

HAMPSHIRE COUNTY AMATEUR SWIMMING ASSOCIATION
Affiliated to SCASA

AGE GROUP 200m+ LICENSED LEVEL 1 OPEN MEET
Under ASA Law and ASA Technical Rules

SUNDAY 11TH DECEMBER 2005

ALDERSHOT GARRISON SPORTS CENTRE (50M)

This event is a Licensed Level 1 competition with times licensed by the ASA for entry into National Championships.

Promoter's Conditions

1. The competition shall be conducted in accordance with ASA Laws and ASA Technical Rules.
2. Age Groups: Girls 9/10yrs, 11yrs, 12yrs, 13yrs, 14yrs
Boys 9/10yrs, 11yrs, 12yrs, 13yrs, 14yrs,
Age as at 11th December 2005
3. Events: 200m Freestyle, Breaststroke, Butterfly, Backstroke,
400m Freestyle, 400m Individual Medley
800m Freestyle (female) 1500m Freestyle (male except 9/10yrs)
4. Entry Fee: £5.00 per event. Free admission for spectators.
5. Swimmers may enter a maximum of 5 events.
6. This is a level 1 Licensed Meet. Swimmers must have attained the qualifying standard time as listed (25m). Entries on the appropriate form, together with the entry fee, must reach the competition administrator by the relevant closing date.
7. Closing Date for Entries: Friday 11th November 2005.
8. Clubs are requested to submit one cheque to cover all entries together with a large, A4, stamped addressed envelope for the return of entry cards.
9. Entries will be accepted based upon submitted times. Any entry which is not accepted will have the fee refunded.
10. Any swimmer submitting an entry in the name of a club with a Speedo League Gala on Sunday 11th December 2005 will not be accepted.
11. Should the competition remain undersubscribed at the closing date the promoter's reserve the right to accept late entries on a first come, first served basis, from clubs allocated to HCASA
12. There will be a maximum of 3 heats of 800m and 2 heats of 1500m Freestyle
13. Results shall be determined from performance in the heats. There are no finals
14. Awards will be presented to swimmers placed 1st, 2nd and 3rd in each age group in each event.
15. Time Trials will be accepted in any event, space permitting.
16. The promoters of this competition reserve the right to decide upon any matter not covered in the conditions as listed above.

AGE GROUP 200M+ LICENSED LEVEL 1 OPEN MEET

HAMPSHIRE COUNTY AMATEUR SWIMMING ASSOCIATION
Affiliated to SCASA

In conjunction with Rushmoor Royals Swimming Club

Under ASA Law and ASA Technical Rules

SUNDAY 11TH DECEMBER 2005

ALDERSHOT GARRISON SPORTS CENTRE (50M)

PROGRAMME OF EVENTS

Session 1	Session 2
Sunday 11 th December Warm-up 8.15am Start 9.00am	Sunday 11 th December Warm-up to be confirmed Start to be confirmed
Boys 200m Freestyle	Girls 200m Freestyle
Girls 400m Freestyle	Boys 400m Freestyle
Boys 200m Backstroke	Girls 200m Backstroke
Girls 200m Breaststroke	Boys 200m Breaststroke
Boys 200m Butterfly	Girls 200m Butterfly
Girls 400m Individual Medley	Boys 400m Individual Medley
Boys 1500m Freestyle	Girls 800m Freestyle

Age Groups: Girls 9/10yrs, 11yrs, 12yrs, 13yrs, 14yrs
 Boys 9/10yrs, 11yrs, 12yrs, 13yrs, 14yrs

Age as at 11th December 2005

Swimmers must have achieved the Qualifying Standard times as listed below (25m)

Boys					Girls					
9/10yrs	11yrs	12yrs	13yrs	14yrs		9/10yrs	11yrs	12yrs	13yrs	14yrs
3.09.50	2.52.60	2.37.70	2.27.70	2.20.60	200F/S	3.03.30	2.49.10	2.38.30	2.30.80	2.29.20
6.36.20	5.59.10	5.30.90	5.10.20	4.56.60	400F/S	6.27.70	5.49.80	5.28.50	5.12.50	5.08.80
					800F/S	12.05.10	12.05.10	11.19.30	10.45.80	10.30.80
	21.55.90	21.55.90	20.27.60	19.31.70	1500F/S					
3.58.80	3.38.80	3.19.80	3.05.10	2.55.50	200 Breast	3.54.90	3.34.00	3.19.80	3.08.90	3.02.60
3.40.60	3.18.00	3.00.00	2.46.60	2.37.00	200 Fly	3.37.80	3.13.10	2.59.90	2.50.60	2.45.20
3.31.00	3.10.90	2.52.80	2.43.70	2.34.70	200 Back	3.27.10	3.04.80	2.53.80	2.46.20	2.42.90
6.58.60	6.58.60	6.19.60	5.55.20	5.36.90	400 IM	6.46.60	6.46.60	6.18.40	5.59.10	5.50.50