



Leicester Penguins Swimming Club

(Affiliated to ASA East Midland Region & Leicestershire & Rutland ASA)

PROUDLY PRESENTS

THE 32nd LEICESTER PENGUINS OPEN MEET 2017

(Under ASA Laws & the Technical Rules of Swimming)

Licensed @ Level 3 (3EM170934) By the A.S.A. For Entry into Regional Championships

DATE: **SATURDAY 7th & SUNDAY 8th OCTOBER 2017**
VENUE: BRAUNSTONE LEISURE CENTRE ~ LEICESTER
AGE GROUPS: Male / Female ~ 10,11,12,13,14,15,16 and over
EVENTS: 50m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly
100m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley
200m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley
400m ~ Freestyle

[Skins Competition](#) Returns again by popular request

Age as of 31st December 2017

HDW: ALL EVENTS ARE HEAT DECLARED WINNER
AWARDS: To the first three in each age band
SESSIONS: One & Two - Saturday 7th ~ Three & Four - Sunday 8th
SWIM DOWN: Separate 4 lane 25m Swim-Down Pool available at the specified times.
CLOSING DATE: **Midnight 3rd SEPTEMBER 2017, promoter reserves the right to close earlier if competition is full.**

FOR MORE INFORMATION & CLUB ENTRY PACK VISIT:

Web: www.leicesterpenguins.club

Email: Leicester.penguins@swimclubmanager.co.uk

THE 2017 LEICESTER PENGUINS OPEN MEET
Saturday 7th & Sunday 8th October 2017

PROGRAMME OF EVENTS

NB. The Organiser reserves the right to refuse entries and change the programme order on the day to ensure the smooth running of the event.

<u>EVENT</u>	<u>SESSION 1</u> <u>w/u 08:30</u> <u>Start 09:30</u>
1 BOYS	400m Freestyle
2 GIRLS	50m Freestyle
3 BOYS	100m Butterfly
4 GIRLS	200m Breaststroke
5 BOYS	100m Backstroke
6 GIRLS	50m Butterfly
7 BOYS	100M Breaststroke

Girls Skins Competition

<u>EVENT</u>	<u>SESSION 2</u> <u>TBA</u>
8 GIRLS	100m Individual Medley
9 BOYS	50m Breaststroke
10 GIRLS	100m Freestyle
11 BOYS	200m Butterfly
12 GIRLS	50m Backstroke
13 BOYS	200m Backstroke
14 GIRLS	200m Freestyle
15 BOYS	200m Individual Medley

<u>EVENT</u>	<u>SESSION 3</u> <u>w/u 08:30</u> <u>Start 09:30</u>
16 GIRLS	400M Freestyle
17 BOYS	50m Freestyle
18 GIRLS	100m Butterfly
19 BOYS	200m Breaststroke
20 GIRLS	100m Backstroke
21 BOYS	50m Butterfly
22 GIRLS	100m Breaststroke

Boys Skins Competition

<u>EVENT</u>	<u>SESSION 4</u> <u>TBA</u>
23 BOYS	100m Individual Medley
24 GIRLS	50m Breaststroke
25 BOYS	100m Freestyle
26 GIRLS	200m Butterfly
27 BOYS	50m Backstroke
28 GIRLS	200m Backstroke
29 BOYS	200m Freestyle
30 GIRLS	200m Individual Medley

Session Timings

SATURDAY 1st OCTOBER

SESSION 1	WARM UP 8.30am	START 9.30am	SESSION LENGTH 3.25 hours
SESSION 2	WARM UP <i>TBC</i>		SESSION LENGTH 3 hours

SUNDAY 2nd OCTOBER

SESSION 3	WARM UP 8.30am	START 9.30am	SESSION LENGTH 3.25 hours
SESSION 4	WARM UP <i>TBC</i>		SESSION LENGTH 3.25 hours

THE 2017 LEICESTER PENGUINS OPEN MEET

BOYS UPPER LIMIT TIMES

EVENT	10	11	12	13	14	15/OV
<i>50m Freestyle</i>	31.1	29.6	27.9	26.6	25.6	24.8
<i>100m Freestyle</i>	1:07.8	1:03.9	59.8	56.8	54.8	53.6
<i>200m Freestyle</i>	2:26.1	2:18.0	2:09.8	2:03.4	1:59.0	1:56.4
<i>400m Freestyle</i>	5:07.2	4:47.7	4:31.7	4:19.5	4:11.6	4:05.8
<i>50m Breaststroke</i>	41	38.5	36.1	33.8	32.5	31.4
<i>100m Breaststroke</i>	1:29.3	1:22.7	1:17.2	1:12.3	1:09.5	1:07.3
<i>200m Breaststroke</i>	3:10.6	2:57.4	2:46.6	2:36.7	2:30.2	2:26.1
<i>50m Butterfly</i>	34.9	32.8	31.1	29.3	28.1	27.1
<i>100m Butterfly</i>	1:19.6	1:12.5	1:07.6	1:03.6	1:00.8	58.8
<i>200m Butterfly</i>	2:54.0	2:38.3	2:28.8	2:20.5	2:14.6	2:09.1
<i>50m Backstroke</i>	36	34.1	32.3	30.4	29.4	28.4
<i>100m Backstroke</i>	1:18.3	1:12.3	1:08.0	1:04.1	1:01.4	59.5
<i>200m Backstroke</i>	2:44.0	2:33.8	2:25.0	2:17.2	2:11.7	2:08.1
<i>100 Individual Medley</i>	1.25.4	1.18.0	1.13.0	1.08.5	1.06.0	1.02.5
<i>200m Individual Medley</i>	2:48.1	2:36.8	2:27.9	2:20.7	2:14.6	2:11.2

GIRLS UPPER LIMIT TIMES

EVENT	10	11	12	13	14	15/OV
<i>50m Freestyle</i>	31.4	30	28.6	27.9	27.5	27.1
<i>100m Freestyle</i>	1:09.0	1:04.3	1:01.0	59.6	58.6	58
<i>200m Freestyle</i>	2:26.5	2:18.4	2:11.0	2:07.6	2:05.9	2:04.4
<i>400m Freestyle</i>	5:11.3	4:47.2	4:32.4	4:26.0	4:22.7	4:19.4
<i>50m Breaststroke</i>	41.0	38.5	36.4	35.2	34.5	34
<i>100m Breaststroke</i>	1:29.6	1:22.5	1:18.0	1:15.1	1:13.0	1:12.4
<i>200m Breaststroke</i>	3:10.2	2:56.9	2:47.2	2:41.1	2:37.7	2:36.3
<i>50m Butterfly</i>	34.8	33.1	31.4	30.5	29.9	29.4
<i>100m Butterfly</i>	1:19.3	1:12.6	1:08.2	1:06.2	1:04.6	1:04.1
<i>200m Butterfly</i>	2:56.0	2:39.8	2:29.4	2:24.4	2:20.9	2:18.8
<i>50m Backstroke</i>	35.9	34.0	32.5	31.6	31.0	30.7
<i>100m Backstroke</i>	1:18.1	1:12.3	1:08.2	1:06.2	1:05.1	1:04.1
<i>200m Backstroke</i>	2:45.1	2:32.5	2:25.0	2:21.5	2:19.2	2:16.9
<i>100 Individual Medley</i>	1.26.0	1.20.7	1.15.9	1.12.8	1.10.3	1.08.2
<i>200m Individual Medley</i>	2:47.4	2:36.3	2:28.2	2:24.7	2:22.1	2:20.5

Only swimmers **SLOWER** than the above times shown are eligible to enter
REMEMBER ~ AGE MEANS AGE AT 31st December 2017

THE 2017 LEICESTER PENGUINS OPEN MEET
Saturday 7th & Sunday 8th October 2017
(Under ASA Laws & The Technical Rules of Swimming)

PROMOTORS CONDITIONS

1. The competition will be held under A.S.A. Laws & A.S.A Technical Rules at Braunstone Leisure Centre, 2 Hamelin Road, Braunstone, Leicester, LE3 1JN. Licence number 3EM170934
2. 25m 8 lane competition pool with anti-turbulence lane ropes. Electronic timing with 8 – lane scoreboard is to be used in conjunction with a computerised results service. Entry information can be downloaded from our website and results will be available on-line after the event at: www.leicesterpenguins.club
3. 25m 4 lanes swim down pool will be available at the specified times only. Swimmers must be supervised throughout their swim down/warm up.
4. The competition is open to registered swimmers as defined by ASA Laws: Age as at 31st December 2017.
5. Individual awards for the first three places in each of the HDW events in the following age bands: 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16 & over, may be collected from the designated collection point.
6. All participants and spectators must observe the safety precautions in operation at the Braunstone Leisure Centre.
7. Neither Leicester Penguins Swimming Club nor Leicester City Council can be held responsible for loss or damage to spectators or competitor's property. Competitors are advised to use the lockers in the changing village and not leave belongings unattended.
8. All participants and spectators must observe the health & safety precautions in operation at Braunstone swimming pool. All stairways, walkways and thoroughfares must be kept clear at all times.
9. There will be a professional photographer present, the use of photography is not permitted by visitors, spectators or competitors unless their details have been registered at the swimming pool reception. Anyone caught using an unregistered image capture device will be asked to leave the event.
10. There are no expected fire alarm or test fire alarms, should the fire alarm sound please evacuate the building using the emergency exits and follow instructions of the leisure centre staff.
11. Heats will be seeded according to submitted entry times.
12. All events are HEAT DECLARED WINNER.
13. **This will be a card less meet.** No cards will be issued for this meet.
14. Over the top starts may be used at the discretion of the promoter in order to maintain the scheduled timing of events. Except for backstroke
15. It is the responsibility of team managers and coaches to ensure that their competitors report to the Marshalling Stewards in time for the start of their race.
16. The Leisure Centres Café will be open for the sale of hot and cold refreshments during the meet, alternatively they also have vending machines.

17. A swim shop may be available throughout the meet.
18. Club entries must be made via **YOUR** club meet secretary using the Sportsystems Entry File found on the website. Exported Entry files must be emailed **by midnight 3rd SEPTEMBER 2017, promoter reserves the right to close earlier if competition is full, this is a first come first served meet.**
19. A printout of event entries from Sportsystems, a club entry summary form and full payment must be sent to the address shown below **7 days** after the Entry File has been accepted by the meet management. The entry fee is **£5.50** per event. ONLY entries that have been paid for and payment cleared will be processed. Please advise the payment reference when paying by BACS on the club entry form.
20. BACS payments only, no cheques accepted.
- Please make the payment directly to the club's bank account
Bank: Santander
Name: Leicester Penguins Swimming Club
Account Number: 06326724
Sort Code 09-01-29
Please include the following details on the entry e-mail
- The date of the transfer
 - The amount
 - The **REFERENCE** of the transfer=> This must include the club/swimmer name and the name of the meet in order to be able to distinguish the payment among others, eg Neptunes LPSCOpen
21. The acceptance of competitors will be based on **first come first served**. As many heats as possible will be run in the time available for the Meet. The promoter reserves the right to close entries prior to the advertised closing date if the meet reaches it maximum.
22. **Entries must be within the published qualifying times** for each event.
23. Entry times will be taken from British Rankings
24. As soon as possible after the closing date, club list sheets will be posted on the clubs website, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or will be available for collection by clubs on the day. There will be no refunds for withdrawals after the closing date.
25. No entries will be accepted without full payment and fully completed individual or club summary forms. Any entry that is not accepted will be notified prior to the meet. It is the responsibility of all competing clubs to ensure that entry times, information etc is correct.
26. There will be no poolside passes available on the day and anybody poolside without the correct wristband will be asked to leave the poolside and purchase an entry ticket for admission in to the stands.
27. Entry summaries and coach poolside applications should be returned to:

**Alison Challenger
71, Thorpefield Drive
Thurmaston
Leicestershire
LE4 8GW**

Email: Leicester.penguins@swimclubmanager.co.uk

Entry Fee: £5.50 per event

Coaches Passes: £10.00 one day pass/ £18 two day pass (including refreshments & lunch)

Coaches' passes cannot be purchased on the day of the Meet.

Spectator Entrance fees

Adults £4 a session, £14 all weekend

Concessions £3 a session , £10 all weekend.(Concessions are over 60's)

All children free entry (up to 14)

ANYTHING NOT COVERED IN THE ABOVE, AND PRINTED IN ANY OF THE ASSOCIATED LITERATURE WILL BE AT THE DISCRETION OF THE PROMOTER.

THE 2017 LEICESTER PENGUINS OPEN MEET

Swimmers Entry Form

Name: _____ Club: _____

DOB: _____ ASA No: _____

Email: _____ Tel: _____

Event	Please tick if you wish to enter using times taken from British rankings	Submitted Entry Time only
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
50m Backstroke		
100m Backstroke		
200m Backstroke		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
100 Individual Medley		
200 Individual Medley		
Total Cost:	£5.50 per event	£