

WITNEY & DISTRICT SWIMMING CLUB

Affiliated to South East Region & Oxon & North Bucks ASA

18th OPEN MEET LEVEL 4 GRADED MEET

SUNDAY 14 JUNE 2009

To be held at Windrush Leisure Centre – Witan Way – Witney

RULES AND CONDITIONS

1. The meeting will be held under ASA Rules & Technical Laws.
2. Ages as at date of Open Meet – 14/06/09 (Minimum age - 9 years on date of event).
3. The organisers' decision is final.
4. Closing date for entries is **MONDAY 11 MAY 2009**. Entries will be taken on a first come first served basis.
5. Awards will be made to the fastest 3 swimmers (boys and girls) in each double age group.
9/10 years
11/12 years
13/14 years
15/over (we welcome Masters!)
6. 'Speeding Tickets' will be given to swimmers who exceed the time-limit. They will not be eligible for an award.
7. The races are 50m +100m IM All are Heat Declared Winners (HDW). Manual timing will be used.
8. The promoters reserve the right to limit the number of entries in any event if necessary. Swimmers in an event will be seeded on submitted times irrespective of age group.
9. Submitted times must be between the upper and lower limits.
10. In accordance with ASA policy on Child Protection, any person wishing to engage in the use of video recording, zoom or close range photography, or the use of a Mobile Phone with camera facility must register their details with the relevant official at the door before the commencement of the competition. The use of mobile phones with camera facility on poolside IS NOT PERMITTED.
11. The cost of entry per Adult to include a programme will be £2.00. Children admitted at £1.00 (no programme).
12. Entry fee £3.50 per event. Please submit entries on the enclosed forms (photocopies will

be accepted) together with the appropriate fee. **Block entries** and **1 CLUB CHEQUE**
ONLY PLEASE.

All cards to be posted by **3.45 pm.** Warm-up **4.00 pm.** (girls) **4.15 pm** (boys) Start **4.30 pm.**

Please make cheques payable to **W.D.S.C.**

Return entries to: DENISE GORMAN
THE LAURELS 30A PARK ROAD
NORTH LEIGH OXON OX29 6RX

WITNEY & DISTRICT SWIMMING CLUB GRADED TIME BANDS IN SECONDS

<u>GIRLS</u>	<u>FREESTYLE</u>	<u>BACKSTROKE</u>	<u>BREASTSTROKE</u>	<u>BUTTERFLY</u>	<u>IM</u>
9/10	41.0-50.	46.7-55.0	52.9-61.0	45.0-55.0	1.42.98-2.05.29
11/12	35.9-44.9	40.7-49.7	45.6-54.6	39.3-48.3	1.30.14-1.52.29
13/14	33.6-40.6	38.1-46.1	42.0-49.0	36.4-44.4	1.24.38-1.40.87
15/O	33.2-39.2	37.5-43.5	41.5-47.5	35.9-43.9	1.23.30-1.35.93

<u>BOYS</u>	<u>FREESTYLE</u>	<u>BACKSTROKE</u>	<u>BREASTSTROKE</u>	<u>BUTTERFLY</u>	<u>IM</u>
9/10	41.3-50.0	47.5-56.0	53.6-61.0	46.1-56.1	1.45.62-2.03.60
11/12	35.6-44.6	40.8-49.8	45.6-54.6	39.7-48.7	1.30.87-1.50.38
13/14	31.6-38.6	36.1-44.1	40.0-47.0	34.6-42.4	1.20.54-1.36.03
15/O	30.5-36.5	34.4-40.4	39.9-45.9	33.1-41.1	1.16.63-1.30.50

RACE PROGRAMME

EVENT 1	GIRLS 50 Metres BUTTERFLY	EVENT 2	BOYS 50 Metres BREASTSTROKE
EVENT 3	GIRLS 50 Metres BACKSTROKE	EVENT 4	BOYS 50 Metres FREESTYLE
EVENT 5	GIRLS 50 Metres BREASTSTROKE	EVENT 6	BOYS 50 Metres BUTTERFLY
EVENT 7	GIRLS 50 Metres FREESTYLE	EVENT 8	BOYS 50 Metres BACKSTROKE
EVENT 9	GIRLS 100 Metres INDIVIDUAL MEDLEY	EVENT 10	GIRLS 100 Metres INDIVIDUAL MEDLEY