

CITY OF NEWPORT SWIMMING CLUB

PRESENT THEIR

XMAS CRACKER

50 METRE OPEN SPRINT MEET

(Under W.A.S.A. Law & Technical Rules)
(Licence No:)

Sunday December 7th 2008

@

Newport International Sports Village

New 25 Metre 8 Lane Regional Pool
Anti-wave lane ropes, electronic timing

Held Over Four Sessions

AGE GROUPS

9,10,11,12,13,14,&15/over
Ages as at 7-12-2008

All events HDW. Awards to the fastest three in each event.

Top boy/girl award to swimmers with the most points in each age group

TOP VISITING CLUB AWARD

CLOSING DATE FOR ENTRIES - MIDNIGHT 8th November 2008

For entries please send a large S.A.E. to :
Mrs Megan Debnam 27 Amelia Way, Newport , South Wales. NP19 0LQ.
Or E-mail megan_debnam@hotmail.com

**CITY OF NEWPORT SWIMMING CLUB
XMAS CRACKER SPRINT MEET
7th DECEMBER 2008 (UNDER WASA RULES)**

SESSION 1 7.45AM W/U 8.30AM START			SESSION 2 10.30AM W/U 10.50AM START		
1	GIRLS 10 YEARS	50M BREASTSROKE	15	GIRLS 10 YEARS	50M BACK
2	BOYS 10 YEARS	50M BUTTERFLY	16	BOYS 10 YEARS	50M FRONTCRAWL
3	GIRLS 12 YEARS	50M FRONTCRAWL	17	GIRLS 12 YEARS	50M BUTTERFLY
4	BOYS 12 YEARS	50M BACK	18	BOYS 12 YEARS	50M BREASTSTROKE
5	GIRLS 14 YEARS	50M BREASTSTROKE	29	GIRLS 14 YEARS	50M BACK
6	BOYS 14 YEARS	50M BUTTERFLY	20	BOYS 14 YEARS	50M FRONTCRAWL
7	GIRLS 10 YEARS	50M FRONTCRAWL	21	GIRLS 10 YEARS	50M BUTTERFLY
8	BOYS 10 YEARS	50M BACK	22	BOYS 10 YEARS	50M BREASTSTROKE
9	GIRLS 12 YEARS	50M BREASTSTROKE	23	GIRLS 12 YEARS	50M BACK
10	BOYS 12 YEARS	50M BUTTERFLY	24	BOYS 12 YEARS	50M FRONTCRAWL
11	GIRLS 14 YEARS	50M FRONTCRAWL	25	GIRLS 14 YEARS	50M BUTTERFLY
12	BOYS 14 YEARS	50M BACK	26	BOYS 14 YEARS	50M BREASTSTROKE
13	GIRLS 12 YEARS	100M IM	27	GIRLS 10 YEARS	100M IM
14	BOYS 12 YEARS	100M 1M	28	BOYS 10 YEARS	100M IM
			29	GIRLS 14 YEARS	100M IM
			30	BOYS 14 YEARS	100M IM
SESSION 3 1.00PM W/U 1.45PM START			SESSION 4 4.15PM W/U 4.45PM START		
41	BOYS 9 YEARS	50M BREASTSTROKE	61	BOYS 9 YEARS	50M BUTTERFLY
42	GIRLS 9 YEARS	50M BUTTERFLY	62	GIRLS 9 YEARS	50M BREASTSTROKE
43	BOYS 11 YEARS	50M BACK	63	BOYS 11 YEARS	50M FRONTCRAWL
44	GIRLS 11 YEARS	50M FRONTCRAWL	64	GIRLS 11 YEARS	50M BACK
45	BOYS 13 YEARS	50M BREASTSTROKE	65	BOYS 13 YEARS	50M BUTTERFLY
46	GIRLS 13 YEARS	50M BUTTERFLY	66	GIRLS 13 YEARS	50M BACK
47	BOYS 15/OVER	50M BACK	67	BOYS 15/OVER	50M FRONTCRAWL
48	GIRLS 15/OVER	50M FRONTCRAWL	68	GIRLS 15/OVER	50M BREASTSTROKE
49	BOYS 9 YEARS	50M BACK	69	BOYS 9 YEARS	50M FRONTCRAWL
50	GIRLS 9 YEARS	50M FRONTCRAWL	70	GIRLS 9 YEARS	50M BACK
51	BOYS 11 YEARS	50M BREASTSTROKE	71	BOYS 11 YEARS	50M BUTTERFLY
52	GIRLS 11 YEARS	50M BUTTERFLY	72	GIRLS 11 YEARS	50M BREASTSTROKE
53	BOYS 13 YEARS	50M BACK	73	BOYS 13 YEARS	50M FRONTCRAWL
54	GIRLS 13 YEARS	50M FRONTCRAWL	74	GIRLS 13 YEARS	50M BREASTSTROKE
55	BOYS 15/OVER	50M BREASTSTROKE	75	BOYS 15/OVER	50M BUTTERFLY
56	GIRLS 15/OVER	50M BUTTERFLY	76	GIRLS 15/OVER	50M BACK
57	BOYS 9 YEARS	100M IM	77	BOYS 11 YEARS	100M IM
58	GIRLS 9 YEARS	100M IM	78	GIRLS 11 YEARS	100M IM
59	BOYS 13 YEARS	100M IM	79	BOYS 15/OVER	100M IM
60	GIRLS 13 YEARS	100M IM	80	GIRLS 15/OVER	100M IM

CITY OF NEWPORT SWIMMING CLUB

Xmas Cracker Promoters Conditions

1. The competition will be held under W.A.S.A. Laws and Technical Rules. This is a Level 3 meet held under Licence No .
2. The one start rule will apply, over the top starts will, where necessary or appropriate, be used during this Meet.
3. All competitors must be members of an affiliated Club and Amateurs as defined by W.A.S.A. Laws.
4. The promoters reserve the right to limit entry in the interests of safety and timely completion of the Meet.
5. Entries to be on the standard form provided. No entries accepted without full payment. The entry fee is £3.75 per event, cheques made payable to CITY OF NEWPORT SWIMMING CLUB. Please enclose a stamped self-addressed envelope for return confirmation of accepted entries.
6. Closing date for entries is midnight 8th NOVEMBER 2008. Entries received after this date cannot be guaranteed consideration. Please note there will be no cards for this competition.
7. All withdrawals must be notified to the Meet Office by no later than 5pm the day before the competition.
8. All day coach's passes, to include full set of result sheets and all programmes, are available at a cost of £5.00 per pass (maximum 2 passes per club). **Passes must be produced on request.**
9. Marshalling will take place, and competitors must report promptly to this area.
10. The safety rules of the pool must be adhered to at all times. Anyone not adhering to these rules (which will be read out at each session) may be removed from the pool.
11. Individual teams/coaches will be responsible for their own swimmers in all areas outside the pool, including the changing rooms.
12. All valuables/clothing etc. left in the changing rooms will be entirely at the owner's risk.
13. Events will be swum in heats, slowest to fastest, with every heat being spearheaded.
14. The fastest three in each event will receive medals. There will be no finals at this event.
15. An award will be given to the boy/girl in each age group with the most points (regardless of number of swims). An award will also be given to the visiting Club with the most points. In the event of a tie, then the award will be given on a count back system.
16. Anyone wishing to use video or still cameras, must register before using such equipment, and will be issued with a camera pass.

17. DATA PROTECTION ACT 1984- CITY OF NEWPORT SWIMMING CLUB uses a computer to record entries and results. By submitting entries and accepting entry to the meet, consent is thereby given (as required under the Data Protection Act 1984) to the holding of personal information in a computer/s. Personal data recorded, such as name, club, date of birth and times may be made public during or after the meet.
18. The promoters reserve the right to remove anybody for misconduct.
19. The promoters reserve the right to remove or amend any of the above conditions as required.

City Of Newport Xmas Cracker 2008

CITY OF NEWPORT SWIMMING CLUB
XMAS CRACKER QUALFYING TIMES

BOYS EVENTS							
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +
50m Freestyle	53.50	51.00	49.50	47.30	43.10	38.50	37.40
50m Backstroke	1.01.60	59.80	57.50	55.00	51.60	48.30	46.20
50m Breaststroke	1.15.20	1.12.70	1.09.00	1.04.70	1.01.30	58.20	56.00
50m Butterfly	1.04.00	1.00.50	56.20	53.00	50.50	49.00	47.30
100m Ind Medley	2.30.00	2.21.40	2.05.60	1.55.80	1.47.50	1.44.00	1.40.80

GIRLS EVENTS							
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +
50m Freestyle	52.50	50.00	48.50	47.30	44.10	39.50	38.40
50m Backstroke	1.00.60	58.80	56.50	55.00	52.60	49.30	47.20
50m Breaststroke	1.14.20	1.11.70	1.08.00	1.04.70	1.02.30	59.20	57.00
50m Butterfly	1.03.00	59.50	55.20	53.00	51.50	50.00	48.30
100m Ind Medley	2.28.00	2.19.40	2.03.60	1.55.80	1.48.50	1.45.00	1.41.80

**CITY OF NEWPORT SWIMMING CLUB XMAS CRACKER
(Short Course – 25m)
Sunday 7th December 2008
at
Newport International Sports Village**

**FOR SWIMMERS AGED 9 AND OVER ON 7TH
DECEMBER 2008**

Name:
Age on 7th December 2008:

EVENT	ENTRY TIME
50m Freestyle	
50m Backstroke	
50m Breaststroke	
50m Butterfly	
100m Individual Medley	

Total entries _____ at £3.75 per Event = £_____

Cheques made payable to “CDSC”

Club Deadline for Entries - Tuesday 4th November 2008