



## **The Manchester Open 2010**

This Competition is promoted by The City of Manchester Aquatics Swim Team and will be held under Amateur Swimming Association (ASA) laws and ASA Technical Rules of Racing. The event is licensed Level One meet (????????) by the ASA for entry into National Competitions and Championships and District championships

<b>Date</b>	Saturday 15 <sup>th</sup> May 2010 & Sunday 16 <sup>th</sup> May 2010
<b>Venue</b>	Manchester Aquatics Centre 2 Booth Street East Manchester M13 9SS
<b>Facility</b>	50 meter, 8 Lane, constant 2 meter water depth deck level pool with anti wave lane ropes, continuous 25-meter, 6 lane warm up/ swim down facilities. Omega electronic timing with electronic display, Hy-Tek meet software.
<b>Events</b>	50m, 100m, 200m and 400m 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 <u>are heat declared</u> in age group categories.
<b>Session Times</b>	Session 1 - Saturday 15 <sup>th</sup> May 2010 08:00 warm up 09:00 start Session 2 - Saturday 15 <sup>th</sup> May 2010 13:00 warm up 14:00 start Session 3 - Sunday 16 <sup>th</sup> May 2010 08:00 warm up 09:00 start Session 4 - Sunday 16 <sup>th</sup> May 2010 13:00 warm up 14:00 start
<b>Qualifying Times</b>	Qualifying times (not cut off times) for the meet are for guidance only and will be dependent on standard of entries. Actual cut-off times will be depending on level of entries received, the promoter reserves the right to restrict the number of entries by rejecting entries. To meet ASA Gala regulations
<b>Age Groups</b>	Boys: 10/ 11, 12, 13, 14, 15/16, 17 years and over Girls: 10/ 11, 12, 13, 14/15, 16 years and over <b>Age as at 16<sup>th</sup> May 2010</b>

**Awards** Awards to Top Visiting Club,  
Medals to first three placed swimmers in each age group in each individual event  
and each age group FINA highest points scorer

**Entries** All submitted times must be Long Course times or converted Short Course times.  
Random checks will be made against the current ASA Ranking Lists. All entries  
must show clearly the swimmers full date of birth and new ASA registration  
number. Entries will be restricted if events are over subscribed to keep the time of  
each session within ASA appropriate time period. All entry/scratched swims will  
be confirmed by e-mail and or posted on web site. Refunds for entries not  
accepted will be available for collection at the start of the meet

**No cards will be issued**

The Meet Secretary reserves the right to allocate spare lane swims to City of Manchester Aquatics  
Swim Team members.

**Closing Date** The closing date for entries is 15<sup>th</sup> April 2010. **All entries** must be submitted on  
Hy-Tek Lite system with Summary Entry form. The Hy-Tek meet entry file can  
be down loaded from **WEB SITE** .

We prefer entries using the Hy-Tek Lite system.  
The zip entries, together with entry fees, One combined cheque per club  
please, with Club summary Entry form should be sent to:

**Gail Wilkinson, Meet Secretary**

10 Caledon Avenue, Moston,

Manchester M40 9JZ

**Tel:** 0161 682 3459

**Email:** [comast@hotmail.co.uk](mailto:comast@hotmail.co.uk)

**Entry Fee** Swimmers:  
£5.00 per event per swimmer.  
*Minimum entry fee £7 (including Swim North West levy 25p)*  
Coach's pass:  
£15 (to include poolside access, programme and results sheets).  
Team Managers pass:  
£10 (to include poolside access)  
*Any persons without passes will be refused entry to the poolside*  
Spectators:  
£10 for weekend pass, £6 for Day pass

Team Managers/Coaches or swimmers **MUST** notify the recorders of any  
swimmers withdrawing from an event before the warm-up for the session in  
which the event is due to be swum.

**Photography** In accordance with ASA child protection policy any person wishing to engage in  
the use of video, zoom or close range photography must register at the entrance  
desk You will be issued with a tag for your photographic equipment and this must  
remain attached within the building.

## General Rules And Information

- 1 Poolside entries for timed swim only, may be considered dependent upon on number of entries received.
- 2 The promoters or pool management reserve the right to refuse admission to any competitor or spectator.
- 3 Both competitors and members of the general public share the changing facilities.
- 4 All Coaches and Team managers will be responsible for their swimmers during the meet and supervise the warm up.
- 5 Results sheets will be available and start sheets will be displayed on notice board.
- 6 Competitors are advised to sit where advised and not to walk between starting blocks and diving pool, in front of the timing room and only enter pool from changing area please.
- 7 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.
- 8 It is the responsibility of each swimmer to present themselves at the marshalling area in plenty of time before their swim. They must not go straight to the start. Failure to report on time will result in being excluded from that event.
- 9 In support of ASA Child Protection initiatives only Adults in possession of Meet ID will be allowed poolside, which will be issued, to accredited Club Team Staff (Coaches and Team Manages) and meet officials only.
- 10 Times and places shown on the electronic scoreboard are for information only, and are not necessarily the official result. The Referee's decision is final.
- 11 All video cameras and 3<sup>rd</sup> generation mobile videophone or any picture recording equipment must be registered on entry to the Aquatics Centre.
- 12 All PERSONS are required to ensure that they observe **all** safety announcements and conduct themselves with safety in mind at all times
- 13 Anything not covered in above conditions will be at the discretion of the organisers.

Results [\\www.manchesteraquaticscentre.co.uk](http://www.manchesteraquaticscentre.co.uk)

Please Do Not Park In Front Entrance to Pool Clamping/Fine Liabile

We hope you have an enjoyable weekend at the Manchester Aquatics Centre

# Manchester Open 2010

## Programme of Events

### Session One

**Saturday 15<sup>th</sup> May 2010 Warm up 08:00 Start 09:00**

101	Boys	400m Individual Medley
102	Girls	200m Freestyle
103	Boys	50m Butterfly
104	Girls	50m Breaststroke
105	Boys	100m Backstroke
106	Girls	100m Freestyle
107	Boys	200m Breaststroke
108	Girls	200m Backstroke

### Session Two

**Saturday 15<sup>th</sup> May 2010 Warm up 13:30 Start 14:00**

209	Boys	400m Freestyle
210	Girls	200m Individual Medley
211	Boys	50m Backstroke
212	Girls	50m Freestyle
213	Boys	100m Breaststroke
214	Girls	100m Butterfly
215	Boys	200m Butterfly

### Session Three

**Sunday 16<sup>th</sup> May 2010 Warm up 08:00 Start 09:00**

316	Girls	400m Individual Medley
317	Boys	200m Freestyle
318	Girls	50m Butterfly
319	Boys	50m Breaststroke
320	Girls	100m Backstroke
321	Boys	100m Freestyle
322	Girls	200m Breaststroke
323	Boys	200m Backstroke

### Session Four

**Sunday 16<sup>th</sup> May 2010 Warm up 13:30 Start 14:30**

424	Girls	400m Freestyle
425	Boys	200m Individual Medley
426	Girls	50m Backstroke
427	Boys	50m Freestyle
428	Girls	100m Breaststroke
429	Boys	100m Butterfly
430	Girls	200m Butterfly

Long Course Qualifying Time  
Manchester Open 2010

<b>Boys</b>	10/11 years old	12 years old	13 years old	14 years old	15/16 years old	17 years & over
50m Freestyle	00.34.3	00.32.4	00.30.9	00.29.7	00.28.0	00.27.6
100m Freestyle	01.13.4	01.08.3	01.05.6	01.03.7	01.01.2	00.59.9
200m Freestyle	02.36.3	02.30.8	02.19.6	02.18.7	02.12.9	02.10.8
400m Freestyle	05.30.2	05.15.1	05.00.1	04.53.1	04.37.8	04.35.7
50m Breaststroke	00.44.7	00.41.4	00.39.0	00.37.6	00.36.1	00.35.2
100m Breaststroke	01.34.8	01.28.2	01.23.3	01.20.5	01.17.4	01.16.0
200m Breaststroke	03.25.5	03.12.1	03.01.1	02.53.7	02.47.5	02.44.5
50m Butterfly	00.38.0	00.35.5	00.33.6	00.32.4	00.30.8	00.30.1
100m Butterfly	01.22.7	01.17.0	01.12.5	01.09.4	01.06.4	01.05.2
200m Butterfly	03.04.5	02.50.9	02.41.0	02.33.6	02.26.4	02.24.5
50m Backstroke	00.40.0	00.37.8	00.35.9	00.34.0	00.32.8	00.32.3
100m Backstroke	01.23.5	01.18.5	01.14.3	01.11.7	01.08.4	01.07.9
200m Backstroke	02.58.8	02.48.7	02.40.6	02.34.3	02.26.9	02.26.7
200m Individual Medley	03.01.01	02.50.0	02.41.4	02.36.5	02.29.1	02.27.9
400m Individual Medley	06.19.0	06.02.6	05.35.5	05.31.5	05.16.4	05.14.5

<b>Girls</b>	10/11 years old	12 years old	13 years old	14/15 years old	16 years old & over
50m Freestyle	00.34.6	00.33.4	00.32.4	00.31.3	00.31.2
100m Freestyle	01.13.0	01.10.0	01.07.9	01.06.4	01.06.3
200m Freestyle	02.37.4	02.30.3	02.25.2	02.23.4	02.20.8
400m Freestyle	05.34.0	05.14.5	05.06.7	05.00.1	04.55.9
50m Breaststroke	00.44.4	00.42.1	00.40.9	00.39.3	00.39.1
100m Breaststroke	01.34.7	01.29.6	01.26.6	01.25.1	01.24.6
200m Breaststroke	03.24.1	03.14.6	03.06.3	03.03.6	03.01.7
50m Butterfly	00.38.1	00.36.5	00.35.0	00.33.8	00.33.6
100m Butterfly	01.22.8	01.18.6	01.16.0	01.14.2	01.12.7
200m Butterfly	03.05.4	02.54.3	02.46.1	02.42.5	02.39.5
50m Backstroke	00.40.0	00.38.4	00.37.6	00.36.0	00.35.6
100m Backstroke	01.24.1	01.19.8	01.17.5	01.14.9	01.14.3
200m Backstroke	02.57.5	02.49.1	02.44.1	02.38.7	02.37.9
200m Individual Medley	02.59.4	02.51.1	02.45.4	02.42.1	02.41.3
400m Individual Medley	06.25.0	06.07.1	05.55.2	05.38.9	05.36.8



**Summary Entry Form**  
**Manchester Open**  
**2010**

<b>CLUB NAME</b>	
Competition Secretary	
Address	
<i>Please print in capitals</i>	
Post Code	
Telephone	
Email	

Name of Coaches passes	Name of Team Manager passes

Total number of Girls entries		@£5.00 per event	£
Total number of Boys entries		@£5.00 per event	£
Total Number of Coaches pass		@£15.00 per pass	£
Total number of Team managers pass		@£10.00 per pass	£
One Combined cheque per club made payable to: <i>"City of Manchester Aquatics Swim Team"</i>		<b>Total amount</b>	£

**Closing Date 15<sup>th</sup> April 2010**

Do you have any ASA qualified officials for this meet?  
 Please contact John Bennett (BnnJhn@aol.com)

ASA club Code

Amount received

swims

**Boys Entry Form**  
**Manchester Open**  
**2010**

Surname		Forenames	
Date of Birth	/ /	ASA ID	
Club			

<b>Session One Saturday 15<sup>th</sup> May 2010 Warm up 08:00 Start 09:00</b>			
No	Event	Entry Time	Date & Meet Achieved
101	400m Individual Medley		
103	50m Butterfly		
105	100m Backstroke		
107	200m Breaststroke		

<b>Session Two Saturday 15<sup>th</sup> May 2010 Warm up 13:30 Start 14:30</b>			
No	Event	Entry Time	Date & Meet Achieved
209	400m Freestyle		
211	50m Backstroke		
213	100m Breaststroke		
215	200m Butterfly		

<b>Session Three Sunday 16<sup>th</sup> May 2010 Warm up 08:00 Start 09:00</b>			
No	Event	Entry Time	Date & Meet Achieved
317	200m Freestyle		
319	50m Breaststroke		
321	100m Freestyle		
323	200m Backstroke		

<b>Session Three Sunday 16<sup>th</sup> May 2010 Warm up 13:30 Start 14:30</b>			
No	Event	Entry Time	Date & Meet Achieved
425	200m Individual Medley		
427	50m Freestyle		
429	100m Butterfly		

Age as of 16 <sup>th</sup> May 2010			
Number of events entered		@ £5.00	Total Amount due £

**Girls Entry Form**  
**Manchester Open**  
**2010**

Surname		Forenames	
Date of Birth	/ /	ASA ID	
Club			

<b>Session One Saturday 15<sup>th</sup> May 2010 Warm up 08:00 Start 09:00</b>			
No	Event	Entry Time	Date & Meet Achieved
102	200m Freestyle		
104	50m Breaststroke		
106	100m Freestyle		
108	200m Backstroke		

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<b>Session Three Sunday 16<sup>th</sup> May 2010 Warm up 13:30 Start 14:30</b>			
No	Event	Entry Time	Date & Meet Achieved
424	400m Freestyle		
426	50m Backstroke		
428	100m Breaststroke		
430	200m Butterfly		

Age as of 16 <sup>th</sup> May 2010			
Number of events Entered		@ £5.00	Total Amount due £