

The City of Rochester Swimming & Lifeguard Club

(Affiliated to SERASA, KCASA, MASA, & RLSS-UK)

16th Open Invitation Meet

(To be run under ASA Laws, ASA Technical Rules of Swimming & Promoters Conditions)

Meet Rules & Information

1. The competition will be swum under ASA laws & ASA technical rules. Only ASA registered swimmers will be accepted.
2. The meet will take place on Saturday 30th October 2010 at the Medway Park, (formally the Black Lion), Mill Road, Gillingham, Kent. ME7 1HF. Tel 01634 336658. The pool is a 6 lane, 25 metre facility fully equipped with electronic timing. There is ample 'pay & display' based car parking. These fees, on a recurring 4hr basis, can be reimbursed at the Centre's reception.
3. Competitors must be registered members of the club they represent.
4. Age groups are as follows: 9/10, 11/12, 13/14 & Open. Ages are of Midnight on 31st December 2010. All events are heat declared winners. Over the top starts may be used. Trophies will be awarded to the top six placed swimmers in each age group in each individual event. There will be no official presentations so all swimmers must collect their trophies from the awards desk. Official presentations will be made at the end of the competition for the top performing male and female individual swimmer.
5. There will be two sessions as shown on the program. Warm-up time will be approx 45 minutes before the start of each session. There will be no diving during warm-up except when sprint lanes are announced. Coaches must supervise their swimmers at all times during warm-up. A warm-up schedule will be announced before & during the start of each warm-up period.
6. Competitors will be required to sign-in for every event that they intend to swim, in that particular session. Signing in sheets will be removed 30 minutes prior to the start of each session. Failure to sign-in for any event may result in exclusion of that competitor from that event.
7. Swimmers must report to the Competitors Stewards two events prior to their event. Swimmers in the first two events of each session must report by the end of the warm-up.
8. Entry fees are £3.50 per individual event. Entries are to be electronic via email. Please submit an entry summary & club cheque made payable to 'CORSLGC'. The closing date for entries is Midnight on Thursday 30th September 2010. No entries will be accepted after the closing date or during the meet unless due to the promoters error or omission. Entries will not be registered until a club cheque for the correct fee & an entry summary have been received. Receipt of entry will be acknowledged. If total entries at the time of closing exceed capacity for an event, the promoter reserves the right to reject entries on either a first come first serve basis or on the slowest entry time. In this case the appropriate entry fees will be returned. Improved times will not be accepted after entries have been closed.

9. Coach's passes are available (maximum of 3 per club) at a cost of £5.00 per pass. In accordance with child protection policy only coach's wearing their pass in clear view will be allowed poolside. Coach's passes will be available to collect at the start of the gala & at the start of the afternoon session if required. No unauthorised persons will be allowed poolside.
10. Spectator admission will be by program at a cost of £4 per adult, which will cover both morning and afternoon sessions. Children under the age of 14 years are free. There will be raffle tickets available for purchase at the door.
11. In line with ASA Child Protection Policy, any persons wishing to engage in any video or any photography, including the use of mobile phone cameras, MUST REGISTER their details in the book provided at the entrance desk, where a photographic pass will be issued and must be worn at all times whilst within the gallery or poolside area. Use of mobile phones is not permitted either on poolside or within any of the changing areas.
12. Competitors are advised not to leave their belongings unattended and to ensure their valuables are placed either in a secure area or deposited with someone from their club for safekeeping. Neither the City of Rochester Swimming & Lifeguard Club nor the pool management will be held responsible for property that is damaged, lost or stolen.
13. Competitors are only allowed on poolside during the session in which they are competing. Appropriate footwear and clothing MUST be worn at all times away from poolside. Swimwear is not acceptable attire except on poolside.
14. As always in order to run a successful meet, we are requesting the help of any officials who would be willing to assist on the day, either morning, afternoon or even better, all day. Its always difficult these days to gain the required numbers to ensure the smooth running of galas so any help will be gratefully accepted. If all clubs attending could try to provide at least one official, (judges, referees, timekeepers) then this would be a great help. Morning coffee will be provided plus a splendid midday lunch for those officials who attend both sessions. Please complete the attached officials form and return ASAP please. Don't wait until your club sends in their entries.
15. Coaches and team managers are at all time responsible for the conduct of the swimmers in their care. The promoter reserves the right to refuse admission or to ask any persons to leave during the event. By entering this event, competitors and coaches agree to abide by these conditions.
16. The promoters reserve the right if circumstances demand, to alter the schedule or any of these rules and conditions, to ensure the efficient, timely and safe running of the Meet.
17. Any conditions not covered in the above information will be at the discretion of the promoters.