



# **Dover Life Guard White Cliffs Invitation Meet**

**June 23<sup>rd</sup> 2012 and June 24<sup>th</sup> 2012**

## **COMPETITION RULES AND MEET INFORMATION 2012**

### **General Information**

- a) This competition is only open to swimmers who are members of clubs affiliated to the East Invicta Swimming Association. It will take place at Dover Leisure Centre on Saturday June 23<sup>rd</sup> and Sunday June 24<sup>th</sup>. Please see the programme for the start and warm up times for each session.
- b) The Meet will be licensed at Level 4 by the ASA (license applied for) and the times achieved in this competition will appear in the ASA National rankings during August.
- c) The meet will be held under ASA Laws and Technical Rules.
- d) The competition is an invitation meet.
- e) The pool is 25 metres long with 6 lanes and anti-wave lane ropes. Electronic timing will be used.
- f) "Over the top" starts will be used in the heats at the discretion of the promoter.
- g) It is the decision of the promoter to allow Video and Zoom photography. This will be strictly regulated in accordance with the ASA code of practice. All competitors who enter this competition consent to such photography taking place.
- h) Swim meet entries and results will be managed on a computer. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer, and to this information appearing in the results of the competition and on the ASA National rankings database.
- i) The promoters reserve the right to refuse admission to any competitor or spectator to any session.

### **Entries**

- a) Swimmers may not enter if they have achieved a time in competition since January 1<sup>st</sup> 2012, faster than those indicated in the attached upper limit times.
- b) The programme will cover the following age groups 9/10yrs, 11/12yrs, 13/14yrs, 15yrs +. Age as at 24<sup>th</sup> June 2012.
- c) Entries should be sent electronically, using the programme provided, to: [dlgcgala@gmail.com](mailto:dlgcgala@gmail.com). The entry fee is £4.25 per individual event, £6.50 for relays.
- d) Entry forms and cheque (**one cheque per club**), payable to DLGC, should be sent to:  
Kate Curtis, 55 Westcourt Lane, Shepherdswell, Dover, Kent, CT15 7PU.
- e) **Closing Date 26<sup>th</sup> May 2012.** Any problems please contact Kate Curtis on 01304-832295 or [dlgcgala@gmail.com](mailto:dlgcgala@gmail.com)
- f) Entries to events may have to be restricted but will be accepted on a first come first served basis to encourage early entry. Any rejected entries will have entry fees refunded in full.
- g) ALL COMPETING CLUBS MUST PROVIDE A JUDGE AND A TIMEKEEPER FOR EACH SESSION
- h) By signing the entry form swimmers accept all conditions in full.

### **Awards**

- a) Awards will be made to all 6 finalists in individual events (except in the case of disqualification) in **the 9yr, 10yr, 11/12 yrs, 13/14 yrs and 15 + yr age categories**. Awards will be made in the same age categories to the first 6 placed competitors in the Heat Declared Winner (HDW) events.
- b) Awards will be made to the first three teams in the relay final.
- c) A Trophy will be presented to the Club accumulating the most points in the Individual Competition for Boys and Girls.

d) A Trophy will be presented to the club accumulating the most points from the relay competition. Points will be awarded on the following basis for each event: 1<sup>st</sup> – 6pts, 2<sup>nd</sup> – 5pts, 3<sup>rd</sup> – 4pts, 4<sup>th</sup> – 5pts, 5<sup>th</sup> – 2pts, 6<sup>th</sup> – 1pt. No club points will be awarded for the skins competition.

### **Gala**

- a) The competition will operate without cards. **Club Coaches will be required to sign a declaration to confirm that all swimmers are present. Coaches will be required to complete a withdrawal form for any swimmers who will not be competing or who are not present at the venue 30 minutes before the start of the session.** The declarations must be completed 30 minutes before the start of the first race in the session concerned.
- b) Only finalists will be announced. Results will be posted on the wall at the shallow end of the pool. A full list of results will be available on the website at the end of the competition. Swimmers wishing to withdraw from the finals must inform the clerks of the course in the small pool marshalling area within 15min of the finalists being announced so that reserves can be informed.
- c) Speeding tickets will be issued. Swimmers speeding in the heats will not be eligible to take part in the finals. Swimmers speeding in the finals will be shown in the overall result as being disqualified and will not score club points. The time achieved in the final in these circumstances will be included in the results of the heats to ensure it appears in the ASA database.
- d) Anyone wishing to protest the eligibility of a swimmer must do so in writing providing full details of the meet and the time swum.

### **Relays**

- a) Relay teams will be in the following age groups: 10+under, 12+under, 14+under, Open.
- ✓ Should comprise two boys and two girls and they can swim in any order
  - ✓ Only swimmers who have qualified to swim using the individual entry criteria may take part.
  - ✓ Swimmers shall be excluded from any stroke in which they have achieved a time faster than the limit times for the individual events. They need not have swum in the gala as individuals.
  - ✓ A maximum of 5 names per relay team (4 swimmers and 1 reserve) must be submitted at the start of the relay gala. Blank team sheets will be supplied separately.
  - ✓ A maximum of 2 relay teams per club in each age group.
- b) Sheets will be supplied for completion by clubs indicating the swimmer's Name and Date of Birth. These should be handed in at the same time as the signing in declaration is made. Up to five swimmers names can be included in each team. These swimmers may be interchanged between heats and finals, but swimmers may not swim for more than one team in the same event.

### **Coaches**

- a) Coaches' passes will be available at a cost of £20 each per weekend. This will include **admission to all sessions, programmes, refreshments and food during the interval each day.**

## **Skins Competition**

1. In the following age groups 9/10yrs, 11/12yrs, 13/14yrs, 15yrs+ the six fastest swimmers in the 100 metres Individual Medley (that have not been disqualified due to speeding in the heats) will be invited to take part. Reserves will be selected, and swimmers advised in the same way as finalists. In order to ensure that all lanes are occupied please indicate within 15 minutes of the skins competitors being announced of your intention to take part.
2. There will be five rounds, each round will comprise of a 50 metre race. Swimmers will be spearheaded for the first round in accordance with the times achieved in the 100m I.M., all five rounds to be swum in the same lane.
3. The stroke to be swum will be determined by drawing a coloured ball from a bag prior to the start of each round. The stroke drawn will be announced as soon as it is drawn. The ball will be replaced in the hat after it is drawn. The balls drawn from the hat will represent the following strokes: -  
**RED - Backstroke    YELLOW - Breaststroke    WHITE - Butterfly    BLACK - Freestyle**
4. The stroke selected must be swum in accordance with the ASA Racing Technical rules; this includes the start and the turn.
5. The starting sequence in the first round will be in accordance with the ASA Racing Technical Rules. The starting signal of each subsequent round will be given exactly 2 minutes after the start of the previous one. In the second and subsequent rounds there will be no preparatory command "Take your Marks." This will be replaced by a whistle blast 10 seconds before the starting signal, which will follow in the normal manner. In the event of a failure of the starting signal this will be replaced with a shout of "Go" from the starter.
6. Any swimmer starting before the starting signal has been given will be disqualified unless they return to the end of the pool and start normally. They may start in the water under these circumstances.
7. The slowest swimmer will be eliminated in each round. However, in the event that one or more swimmers have been disqualified for an early start or other infringement of the ASA Racing Technical Rules then the slowest swimmer will not be eliminated.
8. In the event that two or more swimmers are eliminated, then the subsequent rounds shall continue without elimination until the appropriate round. For example if two swimmers are disqualified for an early start in round one, no swimmers will be eliminated in round 2. One swimmer will be eliminated in round 3 as normal.
9. In the event of a tie for last place, both swimmers will continue into the next round. In this event two swimmers will be eliminated from the next round. If there is a tie for last place in round three or four there will be a swim off to determine which swimmer proceeds into the next round. The stroke will be determined as described in rule 3 above. This will also apply in the event of a tie in the final in order to determine the winner.
10. It is the individual swimmer's responsibility to be in their starting position at the start of each round. The starting signal will not be delayed in the event that a swimmer is missing, or has suffered some other "gear" failure.
11. The winner will be the swimmer who is placed first in the final round.

### **Prizes will be awarded as follows: -**

**1st - £15**

**2nd - £10**

**3rd - £5**



## White Cliffs 2012 Upper Limit Times

Swimmers may not enter if they achieved a time since January 1<sup>st</sup> 2012, in competition, faster than those indicated on the tables below

<b>BOYS</b>	<b>50m</b>				<b>100m</b>
	<b>Butterfly</b>	<b>Backstroke</b>	<b>Breaststroke</b>	<b>Freestyle</b>	<b>IM</b>
<b>9/10 years</b>	42.00	41.00	48.00	35.50	1.33.00
<b>11/12 years</b>	37.00	36.50	43.00	32.00	1.20.00
<b>13/14 years</b>	32.00	33.50	37.50	29.00	1.13.00
<b>15 years +</b>	30.50	33.00	36.00	27.50	1.10.00

<b>GIRLS</b>	<b>50m</b>				<b>100m</b>
	<b>Butterfly</b>	<b>Backstroke</b>	<b>Breaststroke</b>	<b>Freestyle</b>	<b>IM</b>
<b>9/10 years</b>	41.00	41.50	47.00	35.50	1.33.00
<b>11/12 years</b>	36.00	38.00	43.00	32.00	1.20.00
<b>13/14 years</b>	35.00	36.00	40.00	30.00	1.16.00
<b>15 years +</b>	34.00	35.00	40.00	30.00	1.15.00

# Programme of Events

## **Gala 1 Warm Up 12.30 Start 1.30**

- 101 Open Mixed 4 x 50m Medley Relay
- 102 9/10 yrs Boys 100m Individual Medley HDW
- 103 9/10 yrs Girls 100m Individual Medley HDW
- 104 14yrs & under Mixed 4 x 25m Freestyle Relay
- 105 15 yrs & Over Boys 50m Freestyle
- 106 15 yrs & Over Girls 50m Freestyle
- 107 9/10 yrs Boys 50m Freestyle
- 108 9/10 yrs Girls 50m Freestyle
- 109 13/14 yrs Boys 50m Breaststroke
- 110 13/14 yrs Girls 50m Breaststroke
- 111 Open 4 x 50m Freestyle Relay
- 112 14yrs & under Mixed 4 x 25m Medley Relay
- 113 Final of Event 101 Open 4 x 50m Medley Relay
- 114 Final of Event 104 14yr & Under Freestyle Relay
- 115 Final of Event 105 15yr & Over Boys Freestyle
- 116 Final of Event 106 15yr & Over Girls Freestyle
- 117 Final of Event 107 9yr Boys Freestyle
- 118 Final of Event 107 10yr Boys Freestyle
- 119 Final of Event 108 9yr Girls Freestyle
- 120 Final of Event 108 10yr Girls Freestyle
- 121 Final of Event 109 13/14 yr Boys Breaststroke
- 122 Final of Event 110 13/14 yr Girls Breaststroke
- 123 Final of Event 111 Open 4x50m Freestyle Relay
- 124 Final of Event 112 14yr & Under Medley Relay
- 125 9/10 yrs Boys Skins
- 126 9/10 yrs Girls Skins

## **Gala 3 Warm Up 9 Start 9.45**

- 301 12yrs & Under Mixed 4 x 25m Freestyle Relay
- 302 13/14 yrs Boys 100m Individual Medley HDW
- 303 13/14 yrs Girls 100m Individual Medley HDW
- 304 11/12 yrs Boys 50m Butterfly
- 305 11/12 yrs Girls 50m Butterfly
- 306 10 yrs & under Mixed 4 x 25m Freestyle Relay
- 307 12 yrs & Under Mixed 4 x 25m Medley Relay
- 308 9/10 yrs Boys 50m Breaststroke
- 309 9/10 yrs Girls 50m Breaststroke
- 310 13/14 yrs Boys 50m Backstroke
- 311 13/14 yrs Girls 50m Backstroke
- 312 10 yrs & under Mixed 4 x 25m Medley Relay
- 313 Final of Event 301 12yr & Under Mixed Freestyle Relay
- 314 Final of Event 304 11/12 yr Boys Butterfly
- 315 Final of Event 305 11/12 yr Girls Butterfly
- 316 Final of Event 306 10yr & Under Mixed Freestyle Relay
- 317 Final of Event 307 12yr & Under Mixed Medley Relay
- 318 Final of Event 308 9yr Boys Breaststroke
- 319 Final of Event 308 10yr Boys Breaststroke
- 320 Final of Event 309 9yr Girls Breaststroke
- 321 Final of Event 309 10yr Girls Breaststroke
- 322 Final of Event 310 13/14 yr Boys Backstroke
- 323 Final of Event 311 13/14 yr Girls Backstroke
- 324 Final of Event 312 10yr & Under Mixed Medley Relay
- 325 13/14 yrs Boys Skins
- 326 13/14 yrs Girls Skins

## **Gala 2 Warm Up 5.00 Start 5.45**

- 201 11/12 yrs Boys 100m Individual Medley HDW
- 202 11/12 yrs Girls 100m Individual Medley HDW
- 203 13/14 yrs Boys 50m Butterfly
- 204 13/14 yrs Girls 50m Butterfly
- 205 15 yrs & over Boys 50m Breaststroke
- 206 15 yrs & over Girls 50m Breaststroke
- 207 11/12 yrs Boys 50m Backstroke
- 208 11/12 yrs Girls 50m Backstroke
- 209 13/14 yrs Boys 50m Freestyle
- 210 13/14 yrs Girls 50m Freestyle
- 211 15 yrs & over Boys 50m Backstroke
- 212 15 yrs & over Girls 50m Backstroke
- 213 Final of Event 203 13/14 yr Boys Butterfly
- 214 Final of Event 204 13/14 yr Girls Butterfly
- 215 Final of Event 205 15yr & Over Boys Breaststroke
- 216 Final of Event 206 15yr & Over Girls Breaststroke
- 217 Final of Event 207 11/12 yr Boys Backstroke
- 218 Final of Event 208 11/12 yr Girls Backstroke
- 219 Final of Event 209 13/14 yr Boys Freestyle
- 220 Final of Event 210 13/14 yr Girls Freestyle
- 221 Final of Event 211 15yr & Over Boys Backstroke
- 222 Final of Event 212 15yr & Over Girls Backstroke
- 223 11/12 yrs Boys Skins
- 224 11/12 yrs Girls Skins

## **Gala 4 Warm Up 1.15 Start 2**

- 401 15 yrs & over Boys 100m Individual Medley HDW
- 402 15 yrs & over Girls 100m Individual Medley HDW
- 403 9/10 yrs Boys 50m Backstroke
- 404 9/10 yrs Girls 50m Backstroke
- 405 11/12 yrs Boys 50m Breaststroke
- 406 11/12 yrs Girls 50m Breaststroke
- 407 15 yrs & over Boys 50m Butterfly
- 408 15 yrs & over Girls 50m Butterfly
- 409 9/10 yrs Boys 50m Butterfly
- 410 9/10 yrs Girls 50m Butterfly
- 411 11/12 yrs Boys 50m Freestyle
- 412 11/12 yrs Girls 50m Freestyle
- 413 Final of Event 403 9yr Boys Backstroke
- 414 Final of Event 403 10yr Boys Backstroke
- 415 Final of Event 404 9 yr Girls Backstroke
- 416 Final of Event 404 10yr Girls Backstroke
- 417 Final of Event 405 11/12 yr Boys Breaststroke
- 418 Final of Event 406 11/12yr Girls Breaststroke
- 419 Final of Event 407 15yr & Over Boys Butterfly
- 420 Final of Event 408 15yr & Over Girls Butterfly
- 421 Final of Event 409 9 yr Boys Butterfly
- 422 Final of Event 409 10 yr Boys Butterfly
- 423 Final of Event 410 9yr Girls Butterfly
- 424 Final of Event 410 10yr Girls Butterfly
- 425 Final of Event 411 11/12 yr Boys Freestyle
- 426 Final of Event 412 11/12 yr Girls Freestyle
- 427 15 yrs & over Boys Skins
- 428 15 yrs & over Girls Skins