



# **LINCOLN VULCANS SWIMMING CLUB**

(AFFILIATED TO THE LINCOLNSHIRE AND EAST MIDLAND REGION)

## **LONG COURSE LICENSED OPEN MEET 2007**

(THIS IS A LEVEL 1 EVENT AND IS LICENSED BY THE ASA FOR ENTRY INTO DISTRICT AND NATIONAL CHAMPIONSHIPS)

### **RULES OF THE COMPETITION**

#### GENERAL

- 1 The meet will be held under current A.S.A. Laws and A.S.A. Technical Rules of swimming.
- 2 The competition is open to A.S.A. registered swimmers only.
- 3 The venue is Ponds Forge International Swimming Pool, Sheffield

#### ENTRIES

- 4 Applications for entry must be received at the published address, by the published closing time/date, on a correctly and legibly completed entry form (or photocopy), together with a stamped, self-addressed envelope and the correct payment by cheque or postal order. The promoter reserves the right to return any entry not fulfilling these requirements.
- 5 Entries will be accepted on a '**first come basis**'. Full reimbursement of fees shall be made to unsuccessful applicants.
- 6 Club entries may be partially declined if the numbers designated for each event are oversubscribed.
- 7 No entries will be accepted after the closing date or during the meet, unless the promoter has made an error or omission.
- 8 The individual entry form and summary entry form has provision for applying for 'coaches passes'. For reasons of Child Protection, these will not be sold on the day. All applicants should have registered with the ASA's scheme – see your Club Secretary. The Chief Warm-up Steward may request pass-holders to assist in supervising warm-ups.
- 9 Cards will be returned to the contact address as soon as possible after the closing date.

#### AGE GROUPS

- 10 Age groups are based on the **swimmer's age on the day of the competition**.
- 11 Age groups are: 9yrs 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs and 17/over

#### THE COMPETITION

- 12 **Cards for all sessions must be posted ¾ hour before the times advertised for starts, late entries will not be accepted.**
- 13 It is the swimmers' responsibility to report to the Competitors' Stewards when the event is called, so that they are ready for the start of their event.
- 14 Events are to be swum in 'integrated age groups' with seeding by submitted times.
- 15 All events will have 'heat-declared winners'. There will be no finals.
- 16 Over-the-top starts will be at the promoter's discretion.
- 17 The final heat in each event will be spearheaded.
- 18 **Continual warm up and swim down facilities will be available in the diving pit.**

#### AWARDS

- 19 Awards will be presented to each of the following – Top Boy, Top Girl, Top Visiting Club.
- 20 Awards will be made to the three fastest swimmers in each age group for each event.

#### OTHER

- 21 All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
- 22 All swimmers must be able to execute a competitive racing dive as laid down in ASA law or they should start in the water. It is the swimmer's or their representative's responsibility to inform a meet official of any reason why they cannot conform to ASA technical rules; this should be done before the event in which they are taking part commences.
- 23 Coaches or team managers are responsible for the swimmers' conduct at all times.
- 24 The promoter reserves the right to refuse admission to any competitor or other personnel.
- 25 Anything not covered within these rules will be at the discretion of the meet organiser and/or the promoters of the competition, i.e. Lincoln Vulcan's Swimming Club.