



COMPETITION RULES AND MEET INFORMATION 2008

This competition is only open to swimmers who are members of clubs affiliated to the East Invicta Swimming Association. Swimmers shall be excluded from any stroke, at any distance, in which they achieved a top 6 finish in the East Invicta Championships in 2007, or the Kent Championships in 2008. Swimmers will be allowed to swim their weaker strokes. It is hoped that all clubs will respect these simple rules but anyone wishing to protest about the eligibility of any swimmer should do so by providing copies of the result of the relevant final from either the Kent or East Invicta Championship.

General Information

- a) The meet will be held under ASA Laws and Technical Rules.
- b) The competition is an invitation meet.
- c) Entries should be sent by disc using the programme provided. The entry fee is £3.50 per individual event, £6 for relays. Cheques (**one cheque per club**) should be made payable to DLGC. If you have any difficulty please contact Scott Walker on 0771 422 5282. Closing Date 17th, May 2008.
- d) The programme will cover the following age groups 9yr, 10/11yrs, 12/13 yrs, 14/15 yrs, 16yrs +. Age as at 29th June, 2008. Swimmers who are 9 on or before December 31st 2008 may also take part.
- e) The pool is 25 metres long with 6 lanes and anti-wave lane ropes.
- f) "Over the top" starts will be used in the heats at the discretion of the promoter.
- g) The competition will operate without cards. Competitors must sign in on the sheets provided which will be in the entrance area of the pool. These will be removed 30 minutes before the advertised start time of the session concerned.
- h) Only finalists will be announced. Results will be posted on the wall at the shallow end of the pool. A full list of results will be available on the website at the end of the competition. Swimmers wishing to withdraw from the finals must inform the clerks of the course in the small pool marshalling area within 15min of the finalists being announced so that reserves can be informed.
- i) Relay teams : -
 1. Should comprise two boys and two girls and they can swim in any order
 2. Only swimmers who have qualified to swim using the individual entry criteria may take part.
 3. Swimmers may not swim any stroke in which they achieved a top 6 finish in the East Invicta Championships in 2007, or the Kent Championships in 2008. This does include freestyle in the freestyle relay. Swimmers will be allowed to swim their weaker strokes. They need not have swum in the gala as individuals.
 4. A maximum of 5 names per relay team (4 swimmers and 1 reserve) must be submitted at the start of the relay gala. This should be done on a team sheet covering all events to be swum that session.
 5. A maximum of 2 relay teams per club in each age group.
- j) Awards will be made to all individual finalists and to the first three relay teams. Awards will be made to the first 6 placed competitors in the Heat Declared Winner (HDW) events.

A Trophy will be presented to the Club accumulating the most points in the Individual Competition for Boys and Girls.

A Trophy will be presented to the club accumulating the most points from the relay competition.

Points will be awarded on the following basis for each event:-

1st – 6pts, 2nd – 5pts, 3rd – 4 pts, 4th – 3 pts, 5th – 2 pts, 6th – 1pt

No club points will be awarded for the skins competition.

- k) Entries to events may have to be restricted but will be accepted on a first come first served basis to encourage early entry. Any rejected entries and entry fees will be refunded in full.
- l) Coaches' passes will be available at the cost of £15 each. This will include admission to all sessions, programmes, food and refreshments during the interval each day.
- m) It is the decision of the promoter to allow Video and Zoom photography. This will be strictly regulated in accordance with the ASA code of practice. All competitors who enter this competition consent to such photography taking place.

**ALL COMPETING CLUBS ARE REQUESTED TO PROVIDE A JUDGE AND A
TIMEKEEPER FOR EACH SESSION**

Dover Life Guard Club - - Rules for the Skins Competition

1. For each age group the six fastest swimmers in the 100 metres individual medley will be invited to take part. Reserves will be selected, and swimmers advised in the same way as finalists. In order to ensure that all lanes are occupied please indicate within 15 minutes of the skins competitors being announced of your intention to take part.
2. There will be five rounds, each round will comprise of a 50 metre race. Swimmers will be spearheaded for the first round in accordance with the times achieved in the 100m I.M., all five rounds to be swum in the same lane.
3. The stroke to be swum will be determined by drawing a coloured ball from a bag prior to the start of each round. The stroke drawn will be announced as soon as it is drawn. The ball will be replaced in the hat after it is drawn. The balls drawn from the hat will represent the following strokes: -
RED - Backstroke YELLOW – Breaststroke WHITE – Butterfly BLACK - Freestyle
4. The stroke selected must be swum in accordance with the ASA Racing Technical rules.
5. The starting sequence in the first round will be in accordance with the ASA Racing Technical Rules. The starting signal of each subsequent round will be given exactly 2 minutes after the start of the previous one. In the second and subsequent rounds there will be no preparatory command "Take your Marks." This will be replaced by a whistle blast 10 seconds before the starting signal, which will follow in the normal manner. In the event of a failure of the starting signal this will be replaced with a shout of "Go" from the starter.
6. Any swimmer performing a false start will be disqualified unless they return to the end of the pool and start normally.
7. The slowest swimmer will be eliminated in each round. However, in the event that one or more swimmers have been disqualified for a false start or other infringement of the ASA Racing Technical Rules then the slowest swimmer will not be eliminated.
8. In the event that two or more swimmers are eliminated then the subsequent rounds shall continue without elimination until the appropriate round. For example if two swimmers are disqualified for a false start in round one, no swimmers will be eliminated in round 2. One swimmer will be eliminated in round 3 as normal.
9. In the event of a tie for last place, both swimmers will continue into the next round. In this event two swimmers will be eliminated from the next round. If there is a tie for last place in round three or four there will be a swim off to determine which swimmer proceeds into the next round. The stroke will be determined as described in rule 3 above. This will also apply in the event of a tie in the final in order to determine the winner.
10. It is the individual swimmer's responsibility to be in their starting position at the start of each round. The starting signal will not be delayed in the event that a swimmer is missing, or has suffered some other "gear" failure.
11. The winner will be the swimmer who is placed first in the final round. Prizes will be awarded as follows: -
1st - £25 2nd - £15 3rd - £10

Whitecliffs 2008 Programme of Events

**Gala 1 Saturday 28th June Warm up 1.30pm
Event Start 2.15pm**

- 101 14/15 yrs Boys 100m Individual Medley HDW
- 102 14/15 yrs Girls 100m Individual Medley HDW
- 103 9 yrs Mixed 4 x 25m Medley Relay
- 104 10/11 yrs Boys 50m Freestyle
- 105 10/11 yrs Girls 50m Freestyle
- 106 12/13 yrs Boys 50m Butterfly
- 107 12/13 yrs Girls 50m Breaststroke
- 108 15&u Mixed 4 x 25m Medley Relay
- 109 9 yrs Mixed 4 x 25m Freestyle Relay
- 110 10/11 yrs Boys 50m Breaststroke
- 111 10/11 yrs Girls 50m Breaststroke
- 112 15 & u Mixed 4 x 25m Freestyle Relay
- 113 12/13 yrs Boys 50m Freestyle
- 114 12/13 yrs Girls 50m Butterfly

- 115 Final of Event 103
- 116 Final of Event 104
- 117 Final of Event 105
- 118 Final of Event 106
- 119 Final of Event 107
- 120 Final of Event 108
- 121 Final of Event 109
- 122 Final of Event 110
- 123 Final of Event 111
- 124 Final of Event 112
- 125 Final of Event 113
- 126 Final of Event 114
- 127 14/15yr boys skins
- 128 14/15 yr girls skins

**Gala 3 Sunday 29th June Warm up 8.45am
Event Start 9.30am**

- 301 12/13 yrs Boys 100m Individual Medley HDW
- 302 12/13 yrs Girls 100m Individual Medley HDW
- 303 9 yrs Boys 50m Freestyle
- 304 14/15 yrs Boys 50m Butterfly
- 305 14/15 yrs Girls 50m Butterfly
- 306 16 yrs & over Boys 50m Breaststroke
- 307 16 yrs & over Girls 50m Breaststroke
- 308 12/13 yrs Boys 50m Backstroke
- 309 12/13 yrs Girls 50m Backstroke
- 310 9 yrs Boys 50m Breaststroke
- 311 14/15 yrs Boys 50m Freestyle
- 312 14/15 yrs Girls 50m Freestyle
- 313 16 yrs & over Boys 50m Backstroke
- 314 16 yrs & over Girls 50m Backstroke

- 315 Final of Event 303
- 316 Final of Event 304
- 317 Final of Event 305
- 318 Final of Event 306
- 319 Final of Event 307
- 320 Final of Event 308
- 321 Final of Event 309
- 322 Final of Event 310
- 323 Final of Event 311
- 324 Final of Event 312
- 325 Final of Event 313
- 326 Final of Event 314
- 327 12/13 yrs Boys Skins
- 328 12/13 yrs Girls Skins

**Gala 2 Saturday 28th June Warm up 5.45pm
Event Start 6.30pm**

- 201 10/11 yrs Boys 100m Individual Medley HDW
- 202 10/11 yrs Girls 100m Individual Medley HDW
- 203 Open Mixed 4 x 50m Medley Relay
- 204 9 yrs Girls 50m Freestyle
- 205 13 yrs&u Mixed 4 x 25m Medley Relay
- 206 16 yrs & over Boys 50m Freestyle
- 207 16 yrs & over Girls 50m Freestyle
- 208 11yrs&u Mixed 4 x 25 m Freestyle Relay
- 209 12/13 yrs Boys 50m Breaststroke
- 210 12/13 yrs Girls 50m Freestyle
- 211 9 yrs Girls 50m Breaststroke
- 212 11 yrs&u Mixed 4 x 25m Medley Relay
- 213 Open 4 x 50m Freestyle Relay
- 214 13 yrs&u Mixed 4 x 25m Freestyle Relay

- 215 Final of Event 203
- 216 Final of Event 204
- 217 Final of Event 205
- 218 Final of Event 206
- 219 Final of Event 207
- 220 Final of Event 208
- 221 Final of Event 209
- 222 Final of Event 210
- 223 Final of Event 211
- 224 Final of Event 212
- 225 Final of Event 213
- 226 Final of Event 214
- 227 10/11 yrs Boys Skins
- 228 10/11 yrs Girls Skins

**Gala 4 Sunday 29th June Warm up 1.30pm
Event Start 2.15pm**

- 401 16 yrs & over Boys 100m Individual Medley HDW
- 402 16 yrs & over Girls 100m Individual Medley HDW
- 403 10/11 yrs Boys 50m Backstroke
- 404 10/11 yrs Girls 50m Backstroke
- 405 9 yrs Boys 50m Butterfly
- 406 9 yrs Girls 50m Butterfly
- 407 14/15 yrs Boys 50m Breaststroke
- 408 14/15 yrs Girls 50m Breaststroke
- 409 16 yrs & over Boys 50m Butterfly
- 410 16 yrs & over Girls 50m Butterfly
- 411 10/11 yrs Boys 50m Butterfly
- 412 10/11 yrs Girls 50m Butterfly
- 413 9 yrs Boys 50m Backstroke
- 414 9 yrs Girls 50m Backstroke
- 415 14/15 yrs Boys 50m Backstroke
- 416 14/15 yrs Girls 50m Backstroke

- 417 Final of Event 403
- 418 Final of Event 404
- 419 Final of Event 405
- 420 Final of Event 406
- 421 Final of Event 407
- 422 Final of Event 408
- 423 Final of Event 409
- 424 Final of Event 410
- 425 Final of Event 411
- 426 Final of Event 412
- 427 Final of Event 413
- 428 Final of Event 414
- 429 Final of event 415
- 430 Final of event 416
- 431 16yrs and over Boys Skins
- 432 16yrs and over Girls Skins

Dover Life Guard Club



WHITECLIFFS OPEN MEET 2008

CLUB ENTRY SUMMARY

Club Name	
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Contact name	
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Address	

telephone number	
mobile	

e-mail Address	
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Number of Entries

			£
Male		@ £3.50	
Female		@ £3.50	
Relays		@ £6	
Coaches passes		@ £15	
Total			

Please: -

1. Make out one cheque for your club's entries made out to DLGC
2. Enclose the entry disc
3. Ensure that all your swimmers' parents have signed their entry forms and enclose them in the envelope. This is required because of the increasing emphasis on photography in respect of child protection guidelines.
4. Make sure you post everything to arrive not later than May 17th

When complete return to:-

Debbie Woodard
Highcroft
The Avenue
Temple Ewell
Dover
Kent CT16 3AP

e-mail woodardand@freeuk.com