



Enfield Swim Squad  
Affiliated to ASA London Region

**ESS LEVEL 3 REGIONAL QUALIFIER OPEN MEET**  
**Licensed by the ASA No. 3LR190285**

Saturday 2nd March & Sunday 3rd March 2019

Southbury Leisure Centre  
Southbury Road  
Enfield  
EN1 1YP

1. The competition will be held under ASA laws and ASA Technical Rules of Swimming and these Promoter's Conditions.
2. The Meet has been licensed at Level 3 by the ASA, (3LR190285). All entries must be no faster than the upper limit qualifying times as per the attached table. The meet will be first come, first served, subject to acceptance by the Promoter and the closing date is midnight Friday 25<sup>th</sup> January 2019 or sooner if the meet is oversubscribed. Confirmation of accepted entries will be returned as soon as possible after this date and following receipt of a completed summary sheet and cheque / payment.
3. Ages as on the day of the meet – 3<sup>rd</sup> March 2019
4. The pool is 25m long with 8 lanes, anti-wave lane ropes and Colorado electronic timing system in operation.
5. In the interests of time, 'over the top' starts may be operated at the discretion of the referee.
6. An adjacent warm-up and swim-down facility is available during the sessions. This area must not be used during the "formal" warm up period. It will be the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended.
7. A cardless entry system will be operated at this meet. Swimmers must withdraw using the appropriate form at the relevant desk no later than 15 minutes prior to the start of each warm up.
8. Swimmers must report to the clerks of the course when instructed to do so. Any competitor not reporting in time may be excluded.
9. Swimmers must be ASA registered at category 2 and have an ASA number and belong to an affiliated club..
10. Time trials may be available to swimmers at the promoter's discretion and dependent upon space and will incur a fee of £6 payable before the race takes place. All time trials will be swum in the first heat with "NT" against the swimmer's name. Awards will not be given for time trial entries.
11. All events will be swum as combined age groups and seeded slowest to fastest irrespective of age.
12. The entry fee will be £5.00 per event for all events (this includes the ASA's 20p levy). No refunds will be given except where entries are rejected. Clubs with more than 10 swimmers should enter electronically by using Hy-Tek's 'Team Manager Software. This can be downloaded from Hy-Tek's website. Please complete the entry summary form and return together with a cheque made payable to Enfield Swim Squad to the address below or to HSBC, sort code 40 22 34 account number 61471260. Entry times must be 25m pool times. Any club with 10 or more swimmers are asked to provide an ASA registered official (J1, J2, J2S, TK, Referee), for each session.



13. Coaches passes are available at a cost of £15 each per day, to a maximum of 4 per team. This includes a programme **and refreshments including lunch** between the sessions. ASA Guidelines state that the ratio of swimmers to “minders” should be 10:1. Passes must be displayed at all times. No one will be allowed on poolside without a pass.

14. Spectator entry will be £5 per person, per session, or £7 per person for both sessions on each day. Programmes are included in this price.

15. Entries should be emailed to [openmeets@enfieldswimsquad.org](mailto:openmeets@enfieldswimsquad.org) The entry summary and cheque should be posted to Richard McGonegle, 29 Tiverton Road, Potters Bar, Herts EN6 5HY. The closing date is midnight 26<sup>th</sup> January 2019 or sooner if full.

All entry forms must be fully and correctly completed, otherwise they may be rejected.

Electronic entries please (mandatory for more than 10 swimmers, unless by prior agreement of the promoter). Clubs sending paper entries will be required to pay £10 administration fee. HyTek file available from the promoter.

16. The age groups are 9, 10, 11, 12, 13, 14, 15, 16 & over.

17. Awards will be given to the first 3 in each age group in each event on a HDW basis.

18. Events are:

50m and 200m all four strokes plus 200m IM - All age groups

100m all four strokes, for 10 years & over

400m freestyle and IM for 11 years & over. There will be a limit of 5 heats per 400m event and will be allocated to the fastest 6 swimmers in each age group.

19. Results will be available on the club website as soon as practicable after the meet. A full set of results will be sent by email to all clubs. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the meet. A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.

20. All participants and spectators must observe all safety precautions in operation at the pool and follow instructions of pool staff and Enfield Swim Squad Management Team. Prior to leaving poolside, swimmers must dry off and put on appropriate clothing and footwear. No swimmers will be allowed into the spectator area or the main entrance foyer area unless they have complied with this requirement. Failure to comply with any condition may result in disqualification and forfeiture of any fee paid.

21. By signing the entry form, swimmers accept these conditions in full. The promoter reserves the right to refuse admission to any competitor or spectator to any session.

22. All visiting clubs must ensure that team managers/coaches and officials comply with the ASA Child Protection Policy.

23. The Promoter reserves the right to amend the Conditions, without prior notice, to ensure the smooth running of the meet. For any matters not covered by these Conditions the promoter will make any decisions they deem necessary to provide for the satisfactory running of the competition. By submitting an entry participants have deemed to agree to such decisions.



#### 24. Video Recording/Photography/Mobile Telephones

In accordance with the conditions for the pool hire, any person wishing to engage in video, zoom or close range photography, including the use of mobile telephones with photographic capabilities, must first register their details on the form provided at the entrance desk. They will be provided with an identification label (permit) which must be worn at all times. The Promoter reserves the right to refuse the granting of a permit. It is requested that all mobile telephones are switched off or turned to silent during the competition and that there is no flash photography at the start of each event.

Photographs may not be published on Social Media or on any website without the express permission of parents of the swimmer photographed.

25. Mobile phones / camera's etc MUST not be used in the changing rooms at any time.

26. The promoter is Richard McGonegle c/o Enfield Swim Squad



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**Programme of Events**

<b>Saturday, 2<sup>nd</sup> March 2019</b>			
Session 1 WARMUP 9.15, START 10.15AM			
<b>Event 1</b>	<b>Boys</b>	<b>400m Freestyle</b>	<b>11 - 16 &amp; over</b>
<b>Event 2</b>	<b>Girls</b>	<b>200m Individual Medley</b>	<b>all ages</b>
<b>Event 3</b>	<b>Boys</b>	<b>200m Butterfly</b>	<b>all ages</b>
<b>Event 4</b>	<b>Girls</b>	<b>50m Breaststroke</b>	<b>all ages</b>
<b>Event 5</b>	<b>Boys</b>	<b>50m Backstroke</b>	<b>all ages</b>
<b>Event 6</b>	<b>Girls</b>	<b>200m Freestyle</b>	<b>all ages</b>
<b>Event 7</b>	<b>Boys</b>	<b>100m Breaststroke</b>	<b>10 - 16 &amp; over</b>
<b>Event 8</b>	<b>Girls</b>	<b>100m Butterfly</b>	<b>10 - 16 &amp; over</b>

<b>Saturday, 2<sup>nd</sup> March 2019</b>			
Session 2 estimated WARMUP 2.15PM, START 3.15PM			
<b>Event 9</b>	<b>Girls</b>	<b>400m Individual Medley</b>	<b>11 - 16 &amp; over</b>
<b>Event 10</b>	<b>Boys</b>	<b>200m Backstroke</b>	<b>All ages</b>
<b>Event 11</b>	<b>Girls</b>	<b>200m Breaststroke</b>	<b>All ages</b>
<b>Event 12</b>	<b>Boys</b>	<b>50m Butterfly</b>	<b>All ages</b>
<b>Event 13</b>	<b>Girls</b>	<b>100m Backstroke</b>	<b>10 - 16 &amp; over</b>
<b>Event 14</b>	<b>Boys</b>	<b>100m Freestyle</b>	<b>10 - 16 &amp; over</b>
<b>Event 15</b>	<b>Girls</b>	<b>50m Freestyle</b>	<b>All ages</b>

<b>Sunday, 3<sup>rd</sup> March 2019</b>			
Session 3 WARMUP 9.15AM, START 10.15AM			
<b>Event 16</b>	<b>Girls</b>	<b>400m Freestyle</b>	<b>11 - 16 &amp; over</b>
<b>Event 17</b>	<b>Boys</b>	<b>200m Individual Medley</b>	<b>all ages</b>
<b>Event 18</b>	<b>Girls</b>	<b>200m Butterfly</b>	<b>all ages</b>
<b>Event 19</b>	<b>Boys</b>	<b>50m Breaststroke</b>	<b>all ages</b>
<b>Event 20</b>	<b>Girls</b>	<b>50m Backstroke</b>	<b>all ages</b>
<b>Event 21</b>	<b>Boys</b>	<b>200m Freestyle</b>	<b>all ages</b>
<b>Event 22</b>	<b>Girls</b>	<b>100m Breaststroke</b>	<b>10 - 16 &amp; over</b>
<b>Event 23</b>	<b>Boys</b>	<b>100m Butterfly</b>	<b>10 - 16 &amp; over</b>

<b>Sunday, 3<sup>rd</sup> March 2019</b>			
Session 4 estimated WARMUP 2.15PM, START 3.15PM			
<b>Event 24</b>	<b>Boys</b>	<b>400m Individual Medley</b>	<b>11 - 16 &amp; over</b>
<b>Event 25</b>	<b>Girls</b>	<b>200m Backstroke</b>	<b>All ages</b>
<b>Event 26</b>	<b>Boys</b>	<b>200m Breaststroke</b>	<b>All ages</b>
<b>Event 27</b>	<b>Girls</b>	<b>50m Butterfly</b>	<b>All ages</b>
<b>Event 28</b>	<b>Boys</b>	<b>100m Backstroke</b>	<b>10 - 16 &amp; over</b>
<b>Event 29</b>	<b>Girls</b>	<b>100m Freestyle</b>	<b>10 - 16 &amp; over</b>
<b>Event 30</b>	<b>Boys</b>	<b>50m Freestyle</b>	<b>All ages</b>

Age Groups for awards: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 & over



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**Upper and Lower Limit Qualifying Times**

*Swimmers must not have swum faster than the times below.  
 Times based on short course times.*

**BOYS Upper and Lower Limits**

		<b>9/10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>Open</b>
<b>50m Freestyle</b>	Upper Limit	29.26	28.42	26.88	25.40	24.52	23.74	21.15
	LLT	48.93	44.96	41.93	38.73	35.67	33.41	32.00
<b>100m Freestyle*</b>	Upper Limit	1.05.48*	1.01.71	58.76	55.29	53.50	52.06	50.76
	LLT	1.46.88*	1.37.66	1.30.79	1.23.55	1.16.99	1.12.42	1.10.51
<b>200m Freestyle</b>	Upper Limit	2.20.17	2.11.43	2.08.40	2.00.60	1.55.07	1.52.10	1.48.90
	LLT	3.52.36	3.32.70	3.17.95	3.02.39	2.47.87	2.38.02	2.34.89
<b>400m Freestyle</b>	Upper Limit		4.37.89	4.35.23	4.15.12	4.01.46	3.58.31	3.56.31
	LLT		6.06.00	5.46.00	5.26.80	5.10.40	4.57.45	4.48.50
<b>50m Breaststroke</b>	Upper Limit	38.79	36.90	33.54	32.46	31.62	29.64	27.11
	LLT	1.03.40	57.91	53.71	49.08	45.19	52.19	40.85
<b>100m Breaststroke*</b>	Upper Limit	1.26.45*	1.21.09	1.13.66	1.08.62	1.06.89	1.04.70	1.00.00
	LLT	2.18.03*	2.04.96	1.55.64	1.45.63	1.37.13	1.30.79	1.27.59
<b>200m Breaststroke</b>	Upper Limit	3.08.41	2.56.30	2.42.03	2.31.59	2.26.55	2.18.59	2.08.59
	LLT	4.56.12	4.28.87	4.09.72	3.48.96	3.29.94	3.16.89	3.10.75
<b>50m Butterfly</b>	Upper Limit	31.64	31.14	28.80	27.69	25.96	24.86	22.51
	LLT	54.17	49.40	46.19	42.46	39.02	36.35	32.55
<b>100m Butterfly*</b>	Upper Limit	1.11.71*	1.08.54	1.04.49	1.00.09	58.85	55.54	50.31
	LLT	2.02.08*	1.49.13	1.41.06	1.32.45	1.24.75	1.19.15	1.14.22
<b>200m Butterfly</b>	Upper Limit	2.42.47	2.23.81	2.26.50	2.13.32	2.04.81	2.02.97	1.58.80
	LLT	4.28.31	3.59.33	3.42.76	3.24.45	3.07.80	2.45.18	2.35.66
<b>50m Backstroke</b>	Upper Limit	33.15	32.57	29.46	28.58	27.73	26.78	24.35
	LLT	55.76	51.15	47.88	43.86	40.62	37.87	35.60
<b>100m Backstroke*</b>	Upper Limit	1.12.01*	1.09.96	1.05.66	1.01.78	58.58	56.94	52.21
	LLT	2.01.02*	1.49.07	1.41.61	1.33.25	1.25.53	1.20.08	1.15.25
<b>200m Backstroke</b>	Upper Limit	2.37.44	2.30.57	2.17.77	2.15.59	2.04.10	2.03.07	1.53.95
	LLT	4.16.49	3.54.13	3.38.48	3.20.64	3.04.40	2.52.83	2.41.60
<b>100m Individual Medley</b>	Upper Limit	1.14.33	1.10.79	1.06.97	1.03.24	1.01.65	58.22	55.37
	LLT	2.03.08	1.53.21	1.45.62	1.37.15	1.28.97	1.23.49	1.15.22
<b>200m Individual Medley</b>	Upper Limit	2.38.74	2.28.11	2.25.61	2.16.65	2.07.92	2.05.64	1.57.32
	LLT	4.24.01	4.00.01	3.43.46	3.26.37	3.08.96	2.57.52	2.40.86
<b>400m Individual Medley</b>	Upper Limit		5.14.00	5.11.00	4.48.28	4.32.85	4.28.96	4.27.03
	LLT		6.53.58	6.30.98	6.09.28	5.50.75	5.36.11	5.26.00

\* 9 year olds are not eligible to enter 100m events, with the exception of the 100m IM.



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**Upper and Lower Limit Qualifying Times**

*Swimmers must not have swum faster than the times below.  
 Times based on short course times.*

**Girls Upper and Lower Limits**

		<b>9/10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>Open</b>
<b>50m Freestyle</b>	Upper Limit	30.25	28.29	27.80	27.20	26.19	25.39	24.67
	LLT	48.37	44.75	41.66	39.14	37.43	36.26	34.15
<b>100m Freestyle*</b>	Upper Limit	1.10.16*	1.05.20	1.00.07	58.35	57.41	56.2	54.18
	LLT	1.46.25*	1.36.70	1.29.64	1.24.25	1.20.44	1.18.22	1.16.25
<b>200m Freestyle</b>	Upper Limit	2.28.44	2.14.97	2.09.98	2.03.02	2.02.58	2.0072	1.56.09
	LLT	3.47.61	3.28.68	3.13.27	3.01.35	2.53.36	2.48.22	2.35.78
<b>400m Freestyle</b>	Upper Limit		4.43.90	4.33.36	4.19.47	4.13.70	4.12.22	4.04.40
	LLT		6.20.30	6.01.01	5.48.40	5.35.50	5.30.00	5.26.10
<b>50m Breaststroke</b>	Upper Limit	39.13	35.09	34.79	33.33	33.06	31.96	30.03
	LLT	1.02.42	57.12	52.83	49.43	47.02	45.53	41.62
<b>100m Breaststroke*</b>	Upper Limit	1.26.35*	1.20.41	1.17.96	1.12.48	1.10.56	1.09.23	1.07.40
	LLT	2.15.80*	2.02.68	1.53.44	1.45.65	1.40.03	1.37.42	1.32.88
<b>200m Breaststroke</b>	Upper Limit	3.04.96	2.48.13	2.42.78	2.38.66	2.34.07	2.30.79	2.23.69
	LLT	4.49.60	4.23.14	4.03.42	3.46.76	3.35.79	3.29.90	3.12.68
<b>50m Butterfly</b>	Upper Limit	33.67	32.13	30.70	28.92	27.95	27.54	26.82
	LLT	53.03	48.89	45.41	52.55	40.54	39.21	35.10
<b>100m Butterfly*</b>	Upper Limit	1.17.21*	1.12.13	1.06.39	1.03.86	1.02.41	59.70	58.69
	LLT	1.59.22*	1.47.55	1.38.97	1.32.84	1.28.04	1.25.74	1.22.78
<b>200m Butterfly</b>	Upper Limit	2.52.55	2.41.79	2.32.71	2.18.54	2.16.88	2.12.51	2.10.46
	LLT	4.24.49	3.56.66	3.37.18	3.22.89	3.12.56	3.06.58	3.00.65
<b>50m Backstroke</b>	Upper Limit	35.09	31.44	30.39	29.68	29.56	28.11	27.44
	LLT	55.00	50.58	47.12	44.19	51.1	41.00	39.12
<b>100m Backstroke*</b>	Upper Limit	1.16.83*	1.10.98	1.06.41	1.03.00	1.02.27	1.00.56	58.83
	LLT	1.59.06*	1.47.88	1.39.64	1.33.24	1.29.02	1.26.19	1.23.89
<b>200m Backstroke</b>	Upper Limit	2.39.95	2.25.21	2.22.25	2.16.76	2.13.37	2.12.08	2.07.15
	LLT	4.12.90	3.48.79	3.32.50	3.19.79	3.10.64	3.04.46	2.59.56
<b>100m Individual Medley</b>	Upper Limit	1.20.21	1.12.30	1.09.20	1.06.12	1.05.94	1.03.40	1.02.18
	LLT	1.59.76	1.51.71	1.43.96	1.37.11	1.33.06	1.30.39	1.25.41
<b>200m Individual Medley</b>	Upper Limit	2.48.26	2.30.58	2.25.58	2.20.26	2.19.40	2.16.32	2.09.51
	LLT	4.18.65	3.55.69	3.38.35	3.25.15	3.15.40	3.09.74	2.59.99
<b>400m Individual Medley</b>	Upper Limit		5.20.81	5.08.90	4.53.20	4.46.68	4.45.00	4.36.17
	LLT		7.09.74	6.47.94	6.33.69	6.16.85	6.12.90	6.08.50

\* 9 year olds are not eligible to enter 100m events, with the exception of the 100m IM.



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**Individual Entry Form**

Name..... M/F..... DOB.....

Club..... ASA No.....

No of entries @ £5.00..... Total Payable.....

Total Payment Enclosed £.....

<b>Event</b>	<b>Entry Time (short course)</b>
50m Backstroke	
50m Breaststroke	
50m Butterfly	
50m Freestyle	
100m Backstroke	
100m Breaststroke	
100m Butterfly	
100m Freestyle	
200m Backstroke	
200m Breaststroke	
200m Butterfly	
200m Freestyle	
100m Individual Medley	
200m Individual Medley	
400m Individual Medley	
400m Freestyle	

I confirm that I have not swum faster than the times stated above.

Competitor's Signature.....

**The closing date for entries is at midnight, Friday, 25th January 2019 (or sooner if full).**



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**Club Entry Summary Form**

Club Name: .....

Club Contact: .....

Email Address: .....

Mobile Number: .....

**Please email Hy-Tek entry file to [openmeets@enfieldswimsquad.org](mailto:openmeets@enfieldswimsquad.org) .**

Total Number of Entries @ £5.00: .....

No. of Coach Passes (including lunch) @£15 per person per day: .....

Total Payment: £ ..... Cheque or Bank Transfer: .....

(Cheques payable to Enfield Swim Squad, post to Richard McGonegle, 29 Tiverton Road, Potters Bar, Herts EN6 5HY. Bank Transfer: ESS, HSBC, sort code 40-22-34, account number 61471260.)

I hereby certify that the enclosed swimmers' entries are eligible and that I have read and understood the conditions of entry.

Signature: ..... Date: .....

**If entering more than 10 swimmers, please provide an Official for each session.**

**Session 1**

Name of ASA Registered Official: ..... Qualification: .....

**Session 2**

Name of ASA Registered Official: ..... Qualification: .....

**Session 3**

Name of ASA Registered Official: ..... Qualification: .....

**Session 4**

Name of ASA Registered Official: ..... Qualification: .....