



BOK SUMMER HEATWAVE - Short Course Open Meet

Held under ASA Laws and Technical Rules. Level 3 Licensed Meet – License No. 3NE200936

Date & Venue

Sunday 14th June 2020

at the Huddersfield Leisure Centre, Spring Grove Street, HD1 4BP.

Meet Details

This meet is targeted at various levels of swimmer, where they will have an opportunity to improve on times and give all swimmers an additional competitive opportunity regardless of age and ability. Upper cut off times are set to allow a broad spectrum of swimmers to attend.

The pool length is 25m, 8 lanes with anti-wave lane ropes and wedge starting blocks. It is equipped with full electronic timing including a full colour display scoreboard.

A continuous swim down facility will be available throughout the day.

There is plenty of long stay car parking opposite the front of the venue: (Sunday maximum charge is £1). Please note the car park to the rear of the complex has a maximum 4 hour stay.

Due to fire regulations at the venue, there will be limited balcony seating available for spectators. Consequently spectator entry will be limited to one spectator per swimmer on the day. Please be aware of this to avoid disappointment on the day.

Age groups are based on age at 14th June 2020.

Age groups are 9, 10, 11, 12, 13, 14 & 15/over for both male and females.

All events are heat declared winner. Events are disability inclusive.

Awards

Medals awarded to top 3 in all age groups & gender.

A trophy will be awarded to the top visiting club.

Entries

Cost: **£6.00** per event.

Poolside pass: **£10.00**, inclusive of programme & start sheet. (Fee with lunch included is **£15.00**.)

Closing date for entries: **FRIDAY 15th MAY. THIS IS NOT A FIRST COME FIRST SERVED MEET.** In the event of the meet being oversubscribed, the lowest ranked swimmers will be rejected to comply with the License.

Entries of 5 or more swimmers must be made via Sportsystems Entry Manager, file available on the BOK website or by emailing the contact below. Entry times must be submitted as short course, converting from long course where necessary.

Entries, together with a completed cash entry summary and poolside pass application form, must be emailed to the address below by the closing date. Payment may be made by cheque, although BACS transfer is preferred. Payment details will be issued with confirmation of receipt of entries.

Accepted entries will be available to view on our website, www.bokswimmingclub.co.uk

Contact: openmeets@bokswimmingclub.co.uk

Programme of Events

Morning Session – 9:30 am Start		
Warm Up: Girls: 8:30 – 8:50 am Warm Up: Boys: 8:50 – 9.20 am Start: 9.30am		
101	F	9 Years & Over 200m Free
102	M	9 Years & Over 50m Fly
103	F	9 Years & Over 100m Breast
104	M	9 Years & Over 100m Free
105	F	9 Years & Over 100m IM
106	M	9 Years & Over 50m Breast
107	F	9 Years & Over 50m Back
108	M	9 Years & Over 100m Back
109	F	9 Years & Over 100m Fly
110	M	9 Years & Over 50m Free

Afternoon Session – TBC		
Warm Up: Girls: TBC Warm up: Boys: TBC Start: TBC		
211	F	9 Years & Over 50m Free
212	M	9 Years & Over 100m Fly
213	F	9 Years & Over 100m Back
214	M	9 Years & Over 50m Back
215	F	9 Years & Over 50m Breast
216	M	9 Years & Over 100m IM
217	F	9 Years & Over 100m Free
218	M	9 Years & Over 100m Breast
219	F	9 Years & Over 50m Fly
220	M	9 Years & Over 200m Free

Upper Limit Cut-Off Times

Swimmers must not have swum faster than the event's upper limit time in the 12 months preceding the gala. Times must be taken from the British rankings where available and converted to short course as applicable. Where a swimmer does not have a ranked time a trial or coach time shall be provided.

BOYS							
Age Group:	9	10	11	12	13	14	15/ov
50m Free	23.00	23.00	23.00	23.00	23.00	23.00	23.00
100m Free	1.03.86	1.03.86	58.18	57.18	55.95	55.95	55.31
200m Free	2.18.38	2.18.38	2.18.38	2.18.38	2.05.27	2.05.27	1.59.63
50m Back	26.00	26.00	26.00	26.00	26.00	26.00	26.00
100m Back	1.12.46	1.12.46	1.04.86	1.04.86	1.02.55	1.02.55	1.01.35
50m Breast	27.00	27.00	27.00	27.00	27.00	27.00	27.00
100m Breast	1.23.86	1.23.86	1.14.20	1.14.20	1.11.22	1.11.22	1.10.50
50m Fly	25.00	25.00	25.00	25.00	25.00	25.00	25.00
100m Fly	1.10.53	1.10.53	1.04.53	1.04.53	1.00.08	1.00.08	1.00.04
100m IM	1.20.40	1.20.40	1.16.20	1.11.90	1.07.80	1.04.50	1.02.50

GIRLS							
Age Group:	9	10	11	12	13	14	15/ov
50m Free	26.00	26.00	26.00	26.00	26.00	26.00	26.00
100m Free	1.05.63	1.05.63	1.01.92	1.01.92	1.00.72	1.00.72	1.00.66
200m Free	2.19.46	2.19.46	2.19.46	2.19.46	2.11.36	2.11.36	2.08.91
50m Back	28.00	28.00	28.00	28.00	28.00	28.00	28.00
100m Back	1.14.02	1.14.02	1.08.07	1.08.07	1.07.33	1.07.33	1.07.23
50m Breast	29.00	29.00	29.00	29.00	29.00	29.00	29.00
100m Breast	1.22.72	1.22.72	1.18.43	1.18.43	1.17.42	1.17.42	1.17.33
50m Fly	28.00	28.00	28.00	28.00	28.00	28.00	27.78
100m Fly	1.12.21	1.12.21	1.07.71	1.07.71	1.06.37	1.06.37	1.06.32
100m IM	1.18.80	1.18.80	1.16.00	1.12.30	1.09.70	1.08.80	1.07.80

Rules & Conditions of Entry

1. The promoter for this event is Mrs Rachael Webb
2. This is a Level 3 Licensed Meet – (License No – 3NE200936). Times achieved eligible for County and Regional Championships.
3. The competition will be held under ASA laws & technical rules.
4. The one start rule will apply.
5. Over the top starts may be used at the referee's discretion. Swimmers are requested to remain in the water until asked to leave the pool.
6. All events will be heat declared winners.
7. The referee's decision is final.
8. The pool is 25m long, 8 lanes with anti wave lane ropes and electronic timing.
9. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
10. The age groups are: boys & girls 9, 10, 11, 12, 13, 14, 15/over. Age as at 14th June 2020
11. Medals will be made to the top 3 in all age all groups and gender.
12. Awards to be collected from the awards table during the meet.
13. All entries must show the full date of birth, age for gala & ASA registration number for each swimmer.
14. Time entries are to be based on 25m pool times or converted 50m pool times by use of the ASA conversion tables.
15. The closing date for entries is Friday 15th May or earlier if full, and refers to the final date on which entries must be received by BOK.
16. The promoter reserves the right to amend the order of events to comply with licensing time constraints and to ensure the smooth running of the competition.
17. The lowest ranked swimmers will be rejected to comply with the licence.
18. This meet will operate as a CARDLESS meet. All entry withdrawals must be presented to the recorder no later than the start of the relevant warm-up for the session (using form provided).
19. All swimmers must report to the marshalling area at least one event prior to their event.
20. Swimmer entry fees are **£6.00** per event
21. Entry files/forms should be returned before the closing date enclosing fees and an email address for return of entry information. Payment should be made to BOK swimming club. Electronic entry is required for clubs entering more than 5 swimmers – the electronic entry file will be available for download at www.bokswimmingclub.co.uk. Please contact openmeets@bokswimmingclub.co.uk with any further enquiries.
22. Team staff MUST wear the passes provided at all times. Only swimmers with accepted entries and coaches/team managers with a valid poolside pass will be allowed on poolside. All team staff should be DBS checked in accordance with ASA requirements.
23. Poolside passes are priced at **£10.00** each and includes a programme & start lists. If coaches require lunch, then a poolside pass will be **£15.00**.
24. Coaches and team managers are requested to ensure their swimmers respect the officials and are silent at the start of each heat.
25. Swimmers are not allowed to sit in the spectator gallery.
26. No outdoor shoes may be worn on the poolside, but footwear must be worn in the spectator gallery and outside the pool marshalling area.
27. Any point not covered by the above will be at the discretion of the promoter & lead referee.

Cash Entry Summary & Poolside Pass Application Form

BOK SUMMER HEATWAVE 14th JUNE 2020

Contact Details:

Name of Club	
Contact Name	
Contact Tel No	
Contact Email	
Contact Address	

Entry Summary:

	No.	Fee	Cost
Girls Entries		@ £6.00	£
Boys Entries		@ £6.00	£
Total Entries		@ £6.00	£
Poolside Pass		@ £10.00	£
Poolside Pass + Lunch		@ £15.00	£
Total amount payable			£

State payment method required (BACS or cheque)	
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Officials:

Do you have any qualified officials who would be available to help at any of the sessions? If so please include below.

Name & Contact Details	Level (e.g. TK, J1, J2S, Ref)	Session(s) Available	
		1	2