

London Borough of Redbridge SC

(AFFILIATED TO A.S.A London Region)

LBRSC LAST CHANCE REGIONAL QUALIFIER MEET

2018

LICENCE 3

ASA Licence no. 3LR180313

Under A.S.A Laws and A.S.A. Technical Rules of Swimming

SATURDAY 24TH AND SUNDAY 25TH MARCH 2018

FULLWELL CROSS POOL

AGE GROUPS

9years, 10&11/12&13/14&15/16+ (Age is at midnight on the last day of the competition
25th March 2018)

Heat Declared Winner

Awards to the first six placed swimmers in each age group

Acceptance criteria:

The guide qualifying times will be that used for Essex ASA Championships 2018. Full explanation of entry times can be found on the Qualifying Times spreadsheet. Entries faster than the Upper limit QT's will not be accepted, unless as Time Trials; which may be allowed by LBRSC subject to Session times on the day of the competition. Those entered on time trials will not be considered for an award, though their times will be submitted to ASA Rankings.

Entries are on a first come first served basis. LBRSC have the right to reject entries for safety reasons due to over subscription. **All entries MUST be submitted electronically**

ALL COMPETITORS MUST REPORT TO THE SIGNING IN DESK SITUATED AT THE ENTRANCE OF BOTH CHANGING ROOMS AND HIGHLIGHT THEIR NAME IN EACH EVENT THAT THEY INTEND TO SWIM IN THAT PARTICULAR SESSION 30MINS BEFORE THE START OF THE GALA. THE REGISTRATION WILL BE BY EVENT NUMBER AND THEN ALPHABETICAL ORDER BY NAME. SWIMMERS / COACHES / PARENTS MUST NOT REGISTER OTHER SWIMMERS.

LBRSC LAST CHANCE REGIONAL QUALIFIER MEET 2018 LICENCE 3

ASA Licence no

Age 9 All 50m, 100m, 200m and 400 Free events

Ages 10+ All 50m, 100m, 200m & 400m events.

Session 1 – Saturday 24th March 2018

Warm up 0800

1. Boys 200m Individual Medley
2. Girls 100m Backstroke
3. Boys 50m Freestyle
4. Girls 50m Breast
5. Boys 200m Butterfly
6. Girls 200m Breaststroke
7. Boys 100m Freestyle
8. Girls 100m Butterfly

Session 3 – Sunday 25th March 2018

Warm up 0800

16. Girls 200m Individual Medley
17. Boys 100m Backstroke
18. Girls 50m Freestyle
19. Boys 50m Breast
20. Girls 200m Butterfly
21. Boys 200m Breaststroke
22. Girls 100m Freestyle
23. Boys 100m Butterfly

Session 2 – Saturday 24th March 2018

Warm up 1300

9. Boys 400m Freestyle
10. Girls 400m Individual Medley
11. Boys 50m Backstroke
12. Girls 50m Butterfly
13. Boys 200m Freestyle
14. Girls 200m Backstroke
15. Boys 100m Breaststroke

Session 4 – Sunday 25th March 2018

Warm up 1300

24. Girls 400m Freestyle
25. Boys 400m Individual Medley
26. Girls 50m Backstroke
27. Boys 50m Butterfly
28. Girls 200m Freestyle
29. Boys 200m Backstroke
30. Girls 100m Breaststroke

CLOSING DATE Midnight, 23rd February 2018

LONDON BOROUGH OF REDBRIDGE SWIMMING CLUB
(Affiliated to A.S.A. London Region)

LBRSC LAST CHANCE REGIONAL QUALIFIER MEET
2018 (Under ASA Technical Rules of Swimming)

FINANCIAL SUMMARY FORM

CLUB:

CONTACT NAME:

ADDRESS:

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POST CODE:

TELEPHONE:

EMAIL ADDRESS:

NUMBER ENTRIES @ £6.00 PER EVENT = £

NUMBER OF COACHES PASSES @ £10.00 PER DAY

No. of Coaches..... @ £20 for each weekend pass (max 2 per club) =£

No of day passes required @ £10 per day =£

TOTAL REMITTANCE: =£

CHEQUES SHOULD BE MADE PAYABLE TO LBRSC

CLOSING DATE FOR ENTRIES IS Friday 23rd February 2018

Completed summary sheets and entry fees, should be sent to;

Steve Richards, 22 Inverness Drive, Hainault, Ilford, Essex IG6 3BN

Email: **lbrscmeetadm@googlemail.com**

LONDON BOROUGH OF REDBRIDGE SWIMMING CLUB
(Affiliated to A.S.A. London Region)

LBRSC LAST CHANCE REGIONAL QUALIFIER MEET

(Under ASA Technical Rules of Swimming)

Saturday 24th and Sunday 25th March 2018

First Name Surname

Address

Date of Birth Age as of 25th March 2018

ASA Reg No Male / Female (delete as appropriate)

Club

Event		Entry Time
50	Freestyle	
100	Freestyle	
200	Freestyle	
400	Freestyle	
50	Backstroke	
100	Backstroke	
200	Backstroke	
50	Breaststroke	
100	Breaststroke	
200	Breaststroke	
50	Fly	
100	Fly	
200	Fly	
200	Individual Medley	
400	Individual Medley	

Total Number of Entries @ £6.00 per event

Total Entry Fee Enclosed (Cheques made payable to LBRSC)

Completed sheets and entry fees, should be sent to;

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