

DISS OTTERS SWIMMING CLUB

20th DISS OTTERS OPEN SPRINT MEET

Level 3 Licence Open Meet (3ER171007)



**The Diss Open returns on
Sunday 15th OCTOBER 2017 at UEA SPORTSPARK**

NORWICH RESEARCH PARK, NORWICH, NR4 7TJ

Programme of Events

Session One: Warm-up 8:15 am	Session Two: Warm-up TBA
Start 9:00 am	Start TBA
1 Boys 100m Freestyle	11 Girls 100m Freestyle
2 Girls 50m Freestyle	12 Boys 50m Freestyle
3 Boys 50m Breaststroke	13 Girls 50m Breaststroke
4 Girls 100m Breaststroke	14 Boys 100m Breaststroke
5 Boys 100m Backstroke	15 Girls 100m Backstroke
6 Girls 50m Backstroke	16 Boys 50m Backstroke
7 Boys 50m Butterfly	17 Girls 50m Butterfly
8 Girls 100m Butterfly	18 Boys 100m Butterfly
9 Boys 200m IM	19 Girls 200m IM
10 Girls 400m Freestyle	20 Boys 400m Freestyle

Key Information

- **IDEAL OPPORTUNITY TO OBTAIN 2018 COUNTY CHAMPIONSHIPS QUALIFYING TIMES AT THIS LICENSED MEET (YOU HAVE TO OBTAIN COUNTY QUALIFYING TIMES AT A LICENSED MEET, NO IN HOUSE TIME TRIALS WILL BE ACCEPTED)**
- * Level 3 Short Course Meet * 8 Lane Short Course Pool, Electronic Timing, Quality Racing blocks * Free parking *
- **Age Groups** 9, 10, 11, 12, 13, 14, 15-16, 17 and over – Age as 15th October 2017
- **Awards** for top three in each age category
- Session One: Warm-up 8:15 a.m. Start 9:00 a.m.
Session Two: Warm-up TBA Start TBA
- **Fees:** Race Entry is £4.00 per event - Spectator Entry £3.00 for one session/£5.00 all day Programme £2.00
- Swim merchandise on sale throughout the day from specialist suppliers.
- **CoNSC Closing Date for entries is Friday 18th August**

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Sunday 15th OCTOBER 2017
UEA SPORTSPARK

Rules and Conditions

1. The competition is a Level 3 Licensed Meet, held under ASA Laws and Regulations, ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria.
2. All entrants must be Category 2 ASA, SASA, WASA members.
3. Level 3 Licensed Open Meet times achieved can be used for entry into County and Regional competitions.
4. Entry is initially first come first served. However, to comply with licensed meet timings we may still have to reduce the entries to individual events. Initially the 400m freestyle will be limited to a maximum of 3 heats. Full reimbursement of fees shall be made in respect of these events.
5. **Competitor's ages shall be as at 15th October 2017.**
6. All entry times must be from Short Course times and must meet the qualifying times stated (**see page 3**). Entries will not be accepted where an entry time: exceeds the upper limit; not submitted; or submitted as N/T (No Time).
7. Entry fees will be **£4.00** per event. Coach passes must be pre-ordered (see page 5) and will be **£15.00** (with food/drinks) and **£10.00** (without). No Coach passes will be issued on the day.
8. Age Groups 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15-16 years, 17 and over
9. The heats for each event will combine all age groups, events will be seeded and the last heat will be spearheaded slowest to fastest, based on entry time submitted.
10. All events are heat declared winners.
11. No entries on the day will be accepted unless agreed with the Promoter.
12. **CoNSC Closing date for entries is Friday 18th August**
13. Accepted entries will be published on www.dissotters.co.uk approx 2 weeks prior to the competition. It is the club/swimmers responsibility to check this list for accuracy.
14. Eight Lane, 25m short course racing pool, electronic timing and display. The depth of the pool is 1.8m.
15. **Withdrawals procedure:** It is the responsibility of the club to advise the gala organisers if they have swimmers not swimming either before the day of the meet in writing or via e-mail or on the day by completing a withdrawal form before the warm up for the relevant session starts. This will prevent the gala running with empty lanes. Any deviations from this condition may only be at the discretion of the lead referee and/or the promoter
16. Competitors **MUST** report to the Competitors Steward **TWO EVENTS BEFORE THE START OF ANY EVENT** they may be in, or **TEN MINUTES BEFORE THE START** of the first event of any session
17. Over the top starts may be used at the referee's discretion. In the event of a faulty/false start swimmers should perform a safe entry and not fall into the water
18. It is the responsibility of all clubs and coaches to ensure that swimmers are competent to the standard of the ASA Competitive Start Award. Swimmers may start in the water but must inform the relevant official before the start of the race
19. **AWARDS** will be made for the first three places in each age group and will be available for collection throughout the meet from the awards desk
20. Result sheets will be available for coaches and swimmers on poolside
21. Swimmers will be asked to place bags in the lockers provided in the changing areas. The Promoter cannot accept responsibility any losses or damage that may occur. The pool area must be cleared between each session, and all belongings must be removed
22. In line with ASA Child Protection Policy, users of video, zoom or close-range photography at the competition must register their details at the desk provided beforehand. This rule also applies to the use of mobile phones with an image capturing facility. A sticker will be issued and this should be affixed to the camera/video itself
23. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing
24. Entries to this meet will be held on a computer and consent to the holding of personal information as required by the Data Protection Act 1998 will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.

Diss Otters Swimming Club
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 AT UEA SPORTSPARK - ON SUNDAY 15th October 2017

Upper limit times

'No faster than times'		Girls				
	Age					
Event	9	10	11	12	13	14+
50m Free	34.00	31.00	29.50	28.50	28.00	27.00
100m Free	1.12.00	1.06.00	1.04.50	1.02.00	1.00.50	59.00
400m Free	5.02.50	4.50.00	4.38.50	4.26.50	4.20.00	4.12.00
50m Brst	43.00	39.50	37.50	36.00	35.00	33.50
100m Brst	1.32.00	1.25.00	1.21.00	1.17.50	1.14.00	1.11.00
50m Fly	37.50	35.00	33.00	31.00	30.50	29.50
100m Fly	1.20.50	1.16.00	1.12.50	1.09.00	1.06.00	1.03.00
50m Back	38.50	36.50	34.50	33.00	31.50	29.00
100m Back	1.20.00	1.15.00	1.12.00	1.09.50	1.06.00	1.04.00
200m IM	3.00.00	2.45.00	2.33.50	2.28.50	2.23.00	2.16.00

'No faster than times'		Boys				
	Age					
Event	9	10	11	12	13	14+
50m Free	34.00	32.00	29.50	28.00	26.00	24.50
100m Free	1.12.00	1.08.00	1.04.00	1.02.00	59.00	55.00
400m Free	5.05.00	4.52.00	4.37.00	4.26.00	4.13.00	4.04.50
50m Brst	42.00	39.00	36.50	34.00	32.00	30.50
100m Brst	1.29.00	1.25.50	1.20.00	1.15.00	1.10.00	1.07.50
50m Fly	36.00	34.00	32.00	30.00	28.00	26.00
100m Fly	1.23.00	1.19.00	1.14.00	1.08.50	1.04.00	1.00.00
50m Back	40.50	38.00	35.00	32.50	30.50	28.00
100m Back	1.24.00	1.19.00	1.13.50	1.09.00	1.05.00	1.02.50
200m IM	3.00.00	2.45.00	2.30.00	2.20.00	2.16.00	2.07.00

Key: Free = freestyle, Brst = Breaststroke, Fly = Butterfly, Back = Backstroke, IM = Individual Medley

Age is at 15th October 2017