

# London Borough of Redbridge SC

(AFFILIATED TO A.S.A London Region)

## REDBRIDGE SPRINT MEET 08

### LICENCE 3

ASA Licence no 3LR8026

Under A.S.A Law and ASA Technical Rules

SATURDAY 26th & SUNDAY 27th APRIL 2008

FULLWELL CROSS POOL

AGE GROUPS

9years, 10& 11 / 12 &13 / 14+ (Age is at midnight on the last day of the competition)

Heat Declared Winner

Awards to the first six placed swimmers in each age group

£25 voucher the winner of the male & female skins FINALS

Acceptance criteria:

The guide qualifying times will be that used for Essex ASA Championships 2007 plus 1 second for the 50m & 100m, and 2 seconds for the

200 events (based on the higher age group in each category). Entries faster than the Upper limit QT's will not be accepted.

Priority will be given to the fastest entries in each age group received by closing date and thereafter to home club swimmers.

LBRSC have the

right to reject entries for safety reason due to over subscription.

THIS COMPETITION WILL BE OPERATING A CARDLESS SYSTEM. ALL COMPETITOR MUST REPORT TO THE DESK AT THE SHALLOW END OF THE POOL AND SIGN THEIR NAME IN EACH EVENT THAT IS BEING SWUM IN THAT PARTICULAR SESSION. THE REGISTRATION WILL BE BY EVENT NUMBER AND THEN ALPHABETICAL ORDER BY NAME. SWIMMER / COACHES / PARENTS MUST NOT REGISTER OTHER SWIMMERS.

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Ages 9, 10 & 11 can compete in the 50m and 200 m events. They can also participate in the 100m IM. Ages 12+ can compete in the 100m & 200m events and the 50m skins. All 200m events will be swum as one event for ALL age groups. The 200m events will be split into separate age groups ( 9, 10&11, 12&13, 14+) for presentation purposes.

<p style="text-align: center;"><b><u>Session One Warm up:08:30</u></b> <b><u>Start: 09:20</u></b></p> <p>1 Girls 9 years ONLY 200 Butterfly                  2 Girls 200 Butterfly (ages 10+)                  3 Boys 9 years ONLY 200 Butterfly                  4 Boys 200 Butterfly (ages 10+)                  5 Girls 9, 10&amp;11 50m Breast                  6 Boys 9, 10&amp;11 50m Breast                  7 Girls 12, 13, 14+ 100 Free                  8 Boys 12, 13, 14+ 100 Free                  9 Girls 200 Medley 9 years ONLY                  10 Girls 200 Medley (ages 10+)                  11 Boys 100 Medley (ALL AGES)</p>	<p style="text-align: center;"><b><u>Session Two Warm up:13:30</u></b> <b><u>Start: 14:20</u></b></p> <p>12 Girls 200 Breast 9 years ONLY                  13 Girls 200 Breast (ages 10+)                  14 Boys 200 Breast 9 years ONLY                  15 Boys 200 Breast (ages 10+)                  16 Girls 9, 10&amp;11 50m Back                  17 Boys 9, 10&amp;11 50m Back                  18 Girls 12, 13, 14+ 100 Fly                  19 Boys 12, 13, 14+ 100 Fly                  20 Girls 100 Medley (ALL AGES)                  21 Boys 200 Medley 9 years ONLY                  22 Boys 200 Medley (ages 10+)</p>
<p style="text-align: center;"><b><u>Session Three Warm up: 08:30</u></b> <b><u>Start: 09:20</u></b></p> <p>23 Girls 200 Back 9 years ONLY                  24 Girls 200 Back (ages 10+)                  25 Boys 200 Back 9 years ONLY                  26 Boys 200 Back (ages 10+)                  27 Girls 9, 10&amp;11 50m Free                  28 Boys 9, 10&amp;11 50m Free                  29 Girls 12, 13, 14+ 100 Breast                  30 Boys 12, 13, 14+ 100 Breast                  31 Girls 12&amp; Older 50m Free Skins                  32 Boys 12&amp; Older 50m Free Skins</p>	<p style="text-align: center;"><b><u>Session Four Warm up: 13:30</u></b> <b><u>Start: 14:20</u></b></p> <p>33 Girls 200 Freestyle 9 years ONLY                  34 Girls 200 Freestyle (ages 10+)                  35 Boys 200 Freestyle 9 years ONLY                  36 Boys 200 Freestyle (ages 10+)                  37 Girls 9, 10&amp;11 50m Fly                  38 Boys 9, 10&amp;11 50m Fly                  39 Girls 100 12, 13, 14+ Back                  40 Boys 100 12, 13, 14+ Back                  41 Girls 50m Free Skins FINAL                  42 Boys 50 Free Skins FINAL</p>

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London Borough of Redbridge  
SPRINT MEET 08  
ENTRY FORM

Name of Club:.....

Swimmers Name	Reg NO	DOB	M or F	100 FREE (12 +)	100 BACK (12 +)	100 BRS (12 +)	100 FLY (12 +)	100 IM (ALL)	200 FREE (ALL)	200 BACK (ALL)	200 BRS (ALL)	200 FLY (ALL)	200 IM (ALL)	50 FREE (ALL)	50 BACK (9-11)	50 BRS (9-11)	50 FLY (9-11)

CLOSING DATE 08th MARCH 2008

I certify that the above named swimmers of .....are amateurs and agree to abide by the promoters conditions

Number of entries .....X£4.25 =

Total amount £..... Cheques made payable to Brentwood Swimming Club

**London Borough of Redbridge**  
**Sprint Meet 2008 Qualifying Times**  
 ASA Licence No 3LR8026

**Qualifying Times (Q.T.) and Upper Limit Times (U.L.T.)**

<b>GIRLS</b>				
<b>Girls</b>	<b>9 years</b>	<b>10 &amp; 11years</b>	<b>12 &amp; 13 years</b>	<b>14 years +</b>
<b>50 Fly ULT</b>	45.40	37.60		
<b>QT</b>	52.40	44.60		
<b>50 Back ULT</b>	46.30	38.90		
<b>QT</b>	53.30	45.90		
<b>50 Breast ULT</b>	52.80	44.20		
<b>QT</b>	59.80	51.20		
<b>50 Free ULT</b>	39.80	33.90	31.30	29.30
<b>QT</b>	46.80	40.90	38.30	36.30
<b>100 Fly ULT</b>		1.22.80	1.13.70	1.10.0
<b>QT</b>		1.37.80	1.28.70	1.25.0
<b>100 Back ULT</b>		1.23.40	1.14.10	1.10.30
<b>QT</b>		1.38.40	1.29.10	1.25.30
<b>100 Breast ULT</b>		1.34.60	1.24.0	1.19.80
<b>QT</b>		1.49.60	1.39.0	1.34.80
<b>100 Free ULT</b>		1.12.60	1.05.70	1.02.90
<b>QT</b>		1.27.60	1.20.70	1.22.90
<b>100 IM ULT</b>	1.44.20	1.27.00	1.18.40	1.15.00
<b>QT</b>	2.00.20	1.43.00	1.34.40	1.31.00
<b>200 Fly ULT</b>	3.26.7	3.05.70	2.37.70	2.34.20
<b>QT</b>	3.51.7	3.30.70	3.02.70	2.59.20
<b>200 Back ULT</b>	3.14.10	2.58.20	2.40.10	2.31.40
<b>QT</b>	3.39.10	3.23.20	3.05.10	2.56.40
<b>200 Breast ULT</b>	3.43.80	3.24.20	3.01.40	2.54.0
<b>QT</b>	4.08.80	3.49.20	3.26.40	3.19.0
<b>200 Free ULT</b>	2.51.0	2.38.60	2.22.30	2.15.80
<b>QT</b>	3.16.0	3.03.60	2.47.30	2.40.80
<b>200 IM ULT</b>	3.17.40	3.01.70	2.43.80	2.36.30
<b>QT</b>	3.42.40	3.26.70	3.08.80	3.01.30

<b>BOYS</b>				
<b>Boys</b>	<b>9 years</b>	<b>10 &amp; 11years</b>	<b>12 &amp; 13 years</b>	<b>14 years +</b>
<b>50 Fly ULT</b>	45.30	38.40		
<b>QT</b>	52.30	45.40		
<b>50 Back ULT</b>	46.40	39.80		
<b>QT</b>	53.40	46.80		
<b>50 Breast ULT</b>	52.50	44.90		
<b>QT</b>	59.50	51.90		
<b>50 Free ULT</b>	39.80	34.30	29.70	27.10
<b>QT</b>	46.80	41.30	36.70	34.10
<b>100 Fly ULT</b>		1.24.30	1.12.0	1.02.80
<b>QT</b>		1.39.30	1.27.0	1.17.80
<b>100 Back ULT</b>		1.24.20	1.12.60	1.07.80
<b>QT</b>		1.39.20	1.27.60	1.22.80
<b>100 Breast ULT</b>		1.36.0	1.21.80	1.12.20
<b>QT</b>		1.51.0	1.36.80	1.27.20
<b>100 Free ULT</b>		1.13.20	1.03.50	55.5
<b>QT</b>		1.28.20	1.18.50	1.10.50
<b>100 IM ULT</b>	1.43.80	1.29.5	1.17.10	1.09.70
<b>QT</b>	1.59.80	1.45.5	1.30.10	1.25.70
<b>200 Fly ULT</b>	3.31.40	3.09.0	2.41.10	2.19.40
<b>QT</b>	3.56.40	3.34.0	3.06.10	2.44.40
<b>200 Back ULT</b>	3.18.90	3.01.90	2.37.10	2.19.10
<b>QT</b>	3.42.90	3.26.90	3.12.10	2.44.10
<b>200 Breast ULT</b>	3.47.30	3.29.60	2.58.80	2.38.10
<b>QT</b>	4.12.30	3.54.60	3.24.80	3.03.10
<b>200 Free ULT</b>	2.53.40	2.41.10	2.19.70	2.03.90
<b>QT</b>	3.18.40	3.06.10	2.44.70	2.28.90
<b>200 IM ULT</b>	3.21.20	3.05.50	2.40.80	2.22.50
<b>QT</b>	3.46.20	3.30.50	3.05.80	2.47.50

The Upper Limit Qualification times (ULT) are 2 secs faster than the Regional QTs on the 100m and 3 secs on the 200m. The Qualifying Times (QT) are 13 secs SLOWER than the Regional QTs for the 100m and 22 secs for the 200 events. For the 14 year + age groups, the QT's for boys is based on the 15 year old Region QT's and for the girls 17+. For the 50m events, the ULT is 2 secs faster than the 2007 Essex County times, and the QT (lower limit)

is 5 secs slower than the Essex times

The (ULT) for the 100IM is set at 3 secs faster than the County QT. The Qualifying Times (QT) for this event is 13 secs slower than the County QT

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