

**PORTSMOUTH NORTHSEA
SWIMMING CLUB**

AFFILIATED TO ASA SOUTH EAST REGION

**EASTER SWIMMING FESTIVAL
THE 25th YEAR**

Under ASA Laws & ASA Technical Rules

**THIS EVENT IS A LEVEL 1 LICENSED MEET
(1SE0056) FOR ENTRY INTO NATIONAL &
DISTRICT CHAMPIONSHIPS**

1-4 April 2010

**MOUNTBATTEN SPORTS CENTRE
ALEXANDRA PARK
PORTSMOUTH
HAMPSHIRE
PO2 9QA**

THE 2010 PORTSMOUTH NORTHSEA EASTER SWIM FESTIVAL

INFORMATION SHEET

- 1 All events will be conducted strictly in accordance with ASA Laws & ASA Technical Rules.
- 2 Ages will be as at 4 April 2010.
- 3 The Meet is designated by the ASA for entry into National & District Championships.
CLOSING DATE 27 FEBRUARY 2010.
- 4 **THE MEET WILL RUN WITHOUT ENTRY CARDS.** All swimmers must check in to the Entry Marshalls who will be at the shallow end of the pool, under the balcony. Latest check-in times will be 45 minutes before that session's scheduled start time. Exceptionally, on production of their pass, coaches will be allowed to sign in their swimmers. Heat sheets will be posted around the pool. Swimmers will be called for, in whole events, at least one event prior to their swims, and marshalled into heats in the designated marshalling area. Swimmers will then be sent to the starting areas, in heats, by the Marshalls.
- 5 Finalists wishing to swim must check in with the Entry Marshalls at least 45 minutes before that session's scheduled start time. Finalists will be called up to the Learner Pool 2 events before their swim and marshalled from there by the Finals Marshalls. Finalists who do not check in as outlined above may not be eligible to compete in the final and reserves will be allocated their places. Swimmers who have qualified for finals but do not wish to swim, please notify the Information Desk as soon as possible after the heats. Failure to do so may result in that swimmer being withdrawn from the remainder of the Meet.
- 6 **WARM UP** – In order to permit more space, split warm ups will be arranged and notified to all Clubs in advance of meet. The pool will be cleared 5 minutes prior to the start of each session.
- 7 Time Trials will be accepted at the discretion of the Meet Management.
- 8 There will be no presentations, apart from Top Boy / Girl / Club which will take place at the end of the Meet on Sunday. All top 8 in each event will receive a medal which can be collected from the Medal Collection Table when the results have been announced. Please collect all medals during the course of the Meet.
- 9 'Over the Top' starts will be used in heats at the discretion of the Meet Management.
- 10 All events will start and finish at the timing board end of the pool, except 50m events which will start at the other end.
- 11 Electronic timing will be used. Heat results will not be announced but results of each event and details of winners will be posted around the pool. Details of finalists and heat declared winners will be announced and posted around the pool as soon as possible.
- 12 All 200m, 400m, 800m & 1500m events will be swum as heat declared winner. Finals for 50m & 100m events will take place on the same day of the heats.
- 13 Passes will be issued to Coaches at a cost of £25.00, which will entitle them onto poolside for all sessions, a programme and result sheets.
- 14 **Only Swimmers and Coaches (with passes) will be allowed on poolside.**
- 15 Competitors can warm down in the learner pool, provided that they cause no interference to the running of the Meet. This facility will be withdrawn if it abused. **No diving will be allowed** in this pool, warm down will be limited to a 5 minutes for each swimmer directly after their event, co-operation of the coaches would be appreciated.
- 16 There will be a Swim Shop during the Meet. The Centre has a cafe where refreshments will be available for sale.
- 17 In order to help the meet run smoothly entries will be restricted. Any entry not accepted will be refunded in full. Qualifying times apply, but will not guarantee acceptance in the meet. If the meet is under-subscribed

PNSC reserve the right to accept swimmers outside of qualifying standards.

- 18 The Meet Management reserve the right to change the Meet Rules at their discretion and without prior notice.
- 19 **All Meet participants must observe the safety precautions in operation at Mountbatten Sports Centre and must have footwear when leaving the poolside. Please note that there will be no diving allowed warm up periods, apart from sprint lanes.**
- 20 Entries must be made on the forms provided (or photocopies of them). All information requested on the Entry Form must be entered legibly, including the ASA registration number. Incomplete or illegible entries will not be accepted. Entries will not be accepted without the correct fee of £6.00 per event. **ONE CHEQUE PER CLUB PLEASE, payable to PNSC.** Please enclose a stamped addressed envelope for the return of the list of accepted entries and a list of exclusion.
- 21 No reserves will be accepted for the Meet. A list of swimmers accepted and rejected will be sent to the contact stated on the Meet Entry Form. It will be the responsibility of the person receiving this information to inform all relevant swimmers of their accepted entries.

PNSC CLUB OFFICE
MOUNTBATTEN SPORTS CENTRE
ALEXANDRA PARK
PORTSMOUTH
PO2 9QA

Tel 023650242
admin@pns.org.uk

2010 PORTSMOUTH NORTHSEA EASTER SWIM FESTIVAL

Schedule of Events 50 m POOL

SESSION 1 Thursday 1 April 2010

Warm up 5.00 pm

First event 6.00 pm

Event	1 & 2	11/12	Girls/Boys	800 Freestyle
	3 & 4	13/14	Girls/Boys	800 Freestyle
	5 & 6	15&O	Girls/Boys	800 Freestyle
	7 & 8	11/12	Girls/Boys	1500 Freestyle
	9 & 10	13/14	Girls/Boys	1500 Freestyle
	11 & 12	15&O	Girls/Boys	1500 Freestyle

SESSION 2 Friday 2 April 2010

Split warm up commencing at 8.30 am

First event 9.30 am

Event	13 & 14	13/14	Girls/Boys	400 Freestyle
	15 & 16	15&O	Girls/Boys	400 Freestyle
	17 & 18	13/14	Girls/Boys	50 Backstroke
	19 & 20	15&O	Girls/Boys	50 Backstroke
	21 & 22	13/14	Girls/Boys	400 IM
	23 & 24	15&O	Girls/Boys	400IM
	25 & 26	13/14	Girls/Boys	50 Freestyle
	27 & 28	15&O	Girls/Boys	50 Freestyle

SESSION 3 Friday 2 April 2010

Split warm up commencing at TBA

First event TBA

Event	29 & 30	9/10	Girls/Boys	400 Freestyle
	31 & 32	11/12	Girls/Boys	400 Freestyle
	33 & 34	9/10	Girls/Boys	50 Backstroke
	35 & 36	11/12	Girls/Boys	50 Backstroke
	37 & 38	9/10	Girls/Boys	400 IM
	39 & 40	11/12	Girls/Boys	400 IM
	41 & 42	9/10	Girls/Boys	50 Freestyle
	43 & 44	11/12	Girls/Boys	50 Freestyle

SESSION 4 Friday 2 April 2010

Mixed warm up TBA

FINALS

First event TBA

Final of Event	17 & 18	13/14	Girls/Boys	50 Backstroke
	19 & 20	15&O	Girls/Boys	50 Backstroke
	33 & 34	9/10	Girls/Boys	50 Backstroke
	35 & 36	11/12	Girls/Boys	50 Backstroke
	25 & 26	13/14	Girls/Boys	50 Freestyle
	27 & 28	15&O	Girls/Boys	50 Freestyle
	41 & 42	9/10	Girls/Boys	50 Freestyle
	43 & 44	11/12	Girls/Boys	50 Freestyle

SESSION 5 Saturday 3 April 2010

Split warm up commencing at 8.30 am

First event 9.30 am

Event	45	13/14	Girls	200 Freestyle
	46	15&O	Girls	200 Freestyle
	47	13/14	Boys	100 Freestyle
	48	15&O	Boys	100 Freestyle
	49	13/14	Girls	100 Backstroke
	50	15&O	Girls	100 Backstroke
	51	13/14	Boys	200 Backstroke
	52	15&O	Boys	200 Backstroke
	53	13/14	Girls	200 Breaststroke
	54	15&O	Girls	200 Breaststroke
	55	13/14	Boys	100 Breaststroke
	56	15&O	Boys	100 Breaststroke
	57	13/14	Girls	100 Butterfly
	58	15&O	Girls	100 Butterfly
	59	13/14	Boys	200 Butterfly
	60	15&O	Boys	200 Butterfly
	61	13/14	Girls	200 IM
	62	15&O	Girls	200 IM
	63	13/14	Boys	50 Breaststroke
	64	15&O	Boys	50 Breaststroke
	65	13/14	Girls	50 Breaststroke
	66	15&O	Girls	50 Breaststroke

SESSION 6 Saturday 3 April 2010

Split warm up commencing at TBA

First event TBA

Event	67	9/10	Girls	200 Freestyle
	68	11/12	Girls	200 Freestyle
	69	9/10	Boys	100 Freestyle
	70	11/12	Boys	100 Freestyle
	71	9/10	Girls	100 Backstroke
	72	11/12	Girls	100 Backstroke
	73	9/10	Boys	200 Backstroke
	74	11/12	Boys	200 Backstroke
	75	9/10	Girls	200 Breaststroke
	76	11/12	Girls	200 Breaststroke
	77	9/10	Boys	100 Breaststroke
	78	11/12	Boys	100 Breaststroke
	79	9/10	Girls	100 Butterfly
	80	11/12	Girls	100 Butterfly
	81	9/10	Boys	200 Butterfly
	82	11/12	Boys	200 Butterfly
	83	9/10	Girls	200 IM
	84	11/12	Girls	200IM
	85	9/10	Boys	50 Breaststroke
	86	11/12	Boys	50 Breaststroke
	87	9/10	Girls	50 Breaststroke
	88	11/12	Girls	50 Breaststroke

SESSION 7 Saturday 3 April 2010

Mixed warm up TBA

FINALS

Start TBA

Final of Event	47	13/14	Boys	100 Freestyle
	48	15&O	Boys	100 Freestyle
	69	9/10	Boys	100 Freestyle
	70	11/12	Boys	100 Freestyle
	49	13/14	Girls	100 Backstroke
	50	15&O	Girls	100 Backstroke
	71	9/10	Girls	100 Backstroke
	72	11/12	Girls	100 Backstroke
	55	13/14	Boys	100 Breaststroke
	56	15&O	Boys	100 Breaststroke
	77	9/10	Boys	100 Breaststroke
	78	11/12	Boys	100 Breaststroke
	57	13/14	Girls	100 Butterfly
	58	15&O	Girls	100 Butterfly
	79	9/10	Girls	100 Butterfly
	80	11/12	Girls	100 Butterfly
	63	13/14	Boys	50 Breaststroke
	64	15&O	Boys	50 Breaststroke
	85	9/10	Boys	50 Breaststroke
	86	11/12	Boys	50 Breaststroke
	65	13/14	Girls	50 Breaststroke
	66	15&O	Girls	50 Breaststroke
	87	9/10	Girls	50 Breaststroke
	88	11/12	Girls	50 Breaststroke

SESSION 8 Sunday 4 April 2010

Split warm up commencing at 8.30 am

First Event 9.30 am

Event	89	13/14	Boys	200 Freestyle
	90	15&O	Boys	200 Freestyle
	91	13/14	Girls	100 Freestyle
	92	15&O	Girls	100 Freestyle
	93	13/14	Boys	100 Backstroke
	94	15&O	Boys	100 Backstroke
	95	13/14	Girls	200 Backstroke
	96	15&O	Girls	200 Backstroke
	97	13/14	Boys	200 Breaststroke
	98	15&O	Boys	200 Breaststroke
	99	13/14	Girls	100 Breaststroke
	100	15&O	Girls	100 Breaststroke
	101	13/14	Boys	100 Butterfly
	102	15&O	Boys	100 Butterfly
	103	13/14	Girls	200 Butterfly
	104	15&O	Girls	200 Butterfly
	105	13/14	Boys	200 IM
	106	15&O	Boys	200 IM
	107	13/14	Girls	50 Butterfly
	108	15&O	Girls	50 Butterfly
	109	13/14	Boys	50 Butterfly
	110	15&O	Boys	50 Butterfly

SESSION 9 Sunday 4 April 2010**First Event TBA**

Split warm up commencing TBA

Event	111	9/10	Boys	200 Freestyle
	112	11/12	Boys	200 Freestyle
	113	9/10	Girls	100 Freestyle
	114	11/12	Girls	100 Freestyle
	115	9/10	Boys	100 Backstroke
	116	11/12	Boys	100 Backstroke
	117	9/10	Girls	200 Backstroke
	118	11/12	Girls	200 Backstroke
	119	9/10	Boys	200 Breaststroke
	120	11/12	Boys	200 Breaststroke
	121	9/10	Girls	100 Breaststroke
	122	11/12	Girls	100 Breaststroke
	123	9/10	Boys	100 Butterfly
	124	11/12	Boys	100 Butterfly
	125	9/10	Girls	200 Butterfly
	126	11/12	Girls	200 Butterfly
	127	9/10	Boys	200 IM
	128	11/12	Boys	200 IM
	129	9/10	Girls	50 Butterfly
	130	11/12	Girls	50 Butterfly
	131	9/10	Boys	50 Butterfly
	132	11/12	Boys	50 Butterfly

SESSION 10 Sunday 4 April 2010**FINALS**

Mixed warm up

Final of Event	91	13/14	Girls	100 Freestyle
	92	15&O	Girls	100 Freestyle
	113	9/10	Girls	100 Freestyle
	114	11/12	Girls	100 Freestyle
	93	13/14	Boys	100 Backstroke
	94	15&O	Boys	100 Backstroke
	115	9/10	Boys	100 Backstroke
	116	11/12	Boys	100 Backstroke
	99	13/14	Girls	100 Butterfly
	100	15&O	Girls	100 Butterfly
	123	9/10	Girls	100 Butterfly
	124	11/12	Girls	100 Butterfly
	109	13/14	Boys	50 Butterfly
	110	15&O	Boys	50 Butterfly
	131	9/10	Boys	50 Butterfly
	132	11/12	Boys	50 Butterfly
	107	13/14	Girls	50 Butterfly
	108	15&O	Girls	50 Butterfly
	129	9/10	Girls	50 Butterfly
	130	11/12	Girls	50 Butterfly

QUALIFYING TIMES FOR EASTER FESTIVAL 1-4 April 2010
 Ages as at 4 April 2010
 Swimmers must have achieved the Qualifying Standard times listed below
 (25m Times)
LEVEL 1 LICENSED MEET

BOYS

GIRLS

9/10 yrs	11/12 yrs	13/14 yrs	15&O yrs		9/10 yrs	11/12 yrs	13/14 yrs	15&O yrs
45.00	37.00	33.00	29.00	50 Free	45.00	37.00	35.00	30.00
1.40.00	1.30.00	1.15.00	1.05.00	100 Free	1.40.00	1.30.00	1.18.00	1.10.00
3.35.00	3.00.00	2.30.00	2.20.00	200 Free	3.35.00	3.00.00	2.40.00	2.30.00
7.00.00	6.20.00	5.20.00	4.50.00	400 Free	7.00.00	6.30.00	5.30.00	5.10.00
-	12.00.00	10.45.00	10.00.00	800 Free	-	12.00.00	10.45.00	10.20.00
-	22.00.00	20.50.00	19.00.00	1500 Free	-	23.00.00	21.00.00	20.00.00
53.00	41.00	36.00	33.00	50 Back	53.00	41.00	37.00	35.00
1.50.00	1.40.00	1.25.00	1.15.00	100 Back	1.50.00	1.40.00	1.30.00	1.20.00
3.55.00	3.20.00	2.50.00	2.40.00	200 Back	3.55.00	3.20.00	3.00.00	2.50.00
1.02.00	46.00	41.00	37.00	50 Brst	1.02.00	46.00	42.00	39.00
2.00.00	1.55.00	1.40.00	1.25.00	100 Brst	2.00.00	1.55.00	1.43.00	1.35.00
4.30.00	3.50.00	3.20.00	3.00.00	200 Brst	4.30.00	3.50.00	3.30.00	3.15.00
1.00.00	39.00	35.00	31.00	50 Fly	1.00.00	40.00	36.00	34.00
1.55.00	1.50.00	1.25.00	1.15.00	100 Fly	1.55.00	1.50.00	1.40.00	1.30.00
4.10.00	3.30.00	3.00.00	2.45.00	200 Fly	4.10.00	3.30.00	3.10.00	3.00.00
4.10.00	3.30.00	2.50.00	2.35.00	200IM	4.10.00	3.30.00	3.10.00	3.00.00
7.50.00	6.45.00	6.00.00	5.30.00	400 IM	7.50.00	6.45.00	6.20.00	5.50.00

PORTSMOUTH NORTHSEA EASTER SWIM FESTIVAL

1-4 April 2010

Please return this completed form with your entries and a **SINGLE CHEQUE** payable to PNSC, along with a large stamped addressed envelope to:- PNSC, Mountbatten Sports Centre, Alexandra Park, Portsmouth, Hants, PO2 9QA.
Closing date 27th February 2010

Declaration

- A) *All entrants are eligible competitors and are registered members of the below named club.*
- B) *All entrants accept the Promoters Conditions*

Signed

Club Official

Club

Contact : Postal Address, Email Address & Telephone Number

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Number of Entries

Girls @ £6.00 per event =	£.....
Boys @ £6.00 per event =	£.....
Coaches Pass @ £25.00 each	£.....

Administration Fee (one per Club)	@ £4.00	£.....
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TOTAL		£.....
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ENTRY FORM - FEMALE / MALE

PORTSMOUTH NORTHSEA EASTER SWIM FESTIVAL 1-4 April 2010

Under ASA Laws and ASA Technical Rules

CLOSING DATE 27th FEBRUARY 2010

CLUB

FULL NAME.....

ASA REGISTRATION NO

FULL DATE OF BIRTH

Please enter me for the following events:-

Please insert short course times

50 Free	100 Free	200 Free	400 Free
50 Back	100 Back	200 Back	
50 Brst	100 Brst	200 Brst	
50 Fly	100 Fly	200 Fly	800 Free
200 IM	400 IM		1500 Free

Total no of entries at £6.00 per entry =

£.....