



COMPETITOR INFORMATION

Important information for swimmers and coaches

Fourth Long Course Licensed Open Meet 2009

Ponds Forge, Sheffield, Sunday April 4th and Monday April 5th, 2010.

Thank you for entering our fourth long course licensed open meet.

To comply with licensed meet requirements, we have again adopted qualifying times for entries.

The meet will be very busy and, therefore, the co-operation of swimmers and coaches would be greatly appreciated.

1 – Over the top starts will be used in appropriate events.

2 – The meet will be run without entry cards. This means you do not need to post cards or register on your arrival at the pool. It will be assumed that all swimmers are going to compete in all the events they have entered.

IF YOU ARE NOT GOING TO SWIM ANY OR ALL OF THE EVENTS YOU HAVE ENTERED, YOU MUST LET US KNOW BY EITHER EMAIL, TELEPHONE OR IN PERSON AT THE OMEGA SUITE BEFORE THE START OF THE WARM-UP FOR EACH SESSION.

Email: entries.openmeet@derventioexcel.org.uk or telephone Chris Goodall on **07704816108** or go to the Omega Suite.

Withdrawals must be made prior to the start of the warm-up for each session. After this time, it will be assumed that you are swimming the event and a lane will be allocated to you. Withdrawals after this time may result in an empty lane.

3 – Session times are listed in the programme. In addition, the diving pool will be available for the majority of the meet, as directed by Ponds Forge staff. Swimmers must be supervised by coaches and/or team managers during warm-up. Please listen out for any amendments during the day.

4 – When called to their event, swimmers must report to the competitors stewards to be allocated their heat and lane number. Swimmers will be marshalled for their events by the competitors stewards.

5 – Coach passes are to be collected on the day at the coach/swimmers' entrance to the pool.

6- Awards will be given to the top three swimmers in each age group in each individual event.

In addition to the individual awards, there will be the following overall awards: Top team; Best Supported Team and Top three Boy/Girl.

The overall awards will be calculated as follows:

FINA points will be calculated for all swimmers in each age group. These will consist of: Sprint (best 50m All strokes); 100m (best 100m all strokes); Form (best 200m back, breast or fly); Distance (bet 200m or 400m free); Individual medley (best 200m or 400m IM).

These points will be accumulated into the appropriate AGE Category for each single year age 10, 11, 12, 13, 14 & 15 yrs +. The overall top three swimmers in each of these AGE Categories will receive a medal and a cash prize.



Top Team: Event points will be accumulated for all swimmers from all age groups for each club. The overall Top Club will receive a trophy. The Best Supported Team will receive a trophy, the award for which will be at the discretion of the promoters

Photography

There will be a number of Derventio officials taking both still and video images over the weekend for sponsorship and publicity purposes. All of these will have signed the photograph registration book available at the entry point and all will be carrying the relevant information.

Please note that anyone wishing to take photographs or video images (including mobile phones) must also register on the approved ASA form provided at the spectator entrance with proof of identity. An identification label will be issued and must be on show at all times. This policy will be rigorously enforced and any person found contravening its conditions will be asked to leave the gala without refund.

