on heat declared winners.
 - b. The scoring system for all races will be as follows; 1st (6 pts) - 2nd (5 pts) - 3rd (4 pts) - 4th (3 pts) - 5th (2 pts) - 6th (1 pt). No points will be awarded for a disqualification.
 - c. The TOP CLUB Award will be presented to the club which has collected the most points. The TOP SWIMMER Awards will be presented to the girl and boy swimmer who have achieved either the highest number of points or the girl and boy swimmer(s) who have achieved the maximum number of points (30) in their age group.
 - d. Cyclic seeding will not be used for any events.

5. 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 poolside pass.
 - c. Outdoor shoes should not be worn on the poolside.
 - d. No chairs shall be brought poolside. There will be a limited supply of chairs available for the use of coaches and team managers.
 - e. No glass bottles are to be taken into the pool area.
 - f. Litter should be placed in the receptacles provided. Under no circumstances should any litter be deposited in any of the swimming pools.
 - g. 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.

6. Photography
 - a. Photography or video is not permitted from the side of the pool without the authorization of the Northern Open Meet officials. Official photographers may be present on the day, with photographs available for purchase. Anyone wanting to take photographs from the spectator gallery must register and display their photography pass.

7. Any Other Matters
 - a. The organising committee reserves the right to make decisions on anything concerning the meet not covered in the advertised rules.

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PROGRAMME – SESSION 1 – 8:30 AM WARM-UP

Event No.	Girls / Boys	Event	Age Groups	Distance	Estimated Start Time
1	Girls	Breaststroke Heats	9 to 14	50m	9:30 am
2	Boys	Butterfly Heats	9 to 14	50m	10:00 am
3	Girls	Backstroke Heats	9 to 14	50m	10:20 am
4	Boys	Freestyle Heats	9 to 14	50m	10:50 am
10 minute break					
5	Girls	4x1 Individual Medley (Heat Declared Winners)	9 to 14	4 x 25m	11:25 am
6	Boys	Butterfly Final	9	50m	12:10 pm
7	Boys	Butterfly Final	10	50m	
8	Boys	Butterfly Final	11	50m	
9	Boys	Butterfly Final	12	50m	
10	Boys	Butterfly Final	13	50m	
11	Boys	Butterfly Final	14	50m	
12	Girls	Breaststroke Final	9	50m	12:20 pm
13	Girls	Breaststroke Final	10	50m	
14	Girls	Breaststroke Final	11	50m	
15	Girls	Breaststroke Final	12	50m	
16	Girls	Breaststroke Final	13	50m	
17	Girls	Breaststroke Final	14	50m	
18	Boys	Freestyle Final	9	50m	12:30 pm
19	Boys	Freestyle Final	10	50m	
20	Boys	Freestyle Final	11	50m	
21	Boys	Freestyle Final	12	50m	
22	Boys	Freestyle Final	13	50m	
23	Boys	Freestyle Final	14	50m	
24	Girls	Backstroke Final	9	50m	12:40 pm
25	Girls	Backstroke Final	10	50m	
26	Girls	Backstroke Final	11	50m	
27	Girls	Backstroke Final	12	50m	
28	Girls	Backstroke Final	13	50m	
29	Girls	Backstroke Final	14	50m	
Presentation of Awards for Session 1					12:50 pm

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PROGRAMME – SESSION 2 – 1:30 PM WARM-UP

Event No.	Girls / Boys	Event	Age Groups	Distance	Estimated Start Time
30	Boys	Breaststroke Heats	9 to 14	50m	2:15 pm
31	Girls	Butterfly Heats	9 to 14	50m	2:30 pm
32	Boys	Backstroke Heats	9 to 14	50m	2:50 pm
33	Girls	Freestyle Heats	9 to 14	50m	3:10 pm
10 minute break					
34	Boys	4x1 Individual Medley (Heat Declared Winners)	9 to 14	4 x 25m	3:50 pm
35	Girls	Butterfly Final	9	50m	4:20 pm
36	Girls	Butterfly Final	10	50m	
37	Girls	Butterfly Final	11	50m	
38	Girls	Butterfly Final	12	50m	
39	Girls	Butterfly Final	13	50m	
40	Girls	Butterfly Final	14	50m	
41	Boys	Breaststroke Final	9	50m	4:30 pm
42	Boys	Breaststroke Final	10	50m	
43	Boys	Breaststroke Final	11	50m	
44	Boys	Breaststroke Final	12	50m	
45	Boys	Breaststroke Final	13	50m	
46	Boys	Breaststroke Final	14	50m	
47	Girls	Freestyle Final	9	50m	4:40 pm
48	Girls	Freestyle Final	10	50m	
49	Girls	Freestyle Final	11	50m	
50	Girls	Freestyle Final	12	50m	
51	Girls	Freestyle Final	13	50m	
52	Girls	Freestyle Final	14	50m	
53	Boys	Backstroke Final	9	50m	4:50 pm
54	Boys	Backstroke Final	10	50m	
55	Boys	Backstroke Final	11	50m	
56	Boys	Backstroke Final	12	50m	
57	Boys	Backstroke Final	13	50m	
58	Boys	Backstroke Final	14	50m	
Presentation of Awards for Session 2					5:00 pm
Presentation of Trophies to Top Club, Top Boy and Top Girl					

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BOYS UPPER LIMIT TIMES

EVENT	9	10	11	12	13	14
50m Freestyle	31.1	30.6	28.8	27.3	26.5	25.6
50m Breaststroke	41.0	40.5	38.1	36.1	33.8	32.5
50m Backstroke	36.0	35.6	33.6	31.9	30.4	29.4
50m Butterfly	35.0	34.3	32.3	30.9	29.1	27.9
100m Individual Medley	1:20.0	1:15.0	1:12.5	1:08.5	1:05.0	1:02.8

GIRLS UPPER LIMIT TIMES

EVENT	9	10	11	12	13	14
50m Freestyle	31.4	30.9	29.9	28.6	27.9	27.5
50m Breaststroke	41.2	39.5	38.5	36.4	35.2	34.5
50m Backstroke	36.5	35.9	34.0	32.5	31.6	31.0
50m Butterfly	35.5	34.6	33.0	31.4	30.5	29.1
100m Individual Medley	1:20.0	1:15.0	1:13.0	1:09.4	1:07.2	1:05.4

Only swimmers slower than the above times are eligible to enter.
Age is on the day of the competition.

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