



city of **m**anchester aquatics swim team

THE MANCHESTER OPEN MEET 2018

This competition is promoted by The City of Manchester Aquatics Swim Team (COMAST), and will be held under ASA Laws and Regulations and FINA Technical Rules of Swimming. The event is Licensed Level 1 Meet (1NW180648) by the ASA for entry into National, District, and County Championships.

Date: Friday 11th, Saturday 12th and Sunday 13th May 2018

Venue: Manchester Aquatics Centre
2 Booth Street
Manchester
M13 9SS

Facility: 50 metre, 8 Lane, constant 2 meter water depth deck level pool with anti wave lane ropes, continuous 25m, 6 lane warm up/swim down facilities*. Omega electronic timing with electronic display, electronic meet software.

Events: 50m, 100m, 200m, 400m, 800m (female) and 1500m (male) Freestyle;
50m, 100m, and 200m Butterfly, Backstroke, and Breaststroke;
200m and 400m IM.

Heats will be run with all age groups seeded together, slowest to fastest on submitted entry times. All events **are heat declared** in age group categories.

Age Groups: Individual event age groups;

Boys: 10/11, 12, 13, 14, 15/16, and 17 years and over

Girls: 10/11, 12, 13, 14, 15/16, and 17 years and over

Age on the day will be as of midnight on 13th May 2018

Session Times:	Session 1 – Friday 11 th May 2018	17:30 warm up – 18:00 start
	Session 2 – Saturday 12 th May 2018	08:00 warm up – 09:00 start
	Session 3 – Saturday 12 th May 2018	13:30 warm up – 14:30 start
	Session 4 – Sunday 13 th May 2018	08:00 warm up – 09:00 start
	Session 5 – Sunday 13 th May 2018	13:30 warm up – 14:30 start

Consideration Times: Entry times for this meet are as stated in the National Licensing Guidelines. Swimmers must have achieved these times in order to qualify for entry.

Entry times must be 50m times or 25m times converted to 50m times



- Entries:** All entries must show clearly the swimmers full date of birth, registration number, and club name.
- COMAST reserves the right to restrict entries in the interests of safety, time constraints, and to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times shall take precedence. Events chosen for restriction will be at the discretion of COMAST. Refunds for entries not accepted will be available for collection at the start of the meet.
- If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted to enable the competition to meet ASA licensing requirements. Any deletions made will be equally proportionate from each age year, and will endeavour to ensure an equal balance of swimmers across the age groups and events
- Submitted entry times shall be used for seeding and rejection purposes as required. All submitted times must be short course times. Once an entry has been submitted improved times will not be accepted.
- After the closing date for the competition each club will be sent by email details of their entries stored by the meet management software. These should be used to cross check the accuracy of those entries and to allow any necessary corrections to be made. Corrections need to be sent to comastopenmeet@gmail.com before the 27TH April 2018. The final gala programme will be produced as a result of any corrections that are received.
- Random checks will be made against the current ASA rankings database and any swimmer found to be submitting false times will be rejected from all events, unless a result sheet is available to confirm entry times.
- Entries of 5 or more swimmers from the same Club must be made electronically. Entries of 4 or less swimmers from the same Club may be made using the official meet entry form. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration
- The Meet Secretary reserves the right to allocate spare lanes to City of Manchester Aquatics Swim Team members
- Multi Classification** All competitors who have a disability that prevents them from complying with the rules of a particular stroke and who have a confirmed classification (disability status on BS membership database) or a certificate of swimming disability, should submit details of this to the meet referee prior to each swim. There are no separate consideration times for MC swimmers.
- Entry Fee:** £7.00 per event – All events **except** 800m Freestyle and 1500m Freestyle
£12.00 per 800/1500m Distance Events
- Awards:** The first, second, and third placed swimmers in each individual age group event shall be awarded gold, silver, and bronze medals respectively.
- Top Team:** FINA points will be scored for all events. This will be scored as average score per swimmer for each club, 4 swimmer minimum. The Club with the highest average will be Top Team
- Best Supported Team:** This award will be made at the discretion of the promoter



Closing Date: The closing date for entries is **Friday 13th April 2018**

The entry file can be downloaded from <http://cityofmanchesterswimteam.co.uk/>

Email the entry file to comastopenmeet@gmail.com The entry fees, one combined cheque per club please, and club summary entry form should be sent to:

Beverly Brown
COMAST Meet Secretary
1 Southway
Droylsden
Manchester
M43 6EH

Overseas Clubs: The promoter reserves the right to guarantee entries of up to a maximum of two clubs and not exceeding a total of 400 entries, where booking of flights is required to travel to and from the event. All entries must meet the published qualifying times, proof may be requested. This will be on a first come first served basis and application must be by email to the promoter on comastopenmeet@gmail.com

The promoter strongly recommends that no travel arrangements are confirmed until the club receives a written confirmation of entry.

Poolside Pass: Each coach/team manager requiring access to poolside must be in possession of a pass issued by COMAST. It is mandatory that all coaches/team managers comply with the relevant Child Protection Procedures with their relevant governing body and have an up to date DBS certificate.

Passes will be issued in the name of the club and are transferable between club personnel. Clubs must purchase sufficient poolside passes so that all of their team staff members are in possession of a pass when they are on poolside. The passes along with programmes, withdrawal forms, relay entry form and other information can be collected at the desk at front of house from 7.00am on the day of the meet.

Coaches/Team managers pass (to include poolside access and programme) is **£20.00 for the weekend or £15 for Saturday or Sunday only**

Withdrawals: Coaches/Team Managers or swimmers **MUST** notify the recorders of any swimmers withdrawing from an event before the published warm-up for the session in which the event is due to be swum. Details of any withdrawals can be text to **07852 716690**, emailed to comastinternational@gmail.com or lodged at the medal / results room on the appropriate form on the day

Refunds No refunds of entries will be given after the entries have been processed, except in the case of:

- A swimmer being subsequently selected to swim for their country on the same day
- The production of a Doctor's note confirming the athlete is unfit to compete

Results: Live results will be posted at <http://cityofmanchesterswimteam.co.uk/>



Other:

Competitors are responsible for presenting themselves to the Stewards one event prior to the race in which they are competing. **It is the swimmers responsibility to be at the start in time for the race.**

Entries will be audited against the rankings published by the ASA and any club may be challenged to demonstrate the authenticity of the information provided.

All persons are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

You are strongly advised not to leave clothes or property around, and to use the lockers in the changing area. The Promoters or Pool management will not be held responsible for any loss or damage caused.

Both competitors and members of the general public share the changing facilities.

The Promoters or Pool Management reserve the right to refuse admission to any competitor or spectator.

A swim shop will be in operation throughout the gala.

Anything not covered above, and not printed in the programme, will be at the promoter's discretion.

Please do not park in front of the entrance to Manchester Aquatics Centre. Clamping/Fine payable



THE MANCHESTER OPEN MEET 2018 – PROGRAMME OF EVENTS

SESSION ONE		
FRIDAY 12th MAY 2018 – WARM UP 17:30 START 18:00		
101	Girls	800m Freestyle
102	Boys	1500m Freestyle
SESSION TWO		
SATURDAY 13th MAY 2018 – WARM UP 08:00 START 09:00		
201	Boys	400m Individual Medley
202	Girls	200m Individual Medley
203	Boys	50m Butterfly
204	Girls	50m Freestyle
205	Boys	100m Breaststroke
206	Girls	100m Butterfly
207	Boys	200m Backstroke
208	Girls	200m Breaststroke
SESSION THREE		
SATURDAY 13th MAY 2018 – WARM UP 13:30 START 14:30		
301	Girls	400m Freestyle
302	Boys	200m Freestyle
303	Girls	50m Backstroke
304	Boys	50m Breaststroke
305	Girls	100m Freestyle
306	Boys	100m Backstroke
307	Girls	200m Butterfly
SESSION FOUR		
SUNDAY 14th MAY 2018 – WARM UP 08:00 START 09:00		
401	Girls	400m Individual Medley
402	Boys	200m Individual Medley
403	Girls	50m Butterfly
404	Boys	50m Freestyle
405	Girls	100m Breaststroke
406	Boys	100m Butterfly
407	Girls	200m Backstroke
408	Boys	200m Breaststroke
SESSION FIVE		
SUNDAY 14th MAY 2018 – WARM UP 13:30 START 14:30		
501	Boys	400m Freestyle
502	Girls	200m Freestyle
503	Boys	50m Backstroke
504	Girls	50m Breaststroke
505	Boys	100m Freestyle
506	Girls	100m Backstroke
507	Boys	200m Butterfly



MANCHESTER OPEN MEET 2018

CONSIDERATION TIMES – LONG COURSE POOL

	10/11	12	13	14	15/16	17+
BOYS						
50m Freestyle	37.0	34.9	33.0	31.3	29.7	28.4
100m Freestyle	1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:01.5
200m Freestyle	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:13.7
400m Freestyle	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:44.6
1500m Freestyle	22.25.00	20.16.00	19.27.00	18.45.00	18.18.00	17.59.00
50m Breaststroke	48.2	44.6	41.8	39.7	37.8	35.8
100m Breaststroke	1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:17.0
200m Breaststroke	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:47.0
50m Butterfly	40.8	38.1	35.9	34.0	32.2	30.6
100m Butterfly	1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:06.5
200m Butterfly	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:27.6
50m Backstroke	43.2	40.5	38.2	36.1	34.5	32.7
100m Backstroke	1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:09.3
200m Backstroke	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:28.6
200m Individual Medley	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:31.0
400m Individual Medley	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:22.6
	10/11	12	13	14	15/16	17+
GIRLS						
50m Freestyle	37.3	35.4	34.0	32.9	32.2	31.8
100m Freestyle	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.1
200m Freestyle	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:25.8
400m Freestyle	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:06.3
800m Freestyle	11.17.00	10.44.00	10.22.00	10.12.00	10.02.00	9.58.00
50m Breaststroke	47.8	45.0	43.1	41.5	40.6	39.8
100m Breaststroke	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:25.2
200m Breaststroke	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:04.0
50m Butterfly	40.7	38.6	36.7	35.7	34.8	34.2
100m Butterfly	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.0
200m Butterfly	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:41.3
50m Backstroke	43.1	40.9	39.4	38.0	37.0	36.3
100m Backstroke	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:16.3
200m Backstroke	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:42.8
200m Individual Medley	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:45.5
400m Individual Medley	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:48.7



INDIVIDUAL ENTRY FORM

Name					
Club					
ASA No.		Gender			
DOB		Age at date			
Disabled Y/N		Disability S, SB, SM			
Address			Tel No.		
			Email		

Event	Entry Time (50m)	Date and Meet Time achieved
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
800m Freestyle (Girls)*		
1500m Freestyle (Boys)*		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
50m Backstroke		
100m Backstroke		
200m Backstroke		
200m Ind. Medley		
400m Ind. Medley		

Total number of entries..... @ £7.00 per event. **Total number of entries..... @ £12.00* per event** TOTAL.....

I certify that the above details are correct, I will abide by the promoter's conditions and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association.

Swimmer's Signature (or parent/guardians if under 18 years of age)

Date: / /

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SUMMARY FORM

THE MANCHESTER OPEN MEET 2018

CLUB			
Contact Name		Tel No.	
Address			
Email			

No. of Girls entries		@ £7.00 per event =	£
No of Boys entries		@ £7.00 per event =	£
No. of Girls entries		@ £12.00 per event =	£
No of Boys entries		@ £12.00 per event =	£
No of Coaches passes		@ £20.00 Both Days =	£
No of Coaches passes		@ £15.00 SAT/SUN (delete as applicable)	£
TOTAL (Cheques made payable to The City of Manchester Aquatics Swim Team)			£

All forms should be sent with full payment FAO Beverly Brown, 1 Southway, Droylsden, Manchester, M43 6EH

For payment by electronic transfer our bank details are:- Royal Bank of Scotland, Account Name: The City of Manchester Aquatics Swim Team, Sort Code: 16-25-14, Account Number: 10183830, Swift/BIC: RBOS GB 2L, IBAN: GB15 RBOS 1625 1410 1838 30 Ref: Your home club name