

MAXWELL SWIM CLUB
January Meet
ASA Category 2 Meet
Applied for



The Aqua Vale, Aylesbury
Saturday & Sunday
23rd & 24th January 2010

MEET INFORMATION

- ❖ **The Maxwell Swim Club** is affiliated to the ASA South East Region.
 - ❖ **Event** is “licensed” by the ASA for entry into National and Regional Championships.
 - ❖ **It is held under ASA Law and rules and accords to ASA Category 2.**
 - ❖ **Entry Times:** Swimmers must meet the qualifying time stipulated per event and age group. The promoter will accept entries on a first come first served basis.
 - ❖ **Closing date for Entries: 17th December 2009.**
 - ❖ **Age Groups:** 9,10,11,12,13,14,15,16,&17 years +
 - ❖ **Events** 50M all strokes 200m all strokes 100m and 200m I.M, 400m free
 - ❖ Girls 100m all strokes ages 10+ boys 100m all strokes ages 11+
 - ❖ **Ages:** Age on Day - as of 24th January 2010.
 - ❖ **Entry fee:** £5.00 per event includes ASA entry fee (only one cheque per club)
 - ❖ **Entry via hy-tek preferred, please email for file** (sandra_winterburn@yahoo.com)
 - ❖ **Please include s.a.e for return of cards**
 - ❖ **Coach passes:** £25.00 per weekend (includes entrance, poolside pass, programme and food).
 - ❖ **The Pool:** 8-Lane, 25 metre constant depth, deck level pool, Anti-turbulence ropes. Omega Electronic Timing & Display.
 - ❖ **Saturday Sessions** – Warm-up times: t.b.c
 - ❖ Session 1 Boys 8.00 am to 8.30am Girls 8.30am to 9.00am **Start 9.05am**
 - ❖ Session 2 Boys 12.45pm to 1.15pm Girls 1.15pm to 1.45pm **Start 1.50pm**
 - ❖ Session 3 Girls 5.30pm to 5.45pm Boys 5.45pm to 6.00pm **Start 6.05pm**
 - ❖ **Sunday Sessions** – Warm-up times: t.b.c
 - ❖ Session 4 Girls 8.00am to 8.30am Boys 8.30am to 9.00am **Start 9.05am**
 - ❖ Session 5 Girls 12.45pm to 1.15pm Boys 1.15pm to 1.45pm **start 1.50pm**
 - ❖ **Day of Meet**
 - ❖ **Bags** large swimming bags will not be allowed on poolside – please bring a small poolside bag. Lockers are available to leave belongings (a £1 coin, which is returnable, is required).
 - ❖ **Coaches** are to supervise swimmers during Warm-up sessions.
 - ❖ **Warm-up.** All swimmers must follow the announced and posted procedure.
 - ❖ **Cards:** To be posted **60 minutes** before the start time of each Session
 - ❖ **Swimmers** are to report to the marshalling area one event prior to their own.
 - ❖ **Awards:** All events will be Heat Declared Winners (HDW) and awards will be to the first 3 places in each age group per event. Awards are to be collected from the Trophy table following posting of the results after each session.
 - ❖ **Referee’s decision** is final.
 - ❖ **“Over the Top”** starts will be at the discretion of the Referee.
 - ❖ **“Speed trials”** will not be accepted.
 - ❖ **Swimwear:** the new ASA rules on swimwear will be adhered to
 - ❖ **Cafeteria:** area open during competition
 - ❖ **Swim Shop:** a swim shop will be available during the competition.
 - ❖ **Changing :**Please note that changing facilities will be open to the general during the meet.
 - ❖ Anything not covered in the Meet Conditions will be at the Promoter’s discretion.
- Promoter: Sandra Winterburn, West End House, West End, Weston Turville, Bucks
HP22 5TT

**MAXWELL SWIM CLUB
JANUARY MEET
ASA Category 2
Applied for**



THE AQUA VALE, AYLESBURY

Saturday 23rd / Sunday 24th January 2010

Session One - Warm-Up 8.00am, Start 9.05am (to be confirmed)

1. Boys 9 & over 400m Free
2. Girls 9 & over 200m Breaststroke
3. Boys 9 & over 50m Backstroke
4. Girls 10 & over 100m Butterfly
5. Boys 9 & over 100m I.M
6. Girls 10 & over 100m Free

Session Two - warm up 12.45pm start 1.50pm (to be confirmed)

7. Boys 9 & over 200m Butterfly
8. Girls 9 & over 200m Backstroke
9. Boys 9 & over 50m Breaststroke
10. Girls 9 & over 50m Butterfly
11. Boys 11 & over 100m Backstroke
12. Girls 10 & over 100m Breaststroke
13. Boys 11 & over 200m I.M

Session 3 – warm up 5.30pm start 6.15pm (to be confirmed)

14. Girls 9 & over 50m Free
15. Boys 9 & over 50m Free
16. Girls 9 & over 200m Free
17. Boys 9 & over 200m Free

Sunday 24th January 2010

Session one - Warm-Up 8.00am, Start 9.05am (to be confirmed)

18. Girls 9 & over 400m Free
19. Boys 9 & over 200m Breaststroke
20. Girls 9 & over 50m Backstroke
21. Boys 10 & over 100m Butterfly
22. Girls 9 & over 100m I.M
23. Boys 10 & over 100m Free

Session two – warm up 12.45pm start 1.50pm

24. Girls 9 & over 200m Butterfly
25. Boys 9 & over 200m Backstroke
26. Girls 9 & over 50m Breaststroke
27. Boys 9 & over 50m Butterfly
28. Girls 10 & over 100m Backstroke
29. Boys 11 & over 100m Breaststroke
30. Girls 9 & over 200m I.M

Qualifying Times

BOYS

EVENT	9	10	11	12	13	14	15	16	17
50m Backstroke	48.6	45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1
50m Breaststroke	55.1	51.3	48	45.1	41.9	39.6	37.7	36.4	35.7
50m Butterfly	47.4	43.8	41	38.8	36.4	34.3	32.5	31.5	30.7
50m Freestyle	42.1	39.3	37.2	35.1	33.1	31.3	29.9	29	28.4
100m Backstroke			1.30.5	1.25.2	1.19.7	1.15.0	1.11.5	1.09.3	1.07.6
100m Breaststroke			1.43.4	1.36.9	1.30.1	1.25.1	1.21.0	1.18.4	1.16.7
100m Butterfly			1.30.4	1.24.6	1.19.1	1.14.4	1.10.7	1.08.8	1.07.0
100m Freestyle			1.20.6	1.15.7	1.11.1	1.07.3	1.04.6	1.02.6	1.01.4
100m Individual Medley	1.47.4	1.39.6	1.33.9	1.28.7	1.23.1	1.18.1	1.14.7	1.11.8	1.10.3
200m Backstroke	3.43.8	3.26.7	3.13.3	3.02.6	2.51.1	2.41.4	2.34.3	2.29.8	2.27.0
200m Breaststroke	4.17.8	3.59.0	3.42.4	3.29.2	3.15.3	3.03.9	2.55.8	2.50.7	2.46.3
200m Butterfly	4.08.3	3.37.3	3.18.2	3.06.6	2.54.7	2.44.7	2.35.5	2.31.7	2.26.9
200m Freestyle	3.22.8	3.06.0	2.54.8	2.44.7	2.35.0	2.26.6	2.20.8	2.16.3	2.13.8
200m Individual Medley	3.49.7	3.32.2	3.17.6	3.06.8	2.55.8	2.45.3	2.38.2	2.33.7	2.30.5
400m Freestyle	7.20.6	6.31.8	6.06.0	5.46.0	5.26.8	5.10.4	4.57.5	4.48.7	4.42.5

GIRLS

EVENT	9	10	11	12	13	14	15	16	17
50m Backstroke	48.9	45.3	42.7	40.5	38.7	37.5	36.8	36.1	35.8
50m Breaststroke	55.9	51.7	48.3	45.4	43.2	41.8	40.8	40.3	40
50m Butterfly	47.9	43.9	41.3	39.1	37.3	36.1	35.2	34.7	34.6
50m Freestyle	42.6	39.9	37.7	35.7	34.3	33.3	32.5	32	31.9
100m Backstroke		1.38.5	1.31.0	1.25.3	1.21.4	1.19.0	1.17.1	1.16.1	1.15.6
100m Breaststroke		1.52.5	1.43.5	1.37.3	1.32.3	1.28.7	1.27.1	1.26.2	1.24.9
100m Butterfly		1.39.3	1.30.9	1.24.9	1.21.2	1.18.3	1.16.9	1.15.8	1.14.9
100m Freestyle		1.27.6	1.21.3	1.16.6	1.13.5	1.11.3	1.09.9	1.08.7	1.08.4
100m Individual Medley	1.48.8	1.38.5	1.34.2	1.29.1	1.24.9	1.22.6	1.20.9	1.19.4	1.18.9
200m Backstroke	3.46.2	3.28.7	3.12.5	3.01.7	2.54.3	2.49.2	2.44.8	2.42.4	2.40.6
200m Breaststroke	4.20.0	3.59.5	3.42.1	3.28.8	3.18.2	3.11.5	3.07.9	3.05.8	3.04.1
200m Butterfly	4.11.0	3.40.0	3.20.2	3.06.4	2.57.3	2.51.0	2.46.9	2.44.8	2.42.8
200m Freestyle	3.24.5	3.06.8	2.55.4	2.44.9	2.38.0	2.33.5	2.30.2	2.28.0	2.26.4
200m Individual Medley	3.51.6	3.32.7	3.17.9	3.06.3	2.58.8	2.53.1	2.49.5	2.47.2	2.45.7
400m Freestyle	7.25.4	6.35.7	6.04.9	5.43.7	5.29.8	5.20.8	5.13.8	5.10.2	5.07.2