



# The Borough of Harrow Swimming Club



Affiliated to ASA London Region

Website: [www.harrowswim.com](http://www.harrowswim.com) Email: [events@harrowswim.com](mailto:events@harrowswim.com)

## BOROUGH OF HARROW SUMMER OPEN MEET 2018

Under ASA Laws & FINA Technical Rules of Swimming  
LICENSED MEET NUMBER –

Saturday 14<sup>TH</sup> & Sunday 15<sup>TH</sup> JULY 2018

BARNET COPTHALL LEISURE CENTRE CHAMPIONS WAY HENDON LONDON NW4 1PX

Timings are approximate and may be adjusted



**SATURDAY 14<sup>th</sup> JULY 2018 SESSION 1 - Warm up: 2pm - Start Time 2.45pm**

**SESSION 2 Warm up & Start Time TBC**

**SUNDAY 15<sup>th</sup> JULY 2018 SESSION 3 - Warm Up: 1.30pm - Start Time 1.45pm**

**SESSION 4: Warm Up (45mins) & Start Time TBC**

**Venue: Barnet Copthall Leisure Centre  
25m Pool, 8 Lanes, full Electronic Timing**

**Age Groups: 9, 10, 11, 12, 13, 14, 15&over**

**Events: 50m 100m 200m ALL STROKES, 400m Freestyle, 200m IM, 800m & 1500m Fr (11+)**

Promoter reserves the right to amend session times and limit entries to ensure the meet runs smoothly





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## BHSC BOROUGH OF HARROW L3 REGIONAL QUALIFIER 2018 MEET INFORMATION

Under ASA Laws & FINA Technical Rules of Swimming **LICENSED MEET NUMBER –**

**BARNET COPTHALL LEISURE CENTRE CHAMPIONS WAY HENDON LONDON NW4 1PX  
Saturday 17 and Sunday 18 March 2018**

1. Barnet Copthall Main Competition Pool – 25 metres – 8 lanes – Anti-Wave Lane Ropes. Colorado Electronic Timing and Hy-Tek Meet Management.
2. Ages are as at 15<sup>TH</sup> JULY 2018.
3. All events will have Heat Declared Winners - there will be no finals.
4. Events include 50m, 100m & 200m all strokes, 800m & 1500m freestyle, 100m & 200m IM
5. Events are open to swimmers aged 9 and over except 800m/1500m freestyle (11 years and over)
6. 800m & 1500m Freestyle heats will be limited to ensure that the meet does not overrun. This will be by the first come, first served criteria. 800m and 1500m events will be swum in mixed heats to allow standard and reverse gender entries.
7. Awards will be made to the first 3 in each stroke for each age group. These will be available for collection from the presentation table.
8. Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer 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 Promoters.
9. **ENTRIES**
10. The entry fee is £5.75 per event (£8.00 for 800m / 1500m Freestyle) Cheques made payable to: **Hillingdon Swimming Club**
11. The closing date for entries is **Friday 23rd March 2018**. All forms should be handed to Ann O'Leary or Kate Chana or Nicole (Elite 3)
12. **This meet is First Come First Served Entry. If oversubscribed, entries submitted last will be rejected.**

13. The promoter reserves the right to limit the number of entries if necessary to allow the Meet to be run in the allotted pool time.
14. Any entry not accepted will be refunded in full. No other monies will be refunded.
15. Lists of individual accepted / rejected entries will be sent to clubs. This information will also be posted on the [www.harrowswim.info](http://www.harrowswim.info) website.
16. No swimmer should have swum faster than the time stated. Time Trials may be accepted at the meet if there are spaces available to fill lanes.
17. Coaches Passes can be purchased in advance (£10 per day/£15 weekend). This includes refreshments & poolside pass. Only officials and those with coaches passes are allowed in the swimmers poolside area.

### **MEET PROCEDURE**

20. This is a cardless meet. Entries will be pre seeded before the meet. Any withdrawals must be made 45mins before the start of each session.
21. The promoter reserves the right to amend the session times and limit entries to ensure the meet runs smoothly.

### **MEET SAFETY**

22. All swimmers must observe the pool and ASA Safety Rules. The Depth of the water at the Shallow end of Main Pool is 1 metre deep. The Deep End of Main pool is 1.5 Metres Deep (starting block end). The starting blocks are 72cm above the level of the water. Only those swimmers who have reached the standard of the ASA Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water. Swimmers must not go in to the main foyer without drying down and wearing the suitable clothes and foot wear. Failure to comply may result in expulsion from the meet.

### **SPECTATORS**

23. Photographs/Videos are only permitted on registration with the promoter prior to the meet. Registration details can be given upon entry to the meet.
24. Anything not covered in these notes will be at the discretion of the promoter.



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## UPPER CUT OFF TIMES

SWIMMERS MUST NOT BE FASTER THAN THE TIMES SHOWN

GIRLS	9	10	11	12	13	14	15 +
50M FREESTYLE	36.10	32.50	31.00	28.00	26.50	25.80	25.10
100M FREESTYLE	1:12.00	1:07.00	1:03.00	1:02.20	1:00.30	59.30	57.60
200M FREESTYLE	2:40.00	2:20.00	2:15.00	2:13.20	2:09.50	2:07.40	2:07.00
800M FREESTYLE			10:20.00	10:20.00	9:55.00	9:44.00	9:38.00
1500M FREESTYLE							
50M BACKSTROKE	42.60	37.80	36.80	32.50	30.70	29.80	28.90
100M BACKSTROKE	1:20.00	1:15.00	1:12.00	1:10.40	1:07.00	1:05.00	1:04.50
200M BACKSTROKE	3:00.00	2:40.00	2:33.00	2:29.00	2:23.60	2:19.40	2:18.00
50M BREASTSTROKE	49.20	43.80	40.00	37.10	35.00	33.90	32.90
100M BREASTSTROKE	1:31.00	1:26.00	1:21.72	1:19.40	1:16.50	1:15.60	1:15.00
200M BREASTSTROKE	3:10.00	2:58.00	2:52.00	2:48.00	2:43.20	2:41.60	2:41.00
50M BUTTERFLY	41.60	38.50	33.60	31.20	29.50	28.50	27.60
100M BUTTERFLY	1:22.00	1:17.00	1:11.50	1:10.00	1:07.00	1:05.60	1:04.50
200M BUTTERFLY	2:50.00	2:44.00	2:37.00	2:35.50	2:27.00	2:24.60	2:24.00
100M IND. MEDLEY	1:38.70	1:26.49	1:21.70	1:17.00	1:12.10	1:11.50	1:09.50
200M IND. MEDLEY	2:59.00	2:44.70	2:37.40	2:32.60	2:26.50	2:24.00	2:23.50
BOYS	9	10	11	12	13	14	15 +
50M FREESTYLE	38.00	33.60	32.60	28.00	26.00	24.80	23.00
100M FREESTYLE	1:11.00	1:06.60	1:04.00	1:01.50	58.00	55.00	53.10
200M FREESTYLE	2:40.00	2:24.00	2:17.00	2:13.60	2:06.00	2:00.00	1:56.00
800M FREESTYLE							
1500M FREESTYLE			20:12.00	20:12.00	18:44.00	18:12.00	17:25.00
50M BACKSTROKE	42.50	38.60	35.60	31.60	29.80	28.10	25.50
100M BACKSTROKE	1:21.00	1:15.30	1:12.00	1:09.00	1:05.00	1:02.00	59.40
200M BACKSTROKE	2:50.00	2:40.00	2:32.00	2:28.30	2:20.00	2:13.00	2:10.00
50M BREASTSTROKE	49.20	44.60	40.70	36.10	33.70	31.70	29.00
100M BREASTSTROKE	1:31.00	1:26.00	1:22.80	1:19.20	1:14.60	1:10.60	1:08.00
200M BREASTSTROKE	3:11.00	3:04.00	2:57.20	2:50.50	2:40.30	2:32.00	2:30.00
50M BUTTERFLY	41.50	37.20	34.00	30.30	28.60	26.70	24.10
100M BUTTERFLY	1:20.40	1:15.40	1:11.00	1:08.20	1:05.00	1:01.60	58.60
200M BUTTERFLY	2:50.00	2:42.00	2:35.00	2:32.20	2:24.00	2:16.00	2:14.00
100M IND. MEDLEY	1:32.59	1:24.51	1:20.18	1:17.50	1:10.50	1:05.20	59.90
200M IND. MEDLEY	2:55.00	2:45.00	2:35.00	2:32.00	2:23.00	2:18.00	2:13.00





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## SCHEDULE

SESSION 1 – SATURDAY 14 JULY	
1. 9 & Over Boys	200m INDIVIDUAL MEDLEY
2. 9 & Over Girls	200m INDIVIDUAL MEDLEY
3. 9 & Over Boys	50M BUTTERFLY
4. 9 & Over Girls	50M BUTTERFLY
5. 9 & Over Boys	100M FREESTYLE
6. 9 & Over Girls	100M FREESTYLE
7. 9 & Over Boys	50M BACKSTROKE
8. 9 & Over Girls	50M BACKSTROKE

SESSION 2 – SATURDAY 14 JULY	
9. 9 & Over Girls	100M BREASTSTROKE
10. 9 & Over Boys	100M BREASTSTROKE
11. 9 & Over Girls	200M BACKSTROKE
12. 9 & Over Boys	200M BACKSTROKE
13. 9 & Over Girls	100M INDIVIDUAL MEDLEY
14. 9 & Over Boys	100M INDIVIDUAL MEDLEY
15. 11 & Over Mixed	800M FREESTYLE

SESSION 3 – SUNDAY 15 JULY	
16. 9 & Over Girls	200M FREESTYLE
17. 9 & Over Boys	200M FREESTYLE
18. 9 & Over Girls	50M BREASTSTROKE
19. 9 & Over Boys	50M BREASTSTROKE
20. 9 & Over Girls	100M BUTTERFLY
21. 9 & Over Boys	100M BUTTERFLY
22. 9 & Over Girls	50M FREESTYLE
23. 9 & Over Boys	50M FREESTYLE

SESSION 4 – SUNDAY 15 JULY	
24. 9 & Over Boys	200M BUTTERFLY
25. 9 & Over Girls	200M BUTTERFLY
26. 9 & Over Boys	100M BACKSTROKE
27. 9 & Over Girls	100M BACKSTROKE
28. 9 & Over Boys	200M BREASTSTROKE
29. 9 & Over Girls	200M BREASTSTROKE
30. 11 & Over Mixed	1500M FREESTYLE

