



Affiliated to the Northumberland & Durham A.S.A.

Present Their

CHRISTMAS LEVEL 3 MEET

(Under FINA Rules & ASA Guidance & ASA Law)

DATE 4th/5th December 2010

**Venue: - Woodhouse Close, Leisure Complex,
Bishop Auckland, Co. Durham**

SATURDAY 4th December

Session 1 (a.m.)

Warm-up 8:00am (Start 9:15am)

1. Boy's 10/Over 400m I.M.
2. Girl's 9/Over 200m Butterfly
3. Boy's 9/10 50m Butterfly
4. Boy's 15/Over 50m Butterfly
5. Girl's 9/10 50m Backstroke
6. Girl's 14/Over 50m Backstroke
7. Boy's 9/Over 200m Breaststroke
8. Girl's 11/Over 100m Breaststroke
9. Boy's 11/Over 100m Backstroke
10. Girl's 9/Over 200m Freestyle

Session 2 (p.m.)

Warm-up 1:00pm (Start 2:00pm)

11. Girl's 10/Over 400m Freestyle
12. Boy's 9/Over 200m I.M.
13. Girl's 9/10 50m Freestyle
14. Girl's 14/Over 50m Freestyle
15. Boy's 9/10 50m Breaststroke
16. Boy's 15/Over 50m Breaststroke
17. Girl's 9/Over 200m Backstroke
18. Boy's 11/Over 100m Butterfly
19. Girl's 11/Over 100m Freestyle
20. Boy's 9/Over 100m I.M.

SUNDAY 5th December

Session 3 (a.m.)

Warm-up 8:00am (Start 9:15am)

21. Girl's 10/Over 400m I.M.
22. Boy's 9/Over 200m Butterfly
23. Girl's 9/10 50m Butterfly
24. Girl's 14/Over 50m Butterfly
25. Boy's 9/10 50m Backstroke
26. Boy's 15/Over 50m Backstroke
27. Girl's 9/Over 200m Breaststroke
28. Boy's 11/Over 100m Breaststroke
29. Girl's 11/Over 100m Backstroke
30. Boy's 9/Over 200m Freestyle

Session 4 (p.m.)

Warm-up 1:00pm (Start 2:00pm)

31. Boy's 10/Over 400m Freestyle
32. Girl's 9/Over 200m I.M.
33. Boy's 9/10 50m Freestyle
34. Boy's 15/Over 50m Freestyle
35. Girl's 9/10 50m Breaststroke
36. Girl's 14/Over 50m Breaststroke
37. Boy's 9/Over 200m Backstroke
38. Girl's 11/Over 100m Butterfly
38. Boy's 11/Over 100m Freestyle
40. Girl's 9/Over 100m I.M.

- Electronic Timing
- Computer Recording
- 25m 6 Lane Anti-Wave Pool
- **Entry Fee:-** Individual swims-4.00 for disk entries

All swims are HDW

AGE GROUPS Girls 9,10,11,12, 13,14/over

Boys 9,10,11,12,13,14,15/over

4.50 for paper entries

PRIZE FOR THE BEST TEAM FANCY DRESS!
PRIZE FOR BEST COACH FANCY DRESS!
SELECTION BOX FOR EVERY SWIMMER!

FURTHER INFORMATION FROM

Jacqui Teasdale, 1 Calder Close, Bishop Auckland, Co Durham DL14 0RT Tel: 01388 451881

E-mail JACQUITEASDALE@AOL.COM

Closing Date 5th November 2010



CHRISTMAS LEVEL 3 MEET INFO.

1. This meet is held under FINA Rules & ASA Guidance & ASA Law.
2. The pool is 25m in length having 6 lanes fitted with anti-wave lane ropes using the Colorado Electronic Timing System.
3. All warm-ups will be split, having the morning warm-up starting @ 8:00 with the afternoon warm-up starting @ 1:00pm.
4. The meet is cardless. All withdrawals must be presented in the back room no later than 45 minutes before the commencement of each session.
5. **Entries will only be accepted between the time limits supplied. It is expected that clubs ensure that swimmers are entered on correct best times only.**
6. Heats will be seeded by submitted entry times. The organizers reserve the right to limit entries if necessary to ensure completion within the scheduled timescale.
7. In the event of over subscription Wear Valley ASC reserves the right to adjust the lower cut off times.
8. All events are HDW with awards being made to the first 3 in each age group as stated on the program. Ages are as at 5th December 2010.
9. All heats except backstroke will use over the top starts.
10. All competitors must go through the marshalling process. If a competitor does not report to marshalling on time, the heat will proceed without the competitor concerned. **We will not call for individual swimmers.**
11. Presentations will take place during the running of the gala.
12. Poolside entries will be accepted at the discretion of WVASC. This will be announced on the day.
13. The order of events may be changed at the discretion of the meet organizer.
14. When swim down facilities are available, a lifeguard will be present for safety reasons. However, club coaches will be responsible for the behaviour of their own swimmers. Any swimmers found to be misbehaving or not utilising the swim down facility appropriately will be asked to leave the swim down pool.
15. For health & safety reasons any swimmer wearing body paint will not be allowed to enter the water.
16. Swimmers & spectators are advised to ensure the safety of their belongings as neither the competition organizers nor pool management can accept any responsibility for loss or damage. Any property lost or found should be handed to the organizer.
17. Please be aware that we share the premises with other users. This especially applies to changing room facilities. Anyone causing a nuisance in shared areas will be required to leave the premises immediately without any refund of entries.
18. Any swimmer or spectator found vandalizing Wood House Close Leisure Complex will be required to leave the premises without any refund of entries.



CHRISTMAS LEVEL 3 MEET 2010

ENTRY FORM

Club

Tel. No

Competition Secretary

Address

Total No of Individual Entries _____

Indiv.entries entered on disk _____ @ 4.00 £ or on Paper _____ @ 4.50 £

Number of Coach Passes _____ @ 12.00 £

(Includes: results, programme & meals)

Total to Pay £ _____

Please forward all entries, email address and contact details together with a cheque made payable to WEAR VALLEY ASC to:-

Jacqui Teasdale, 1 Calder Close, Bishop Auckland, Co Durham DL14 0RT
Telephone: 01388 451881

CLOSING DATE FOR ENTRIES

5th November 2010