



KINGSTON UPON HULL SWIMMING CLUB

(Affiliated to ASA NER Region)

A/B Easter Short Course Meet License Pending

Under ASA Laws & ASA Technical Rules

Licensed Level 3 Event

(For entry into Regional and County Championships)

**Friday 1st April,
Saturday 2nd & Sunday 3rd April 2016
Ennerdale Leisure Centre, Hull**

Events

All age groups - 50m, 100m and 200m all strokes and 200m IM
11 yr – 15+ 400 Free and 400 IM

Awards

**9 / 10 / 11 Years Medals 1st – 6th
12 / 13 / 14/ 15 Years & Over Medals 1st – 3rd**

Age as at 3rd April 2016

Closing Date: Sunday 28th February 2016



KINGSTON UPON HULL SWIMMING CLUB

A/B Easter Short Course Meet 2015

General Information

Organisation

- The competition will be held under ASA Laws and ASA Technical Rules of Swimming.
- Age as at 3rd April 2016.
- Over the top starts will be used at the discretion of the Lead Referee and Meet Management.
- Integrated heats (i.e. multiple age groups) will be seeded according to entry times.
- All events are Heat Declared Winners.

Venue

- Ennerdale Leisure Centre, Sutton Road, Hull, HU7 6EA.

Pools

- 25m, 6 Lane Pool with anti-wave ropes.
- **Swim down pool** will be in operation throughout the meet.
- This facility will be withdrawn if abused. Vigilance over behaviour in the swim down pool from coaches and team managers is expected.
- Mobile phones are prohibited on poolside.
- Over the top starts will be used at the discretion of the Lead Referee and Meet Management.

Footwear

- All Meet participants must observe the safety precautions in operation at Ennerdale Leisure Centre and **must wear footwear when leaving poolside.**

Timing

- Colorado Electronic timing will be used throughout the meet.

Session Times

- | | | |
|---------------------------------|----------------|--------------|
| • Friday evening | Warm Up 5.50pm | Start 6:00pm |
| • Saturday and Sunday Morning | Warm Up 8:00am | Start 9:00am |
| • Saturday and Sunday Afternoon | Warm Up 1:00pm | Start 2:00pm |

Age Groups

- Boys 9 / 10 / 11 / 12 / 13 / 14 / 15 & Over.
- Girls 9 / 10 / 11 / 12 / 13 / 14 / 15 & Over.

Individual Events

- **All ages graded – 50m, 100m, 200m all strokes, 200m IM and 400 Free and 400 IM**
- **All events are Heat Declared Winners.**
- **All age groups graded (except 9 year age group)**

Awards

- 9 / 10 / 11 Medals 1st – 6th
- 12 / 13 / 14 / 15 & Over Medals 1st – 3rd
- Speeding Tickets for all who swim faster than the upper A grade limit times by the following tolerances:
 - 1 second on 50m events
 - 2 seconds on 100m events
 - 3 seconds on 200m events



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Coaches Passes

- **Coaches pass costs £20** this includes: admissions to all sessions, a programme, results sheets and a buffet lunch with refreshments.

Entry Procedures and fees

All entries to be submitted using the Sports System file which will be available at www.kuhsc.co.uk

- All entries are **£6** per event and must be submitted electronically using the Sports System files provided.
- **Only small entries will be accepted without the sports systems entry file.**
- Entries must meet the qualifying times and be no faster than the upper limit times.
- Entries will be accepted on a first come first served basis providing that the entry times submitted are within the upper and lower qualifying times. It may be necessary to close entries prior to the official closing date.
- NO POOLSIDE ENTRIES WILL BE ACCEPTED

- **Send completed entry forms together with the requisite fees to:**
- **KUHSC, P.O BOX 776, Ennerdale Leisure Centre, Sutton Road, Hull,**
- **East Yorkshire, HU6 9YZ**

- **Or BACS PAYMENT HSBC, HULL JAMESON STREET**
- **SORT CODE – 40-25-49 ACCOUNT NO. 50118575**

PLEASE SEND/ E-MAIL AN 'ENTRY SUMMARY' TO kuhsopenmeets@gmail.com

- **Cheques made payable to: Kingston Upon Hull Swimming Club**
ENTRY CLOSING DATE: Sunday 28th February 2016

Entry Cards

- This meet is cardless. All entry withdrawal forms must be presented to the recorders desk no later than 45 minutes before the start of each session.

Spectators

- Admission for spectators will be **£6 for the day.**
- Programmes will cost **£4 each.**
- Users of any video, zoom or close range cameras must register their details at the entrance. Stickers will be issued, and must be worn at all times.
- No Photography is permitted on poolside (with exception to the KUHSC official photographer) or in the changing rooms at any point during the competition.

Swim Shop

- There will be a swim shop open throughout the meet.

Further Information

For further information, please contact Nick Mills For further information, please contact:
Nick Mills, 07920 886298 kuhsopenmeets@gmail.com

- Or you can visit our website and click on gala information www.kuhsc.co.uk



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Schedule of Events

Friday 1st April 2016

Session One

Sat Warm Up 5.30pm Start 6pm

1. GIRLS 400 FREE
2. BOYS 400 FREE
3. GIRLS 400 IM
4. BOYS 400 IM

Saturday 4th April 2015

Session One

Sat Warm Up 8.00am start 9:00am

1. GIRLS 200 FREE
2. BOYS 200 BACK
3. GIRLS 50 BREAST
4. BOYS 50 FLY
5. GIRLS 100 BACK
6. BOYS 100 BREAST

Saturday 4^h April 2015

Session Two

Warm Up 1.00pm start 2.00pm

7. GIRLS 200 IM
8. BOYS 200 BREAST
9. GIRLS 50 BACK
10. BOYS 50 FREE
11. GIRLS 100 FREE
12. BOYS 100 FLY
13. GIRLS 200 FLY

Sunday 5th April 2015

Session One

Sat Warm Up 8.00am start 9:00am

14. BOYS 200 FREE
15. GIRLS 200 BACK
16. BOYS 50 BREAST
17. GIRLS 50 FLY
18. BOYS 100 BACK
19. GIRLS 100 BREAST

Sunday 5th April 2015

Session Two

Warm Up 1.00pm start 2.00pm

20. BOYS 200 IM
21. GIRLS 200 BREAST
22. BOYS 50 BACK
23. GIRLS 50 FREE
24. BOYS 100 FREE
25. GIRLS 100 FLY
26. BOYS 200 FLY



KINGSTON UPON HULL SWIMMING CLUB

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A Grade Cut Off Times (Not Faster Than)

No qualifying times or cut off times for the 9 year age group

Boys							EVENT	Girls						
9	10	11	12	13	14	15 & Over		9	10	11	12	13	14	15 & Over
-	32.9	31.3	29.5	28	26.9	26	50m Free	-	33.4	31.5	30.2	29.3	28.7	28.3
-	1:11.9	1:07.4	1:03.5	59.9	57.6	56	100m Free	-	1:13.0	1:07.8	1:04.4	1:02.8	1:01.4	1:00.6
-	2:35.2	2:26.6	2:17.9	2:10.6	2:04.8	2:01.7	200m Free	-	2:35.6	2:26.0	2:19.1	2:14.4	2:12.3	2:10.2
-	-	5:11.9	4:55.0	4:41.0	4:30.8	4:23.6	400 Free	-	-	5:11.6	4:54.6	4:46.7	4:42.1	4:37.7
-	43.2	40.5	37.9	35.4	34	32.7	50m Breast	-	43.3	40.6	38.3	37	36.1	35.5
-	1:34.0	1:26.8	1:21.2	1:16.0	1:12.8	1:10.4	100m Breast	-	1:34.5	1:26.8	1:22.1	1:18.8	1:16.3	1:15.6
-	3:21.6	3:08.0	2:55.9	2:44.7	2:37.4	2:32.5	200m Breast	-	3:21.7	3:06.1	2:55.9	2:49.0	2:44.8	2:43.4
-	37	34.9	33	30.9	29.5	28.4	50m Fly	-	36.8	34.8	33.2	32.1	31.3	30.8
-	1:23.7	1:16.7	1:12.0	1:07.2	1:03.8	1:01.5	100m Fly	-	1:23.3	1:16.3	1:12.0	1:09.5	1:07.5	1:07.0
-	3:06.8	2:49.8	2:38.4	2:28.3	2:21.2	2:15.3	200m Fly	-	3:06.7	2:49.2	2:38.5	2:32.3	2:27.5	2:25.0
-	38.1	36.1	34	32	30.9	29.6	50m Back	-	37.8	35.9	34.3	33.2	32.5	32.1
-	1:22.7	1:16.3	1:11.8	1:07.5	1:04.3	1:02.2	100m Back	-	1:22.6	1:16.4	1:12.0	1:09.6	1:08.4	1:07.0
-	2:56.1	2:43.1	2:33.2	2:24.6	2:18.4	2:13.9	200m Back	-	2:54.4	2:41.0	2:33.7	2:29.3	2:25.8	2:23.2
-	2:58.0	2:45.9	2:36.7	2:28.2	2:21.3	2:16.9	200m IM	-	2:57.3	2:44.4	2:36.7	2:32.7	2:29.1	2:26.9
-	-	5:59.3	5:36.3	5:20.8	5:06.4	4:56.3	400 IM	-	-	5:57.2	5:37.7	5:26.3	5:19.7	5:15.4



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B Grade Cut Off Times (NOT Faster Than)

No qualifying times or cut off times for the 9 year age group

Boys							EVENT	Girls						
9	10	11	12	13	14	15 & Over		9	10	11	12	13	14	15 & Over
-	39.9	37.2	34.4	32	30.3	29.2	50m Free	-	39.5	36.7	34.6	33	32.2	31.8
-	1:27.3	1:20.5	1:14.2	1:08.8	1:05.2	1:02.9	100m Free	-	1:26.5	1:19.1	1:13.9	1:10.8	1:09.0	1:08.2
-	3:09.6	2:55.5	2:41.5	2:30.1	2:21.6	2:16.9	200m Free	-	3:05.1	2:50.9	2:39.8	2:31.9	2:28.8	2:26.6
-	-	6:59.2	6:33.0	6:06.9	5:42.1	5:23.6	400m Free	-	-	6:52.9	6:25.1	6:04.2	5:50.4	5:40.09
-	52	48	44.1	40.5	38.3	36.7	50m Breast	-	51.1	47.1	43.8	41.6	40.4	39.8
-	1:53.3	1:43.1	1:34.5	1:27.0	1:22.3	1:19.0	100m Breast	-	1:51.3	1:40.9	1:33.8	1:28.8	1:25.7	1:25.0
-	4:03.4	3:43.7	3:24.7	3:08.5	2:58.0	2:51.0	200m Breast	-	3:57.8	3:36.2	3:21.1	3:10.3	3:04.9	3:03.4
-	44.6	41.3	38.2	35.3	33.3	31.7	50m Fly	-	43.5	40.4	37.9	36.1	35	34.5
-	1:40.4	1:30.9	1:23.6	1:16.8	1:12.0	1:09.0	100m Fly	-	1:38.0	1:28.7	1:22.3	1:18.2	1:15.7	1:15.2
-	3:43.9	3:21.3	3:04.2	2:49.7	2:39.4	2:31.8	200m Fly	-	3:38.8	3:16.2	3:01.1	2:51.3	2:45.5	2:43.0
-	46	42.8	39.5	36.6	34.7	33.1	50m Back	-	44.8	41.7	39.2	37.4	36.4	36
-	1:39.8	1:30.8	1:23.6	1:17.2	1:12.6	1:09.7	100m Back	-	1:37.5	1:29.0	1:22.5	1:18.5	1:16.8	1:15.3
-	3:33.0	3:14.5	2:58.9	2:45.7	2:36.6	2:30.3	200m Back	-	3:26.5	3:07.9	2:56.2	2:48.3	2:43.7	2:41.0
-	3:36.2	3:18.3	3:03.0	2:49.9	2:40.1	2:33.8	200m IM	-	3:30.3	3:12.2	2:59.9	2:52.4	2:47.6	2:45.4
-	-	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7	400m IM	-	-	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1



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