



Harlow Penguins Swimming Club

Spring Junior Development Meet



ASA East Region Level 3 Licensed meet No. 3ER190465
under ASA Laws & ASA Technical Rules of Swimming

Meet Information

Event	Spring Junior Development Meet
Date	Saturday 02 nd March 2019
Venue	Harlow Leisurezone, Second Avenue, Harlow CM20 3DT
Session Times	One session, warm up starts@ 18:00
Pool	8 lane, 25m, with electronic timing and anti-wave lane ropes
Age Groups	9, 10, 11, 12, 13
Age on Day	02 nd March 2019
Awards	1 st , 2 nd , 3 rd in each age group
Events	50m all strokes & 200 Freestyle
Race Entry Fee	£5.50
Closing Date for Entries	02 nd February 2019
All Enquiries to:	openmeet@harlowpenguins.com
Meet Manager	Matthew Knight

Meet Information

1. The competition will be swum under ASA Law and Technical Rules of Racing and is licensed by the ASA East Region as a level 3 meet.
2. Competitors must be ASA (Category 2) Registered and have an ASA number validating that they belong to an affiliated club.
3. The official closing date for entries is 02nd February 2019. Harlow Penguins Swimming Club reserves the right to close entries before this date to facilitate the smooth running of the Gala.
4. Entry will be on a first come first served basis. Entries must be within the published limits. Upper limit times (ULT) have been set at 10% faster than 2019 Swim England East Region LC Chamionships Qualifying times. There are no lower limit times.
5. Entries must be made on the official entry forms, as attached, or photocopies showing all relevant details as indicated. No time=no swim. Entries must be accompanied by a stamped address envelope to receive accepted swim information if email details are not submitted.
6. All entries of 5 or more must be made electronically. Electronic entry packs may be obtained from www.harlowpenguins.com and returned with summary report to: openmeet@harlowpenguins.com. If an entry has been submitted electronically only the summary sheet is required do not send entry forms.

7. Return entries to: Matthew Knight; 57 St Johns Avenue, Harlow, Essex, CM17 0BD or e-mail to openmeet@harlowpenguins.com.
8. Heats will be seeded on submitted times. All events will be "timed finals".
9. By submitting entries, consent is thereby given as required by the Data Protection Act 1998 to the holding of personal information on computer.
10. Cheques shall be made payable to: Harlow Penguins Swimming Club (one cheque per Club).
11. Coaches' passes, costing £10.00, may only be purchased in advance. This entitles the holder to a programme, heat sheets and printed results if requested. Only ASA DBS registered Coaches and Team Managers will be permitted poolside.
12. Coaches and Team Managers shall be responsible for ensuring swimmers sign in before the start of the session. Late entries will only be accepted at the discretion of the promoter.
13. Warm ups will be for a period of approximately 30 minutes before the start of each session. Coaches and Team Managers are required to supervise their own swimmers during this period to ensure a safe and smooth warm up.
14. Safety and Security: It is the responsibility of Coaches, Team managers and parents to ensure the safety of their swimmers. Swimmers shall obey all safety notices and announcements.
15. Only those swimmers who have reached the standard of the ASA Competitive Start Award shall be permitted to start with a shallow racing dive from the starting blocks.
16. The organisers and pool management reserve the right to remove any spectator or swimmer from the pool area whose behaviour is against the rules of the pool or the efficient running of the meet. Stewards will be patrolling the centre, anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building.
17. There is to be no swimming in the teaching pool. The changing room area will be used by the Clerk of the Course to assemble swimmers prior to each event
18. For health and safety reasons, only small bags will be allowed poolside. Lockers are available operating on a non-refundable 20 pence coin. Any large bag will be removed by a Clerk of the course. Neither H.P.S.C nor the pool management will be held responsible for any loss or damage to personal property.
19. Litter: Spectators and swimmers must place all litter in the receptacles provided.
20. Poolside: Pool shoes and clothing are essential for all competitors, as swimmers will not be allowed in the spectator's area in wet swimwear. At no time will glass containers or bottles be allowed on poolside or in the changing village.
21. Photography: no photography is permitted in changing rooms. Any person found to be contravening this condition will be required to leave the competition and venue without refund. All persons attending this event should exercise reasonable caution when using cameras and other such image-capturing devices, particularly with regard to the sharing of such images on social media. Any safeguarding and child protection concerns, photographic or otherwise, should be reported verbally and in writing to the Promoter, who is the designated person responsible for safeguarding at this event. If the concerns relate to the conduct of the Promoter, this should be reported verbally to the referee responsible for this event and in writing to the ASA East Region Independent Child Protection Officer.
22. Results: Will be posted poolside and in the spectator gallery. At the end of the meet results will be available to download from www.harlowpenguins.com.
23. The promoter reserves the right to alter or amend any of the published rules and conditions following consultation with ASA East Region. Any situation not covered by the published rules and conditions will be handled on the day by agreement between the promoter and the referee. Any dispute must be brought to the attention of the referee and if necessary referred to the ASA East Region.