

BARNET COPTHALL SWIMMING CLUB

Kate Lack Trophy Meet:

Affiliated to ASA London Region, Under ASA Laws and ASA Technical Rules and conditions.
Licensed by the ASA at Level 3 under number 3LR181010

Sunday 10th June 2018:

Barnet Copthall Leisure Centre, Champions Way, Hendon, London, NW4 1PS

RULES AND CONDITIONS:

1. This gala will take place at Barnet Copthall Leisure Centre Champions Way, Hendon, London, NW4 1PS and is licensed by the ASA at Level 3 under License number 3LR181010. It will run short course (25m) in accordance with A.S.A Laws and ASA Technical Rules and conditions and the rules and conditions of this competition.
2. Over the top starts may be used at the promoter's discretion.
3. Cyclic seeding will not be used.
4. The pool is 25m long, 8 lanes, anti-wave lane ropes and electronic timing.
5. Entries may be held on a computer solely for the purposes of this competition and consent as required by the Data Protection Act 1984, to holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the meet on application to the promotor.
6. SPECTATORS entry will be £5-00 including a programme. A copy of the results will be provided to clubs and will be available on our website as soon as possible after the gala.
7. Ages are at 10th June 2018. Age bands are 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years and 16+ years.
8. Entry fee is £5-50 per event – Time trials will be offered if there is space. They will be offered on a first come first served basis, anyone wishing to swim a time trial must go to the meet office before the start of the session, the fee will be £5-50. The swimmer will be placed in the 1st Heat but will not be eligible for an award.
9. Upper limit times are attached. Swimmers entering this meet are expected to enter their current best time and must not enter faster times than the upper limit. No time entries will not be accepted.
10. The promoter reserves the right to restrict entries to meet the allocated pool time, or on grounds of health and safety. All entries are accepted on a first come first served basis presuming the swimmer's times fall within the cut off times. The closing date is 1st May 2018 or when meet is full.
11. The pool will be available for warm up before each session, A second pool will be available during the meet for swim down.

12. Entries to be made on either the attached entry form or by hy tek. Clubs entering a large amount of swimmers please make payment by one cheque to Barnet Copthall Swimming Club – to be sent with summary form to Sarah Lawlor, 48 Lambs Close, Dunstable, Bedfordshire LU5 4QA.
13. The promoter reserves the right to limit entries – any entry not accepted as a result of this paragraph will be refunded in full. **NO OTHER MONEY WILL BE REFUNDED.**
14. All swimmers including those aged 9 must be registered as members of a club affiliated to the ASA as category 2 members.
15. This meet has been licensed at Level 3 by the ASA. Times recorded at the meet will be accepted for entry into County and Regional Competitions and championships, and will be sent to the ASA for inclusion in the National Rankings.
16. Coaches' passes will be available at the cost of £6-00 (admission and programme) or £14-00 which will include lunch and Tea.
17. Any one using photographic equipment including mobile phones with camera facilities must register their details at the entrance desk before the gala. This is at the request of the pool operator.
18. Mobile phones must not be used on the poolside or in the changing rooms at any time, if you need to make / receive a call please go to the entrance hall to do so.
19. Hot drinks **MUST NOT** be taken onto poolside under any circumstances.
20. Any matters concerning the meet not covered in these rules will be dealt with according to the laws of the sport and at the discretion of the Meet Management or Promoters.
21. All participants must observe the safety precautions in operation at Barnet Copthall Leisure Centre. **PLEASE NOTE THAT CHILDREN MUST NOT BE DROPPED OFF AND LEFT AT THE LEISURE CENTRE UNLESS THERE IS AN APPROPRIATE ADULT TO TAKE RESPONSIBILITY FOR THEM.**
22. For any queries or further information please contact Sarah Lawlor on 07951600326 sarahjanebcsc@gmail.com

BARNET COPTHALL SWIMMING CLUB

Affiliated to London Region A.S.A – Under A.S.A laws and ASA Technical Rules and Conditions of swimming
Barnet Copthall Pools, Champions Way, Hendon, London NW4 1PS 02084579900

KATE LACK TROPHY MEET **SUNDAY 10TH JUNE 2018 (3LR181010)**

Session 1 Sun Morning Start 9-30

Session 2 Sun afternoon start 1-15

Warm up and sign in 8-30

Warm up and sign in 12-30

Event 1: Boys 200 Fly
Event 2: Girls 200 Free
Event 3: Boys 50 Breast
Event 4: Girls 50 Fly
Event 5: Boys 100 Free
Event 6: Girls 100 Back
Event 7: Boys 200 Back
Event 8: Girls 200 Breast

Event 9: Boys 50 Fly
Event 10: Girls 50 Back
Event 11: Boys 100 Breast
Event 12: Girls 100 Breast
Event 13: Boys 200 Free
Event 14: Girls 200 Fly
Event 15: Boys 50 Back
Event 16: Girls 50 Free

Session 3 Evening Start 5pm

Warm up and sign in 4-15

Event 17: Boys 100 Back
Event 18: Girls 100 Fly
Event 19: Boys 200 Breast
Event 20: Girls 200 Back
Event 21: Boys 50 Free
Event 22: Girls 50 Breast
Event 23: Boys 100 Fly
Event 24: Girls 100 Free

Please note session times may change once entries have been received, clubs will be notified.

Facility: Main competition pool – 25metres – 8 lanes – Anti-Wave Lane Ropes.
Colorado Electronic Timing and Hy-Tek Meet Management.

Events: All events will be heat declared winner – heats will be seeded according to submitted entry times.

Age groups: Single year age groups from 9 years – 15 years and also a 16+ age group.
Ages will be as at 10th June 2018

Awards: Awards will be made to 1st, 2nd, and 3rd placed swimmers in each age group. There will be no presentations. Winners will be announced and they will be invited to collect their awards from the medal table. Results will be posted on the trophy cabinet as the meet progresses.

Top Boy/Girl: Awards will be made to the Top Boy and Top Girl. The winners will be announced at the end of the Meet. The calculation will be based on a points system for each event of 1st 8, 2nd 7, 3rd 6, 4th 5, 5th 4, 6th 3, 7th 2 and 8th 1.

Trophy: The Top Club trophy is a perpetual trophy to be held by the TOP VISITING CLUB for a maximum of one year or until the meet is held again if that is sooner. Points are as follows 1st = 3 pts, 2nd = 2pts, 3rd = 1pt. Although Barnet Copthall are not eligible to win the Top Club Trophy their results are NOT ignored when calculating the points. For example, a swimmer placed 3rd will

always gain 1 point for their club – they will not be promoted to 1st place and therefore gain 3 points if the swimmers in 1st and 2nd places are Barnet Copthall swimmers.

Entries: All entries MUST be made on our official Entry Forms giving full details or by Hy-Tek Team Manager. We reserve the right to restrict the number of entries to control the duration of the meet. Places will be allocated on a **“first come First served” basis.**

Signing in: This will be a cardless meet all swimmers must sign in by the stated times for each session,

Closing date for entries 1st May 2018 or when meet is full

Enquiries: Sarah Lawlor – 48 Lambs Close; Dunstable; Bedfordshire: LU5 4QA
07951600326 sarahjanebcsc@gmail.com

BARNET COPTHALL SWIMMING CLUB

Affiliated to London Region A.S.A. - Under A.S.A. Laws and ASA Technical Rules and Conditions
Barnet Cophall Pools, Champions Way, HENDON, London, NW4 1PS (Tel: 020 8457 9900)

Kate Lack Trophy Meet – Sunday 10th June

2018 3LR181010

Entries summary form:

Name of club	
Contact Name	
Address	
Post code	
Telephone	
Email	

Number of entries boys: @ £5-50 = £

Number entries girls: @ £5-50 = £

Number of coach passes: @ £6-00 = £

Number of coach passes and meals: @ 14-00 = £

Total remittance £

Please make cheques payable to Barnet Cophall Swimming Club (BCSC)

Closing date for entries is 1st May 2018 **or when meet is full**

All entry summary forms, accompanied by the full entry fees should be sent to:

Sarah Lawlor
48 Lambs Close, Dunstable, Bedfordshire. LU5 4QA

BARNET COPTHALL SWIMMING CLUB – KATE LACK TROPHY MEET 2018**UPPER LIMIT TIMES**

GIRLS	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years+
50 free	0.33.00	0.31.00	0.30.00	0.28.00	0.25.00	0.24.00	0.23.00	0.22.00
50 fly	0.36.00	0.34.00	0.32.00	0.30.00	0.29.00	0.28.00	0.27.00	0.26.00
50 breast	0.38.00	0.36.00	0.34.00	0.32.00	0.30.00	0.29.00	0.28.00	0.27.00
50 back	0.35.00	0.33.00	0.32.00	0.31.00	0.29.00	0.28.00	0.27.00	0.26.00
100 free	1.05.00	1.03.00	1.01.00	0.59.00	0.57.00	0.56.00	0.55.00	0.54.00
100 fly	1.09.00	1.07.00	1.05.00	1.03.00	1.01.00	1.00.00	0.59.00	0.58.00
100 breast	1.10.00	1.08.00	1.06.00	1.04.00	1.02.00	1.01.00	1.00.00	0.59.00
100 back	1.09.00	1.07.00	1.05.00	1.03.00	1.01.00	1.00.00	0.59.00	0.58.00
200 free	2.05.00	2.03.00	2.01.00	1.59.00	1.57.00	1.56.00	1.55.00	1.54.00
200 fly	2.19.00	2.17.00.	2.15.00	2.13.00	2.11.00	2.10.00	2.09.00	2.08.00
200 breast	2.24.00	2.22.00	2.20.00	2.18.00	2.16.00	2.15.00	2.14.00	2.13.00
200 back	2.17.00	2.15.00	2.13.00	2.11.00	2.09.00	2.08.00	2.07.00	2.06.00
BOYS								
50 free	0.33.00	0.31.00	0.30.00	0.28.00	0.25.00	0.24.00	0.23.00	0.22.00
50 fly	0.36.00	0.34.00	0.32.00	0.30.00	0.29.00	0.28.00	0.27.00	0.26.00
50 breast	0.38.00	0.36.00	0.34.00	0.32.00	0.30.00	0.29.00	0.28.00	0.27.00
50 back	0.35.00	0.33.00	0.32.00	0.31.00	0.29.00	0.28.00	0.27.00	0.26.00
100 free	1.05.00	1.03.00	1.01.00	0.59.00	0.57.00	0.56.00	0.55.00	0.54.00
100 fly	1.09.00	1.07.00	1.05.00	1.03.00	1.01.00	1.00.00	0.59.00	0.58.00
100 breast	1.10.00	1.08.00	1.06.00	1.04.00	1.02.00	1.01.00	1.00.00	0.59.00
100 back	1.09.00	1.07.00	1.05.00	1.03.00	1.01.00	1.00.00	0.59.00	0.58.00
200 free	2.05.00	2.03.00	2.01.00	1.59.00	1.57.00	1.56.00	1.55.00	1.54.00
200 fly	2.19.00	2.17.00.	2.15.00	2.13.00	2.11.00	2.10.00	2.09.00	2.08.00
200 breast	2.24.00	2.22.00	2.20.00	2.18.00	2.16.00	2.15.00	2.14.00	2.13.00
200 back	2.17.00	2.15.00	2.13.00	2.11.00	2.09.00	2.08.00	2.07.00	2.06.00

BARNET COPTHALL SWIMMING CLUB
KATE LACK TROPHY MEET SUNDAY 10TH June 2018

(Under A.S.A laws and ASA technical rules and Condition s) Licensed level 3 – 3LR181010

ENTRY FORM

Club Name:.....

Contact Name and Number.....

Address and post code.....

Boy / girl please circle

ASA NO.	Name	DOB	50 free	100 free	200 free	50 fly	100 fly	200 fly	50 brst	100 brst	200 brst	50 back	100 back	200 back

Entry fee £5-50 per event coach pass £6-00 or £14-00 with meals

Closing date for entries 1st May 2018