



Chair: Andrew Farrow | Head Coach: Oliver Waddington | Secretary: Greg McDonagh
www.hhsc.org.uk | e-mail: openmeets@hhsc.org.uk

H.H.S.C. 7th SPRING DEVELOPMENT MEET

19th & 20th May 2018

at SportSpace, Park Road, Hemel Hempstead HP1 1JS
Level 3 Licence 3ER180666

We are delighted to invite you to the 7th HHSC Spring Development Meet, to be held on Saturday 19th and Sunday 20th May 2018. This meet provides additional springtime competition for swimmers who have not yet achieved County qualifying times in some or all of their events plus the rare opportunity for younger and/or less experienced swimmers to use our Olympic-style OSB 11 starting platforms and backstroke start ledges. We have enclosed all the information you should need but if further details are required please get in touch with Louise Farrow via openmeets@hhsc.org.uk

Entry deadline is Friday 6th April 2018. Entries must be submitted using Hy-Tek. The events file is available from the competition page of the HHSC website [here](#) or by email from entries@hhsc.org.uk. Entries are subject to No Faster Than entry times (see the sheet enclosed). Any swimmer who has a time faster than the No Faster Than Times is not eligible to swim.

Entries will be accepted in order of entry file receipt ie on a first come, first served basis with priority being given to members of HHSC. We welcome the help of your Club's officials to assist in running the meet and hope to be able to offer mentoring opportunities if staffing levels allow. Officials will be entitled to refreshments before the start of the morning sessions and in the mid-session break on both days. All officials who volunteer should assume their services will be needed unless otherwise advised. Please contact Louise Farrow via openmeets@hhsc.org.uk and return officials' details on the Team Summary Sheet.

In this pack are:

- Event Programme
 - Meet conditions
 - Team summary sheet
 - No Faster Than Times
 - Individual entry forms
 - Poster for your noticeboard
- Hot and cold food and drinks are be available in the sports centre either from the Café or from vending machines in the foyer. Mailsports of Bourne End will be attending with their pop-up shop.
- There is plenty of free parking around the sports centre but **please remind your members** that Hemel Sportspace requires ALL Centre users to enter their car registrations into machines in the Foyer to qualify for free parking. The parking scheme will be extended for the duration of the meet. Car Park 3 usually shuts at 9.30pm. There is also a large pay & display car park opposite the centre on Park Road.

We hope you will enjoy the meet and wish your swimmers the best of luck!

HHSC Competition organising team.





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EVENT PROGRAMME

Saturday, 19 th May					Sunday, 20 th May					
Session 1	Active withdrawal to meet recorders at least 45 mins before Session starts					Session 3	Active withdrawal to meet recorders at least 45 mins before Session starts			
	Warm up			12:45	Warm up				12:45	
	Start			13:45	Start				13:45	
1	Boys	9+	100m	IM	14	Mixed	9+	200m	Butterfly	
2	Girls	9+	100m	Freestyle	15	Girls	9+	100m	IM	
3	Boys	9+	50m	Butterfly	16	Boys	9+	100m	Freestyle	
4	Girls	9+	50m	Breaststroke	17	Girls	9+	50m	Butterfly	
5	Boys	9+	200m	Breaststroke	18	Boys	9+	50m	Breaststroke	
6	Girls	9+	200m	Backstroke	19	Girls	9+	200m	Breaststroke	
					20	Boys	9+	200m	Backstroke	
Session 2	Active withdrawal to meet recorders at least 45 mins before Session starts					Session 4	Active withdrawal to meet recorders at least 45 mins before Session starts			
	Warm up		Not before	17:00	Warm up			Not before	17:00	
	Start		Not before	18:00	Start			Not before	18:00	
7	Boys	9+	200m	Freestyle	21	Girls	9+	200m	Freestyle	
8	Girls	9+	50m	Freestyle	22	Boys	9+	50m	Freestyle	
9	Boys	9+	50m	Backstroke	23	Girls	9+	50m	Backstroke	
10	Girls	9+	100m	Butterfly	24	Boys	9+	100m	Butterfly	
11	Boys	9+	100m	Breaststroke	25	Girls	9+	100m	Breaststroke	
12	Girls	9+	100m	Backstroke	26	Boys	9+	100m	Backstroke	
13	Boys	9+	200m	IM	27	Girls	9+	200m	IM	

Closing date for entries – Friday 6th April 2018

Hemel Hempstead Swimming Club

Affiliated to ASA East Region

Spring Development Meet

(Under ASA Laws & Regulations and ASA Technical Rules of Racing)

Level 3 License 3ER180666

Dates of competition: 19th and 20th May 2018

Closing date for entries: 6th April 2018

Venue: SportSpace, Park Road, Hemel Hempstead, Hertfordshire, HP1 1JS

MEET CONDITIONS

A) General conditions

1. The event is run under ASA Laws and Regulations and ASA Technical Rules of Racing.
2. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.
3. The Meet Promoter is Andrew Farrow on behalf of Hemel Hempstead Swimming Club (the "Club") (chair@hhsc.org.uk).

B) Eligibility

4. All swimmers must be Category 2 ASA registered or members of SASA or WASA.
5. Entries are subject to No Faster Than Times (see table below). Any swimmer who has a time in an event faster than the No Faster Than Times is not eligible to swim in that event.

C) The events

6. All events will be swum as heat declared winner.
Male/Female - 50m, 100m and 200m freestyle, backstroke and breaststroke
Male/Female – 50m and 100m butterfly
Male/Female - 100m and 200m individual medley
Mixed – 200m butterfly

D) Age groups

7. Male/Female – 9, 10, 11, 12, 13, 14, 15, 16+
8. Age as at 20th May 2018.

E) Entries

9. Closing date for entries 6th April 2018.
10. Entry times need not be from licenced meets and entries with No Time will be accepted.
11. The Promoter reserves the right to limit the number of entries to comply with time limits. Priority will be given to entries from members of the Club, thereafter entries will be accepted from other clubs in order of receipt: that is, first come, first served. If it is necessary to reject entries, swimmers whose entry times are fastest in relation to the No Faster Than Times will be rejected first. The Club will continue to accept entries after the closing date if the event is under-subscribed and this will be advertised on the Club's website.
12. By submitting entries competitors and clubs accept the rules of this competition.

13. All entries must be made using Hy-Tek's Meet Manager or Meet Manager Lite. The events file is available from the Club website, or by email from entries@hhsc.org.uk. Completed electronic entry files should be submitted to entries@hhsc.org.uk. The completed Summary Sheet should either be emailed to entries@hhsc.org.uk or posted to Andrew Farrow, 52 Cross Oak Road, Berkhamsted, Herts HP4 3HZ.
14. The entry fee is **£5.50** per individual event.
15. Payment may be by cheque payable to Hemel Hempstead Swimming Club or direct to our bank account: Hemel Hempstead Swimming Club, Sort Code 80-11-60, Account Number: 06025702 quoting a reference of SpringDev [club name].
16. Confirmation of accepted entries will be posted on the Club website at www.hhsc.org.uk.
17. There will be no refunds for late arrivals or cancellations after the closing date other than for medical conditions or injuries sustained after the closing date subject to the production of a doctor's certificate or for any other reason at the Promoter's discretion.
18. All enquiries concerning entry requirements should be made via entries@hhsc.org.uk.
19. Entries to this meet will be held on a computer and consent, as required by Data Protection Act 1984, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Meet Promoter.

F) Administration

20. Coaches passes including mid-session refreshments at £10 per pass, per day must be requested at the same time as entries are submitted up to a maximum of 4 passes per club.
21. Coaches should supervise their swimmers during warm up sessions and are responsible for their behaviour whilst poolside at all times.
22. Swimmers will not be allowed into the viewing gallery or cafeteria area in swimming costumes and must wear suitable footwear around the centre.
23. The pool has 6 lanes and is 25m long. The shallow end is 1.2m deep and the deep end is 1.9m deep. The height of the starting platforms is 700mm above water level at the deep end.
24. AOE timing will be in operation.
25. Hy-Tek computerised meet administration will be used and results will appear on the ASA Rankings database and the Club's website.

G) Meet procedure

26. Once an entry has been accepted a competitor shall swim or give notice of withdrawal either in person or via a designated representative. Notice of withdrawals shall be reported to the meet recorders at least 45 minutes before the start of each session. **Any swimmer not present when required to swim will incur a £10 penalty.** In the event of a competitor not paying the penalty, the club in whose name the competitor has entered the competition shall be responsible for payment.
27. All events are seeded on submitted times. Each event will be spearheaded, i.e. fastest swimmer in lane 3, next fastest in lane 4, then lanes 2, 5, 1 and 6.
28. At the Referees' discretion races may be started "over the top".

H) Awards

29. Anyone who exceeds the No Faster Than Times will not receive a medal.
30. Medals will be awarded separately to males and females for all events including the 200m butterfly as follows
to the top six swimmers in the age groups 9, 10, 11, 12 and 13
to the top three swimmers in the age groups 14, 15, 16+.

I) Other matters

31. Entry to the spectator gallery may be restricted.
32. Any person wishing to engage in video or still photography must conform to the recommendations of the ASA Child Protection Policy. The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Photography in the changing rooms is absolutely forbidden by both the Club and the swimming pool management.

33. All participants must observe the safety precautions in operation at Hemel SportSpace. Neither the Meet Promoter nor Hemel Hempstead Swimming Club will be responsible for any loss or damage occurring during this meet.

J) No Faster Than Times

BOYS	9	10	11	12	13	14	15	16+
50FR	00:44.00	00:40.00	00:36.00	00:34.00	00:32.00	00:30.00	00:29.00	00:28.00
100FR	01:31.00	01:26.00	01:21.00	01:16.00	01:11.00	01:07.00	01:01.00	00:57.00
200FR	03:22.00	03:06.00	02:57.00	02:50.00	02:35.00	02:25.00	02:20.00	02:10.00
50BA	00:48.00	00:44.00	00:42.00	00:40.00	00:37.00	00:35.00	00:33.00	00:32.00
100BA	01:57.00	01:47.00	01:38.00	01:28.00	01:20.00	01:15.00	01:13.00	01:10.00
200BA	03:32.00	03:24.00	03:16.00	03:13.00	02:57.00	02:41.00	02:32.00	02:28.00
50BR	00:58.00	00:54.00	00:50.00	00:46.00	00:42.00	00:40.00	00:39.00	00:36.00
100BR	02:08.00	01:58.00	01:51.00	01:39.00	01:33.00	01:26.00	01:24.00	01:20.00
200BR	04:18.00	04:05.00	03:49.00	03:35.00	03:21.00	03:10.00	03:02.00	02:55.00
50FL	00:48.00	00:45.00	00:43.00	00:40.00	00:38.00	00:36.00	00:32.00	00:29.00
100FL	01:58.00	01:49.00	01:43.00	01:40.00	01:28.00	01:20.00	01:13.00	01:08.00
200FL	04:23.00	04:06.00	03:55.00	03:41.00	03:33.00	03:22.00	03:05.00	02:55.00
100IM	01:49.00	01:42.00	01:34.00	01:30.00	01:21.00	01:17.00	01:14.00	01:08.00
200IM	03:53.00	03:40.00	03:26.00	03:14.00	02:56.00	02:48.00	02:37.00	02:26.00

GIRLS	9	10	11	12	13	14	15	16+
50FR	00:46.00	00:42.00	00:38.00	00:34.00	00:32.00	00:31.00	00:30.00	00:29.00
100FR	01:41.00	01:34.00	01:23.00	01:17.00	01:09.00	01:07.00	01:05.00	01:03.00
200FR	03:14.00	03:05.00	02:56.00	02:48.00	02:34.00	02:26.00	02:23.00	02:20.00
50BA	00:52.00	00:49.00	00:46.00	00:41.00	00:38.00	00:36.00	00:34.00	00:33.00
100BA	01:54.00	01:49.00	01:37.00	01:26.00	01:18.00	01:15.00	01:13.00	01:12.00
200BA	04:01.00	03:43.00	03:25.00	03:08.00	02:55.00	02:43.00	02:38.00	02:36.00
50BR	01:00.00	00:57.00	00:49.00	00:44.00	00:42.00	00:41.00	00:39.00	00:38.00
100BR	02:03.00	01:51.00	01:45.00	01:39.00	01:33.00	01:31.00	01:26.00	01:23.00
200BR	04:23.00	04:10.00	04:03.00	03:32.00	03:22.00	03:19.00	03:05.00	03:00.00
50FL	00:55.00	00:49.00	00:46.00	00:39.00	00:36.00	00:35.00	00:34.00	00:33.00
100FL	01:59.00	01:48.00	01:41.00	01:35.00	01:22.00	01:18.00	01:15.00	01:12.00
200FL	04:21.00	03:56.00	03:48.00	03:43.00	03:29.00	03:11.00	03:00.00	02:50.00
100IM	01:54.00	01:47.00	01:36.00	01:27.00	01:19.00	01:17.00	01:16.00	01:14.00
200IM	04:00.00	03:44.00	03:30.00	03:09.00	02:55.00	02:50.00	02:45.00	02:40.00

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19th & 20th May 2018

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Summary Sheet

Please complete and post together with entry cheque, (payable to Hemel Hempstead Swimming Club [HHSC]) to be received by midnight on Friday 6th April 2018 to: **Andrew Farrow, 52 Cross Oak Road, Berkhamsted, Herts HP4 3HZ.** **Alternatively** by electronic transfer to Bank of Scotland, Account name: Hemel Hempstead Swimming Club, Sort Code 80-11-60 Account Number: 06025702. Quote reference Spring Dev followed by Club name.

☺☺

COMPLETE IN BLOCK CAPITALS PLEASE

Club Name.....

Contact Name.....

Address.....

Contact Telephone Number.....E Mail.....

Entries @ £5.50 each	Number	£
Coach passes @ £10.00 per pass per day	Number (max 4 per day)	£
Total Cheque enclosed (payable to HHSC) or online payment ref.....		Total
		£

Officials' details: Officials will be provided with mid-session refreshments. Email Louise Farrow at openmeets@hhsc.org.uk for information or to provide details of officials from your club who can help.

<u>Name</u>	<u>Qualifications</u>	<u>Sessions available</u> please state 1, 2, 3, 4

Closing date for entries Midnight Friday 6th April 2018

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BOYS ENTRY FORM

ASA number									
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COMPLETE IN BLOCK CAPITALS PLEASE

Full Name _____ D.O.B: / / _____

Age as at 20th May 2018 _____ Club: _____

Address _____

Telephone No _____

	EVENT NO	EVENT	ENTRY TIME
Session 1	1	Boys 9+ 100m IM	
"	3	Boys 9+ 50m Butterfly	
"	5	Boys 9+ 200m Breaststroke	
Session 2	7	Boys 9+ 200m Freestyle	
"	9	Boys 9+ 50m Backstroke	
"	11	Boys 9+ 100m Breaststroke	
"	13	Boys 9+ 200m IM	
Session 3	14	Mixed 9+ 200m Butterfly	
"	16	Boys 9+ 100m Freestyle	
"	18	Boys 9+ 50m Breaststroke	
"	20	Boys 9+ 200m Backstroke	
Session 4	22	Boys 9+ 50m Freestyle	
"	24	Boys 9+ 100m Butterfly	
"	26	Boys 9+ 100m Backstroke	
	TOTAL ENTRY FEE	£ _____	

TOTAL NUMBER OF SWIMS@ £5.50 each = £.....

I ENCLOSE A CHEQUE FOR £..... MADE PAYABLE TO Swimming Club.

H.H.S.C. 7th SPRING DEVELOPMENT MEET

19th & 20th May 2018

at SportSpace, Park Road, Hemel Hempstead HP1 1JS

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GIRLS ENTRY FORM

ASA number									
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COMPLETE IN BLOCK CAPITALS PLEASE

Full Name _____ D.O.B: / / _____

Age as at 20th May 2018 _____ Club: _____

Address _____

_____ Telephone No _____

	EVENT NO	EVENT	ENTRY TIME
Session 1	2	Girls 9+ 100m Freestyle	
"	4	Girls 9+ 50m Breaststroke	
"	6	Girls 9+ 200m Backstroke	
Session 2	8	Girls 9+ 50m Freestyle	
"	10	Girls 9+ 100m Butterfly	
"	12	Girls 9+ 100m Backstroke	
Session 3	14	Mixed 9+ 200m Butterfly	
"	15	Girls 9+ 100m IM	
"	17	Girls 9+ 50m Butterfly	
"	19	Girls 9+ 200m Breaststroke	
Session 4	21	Girls 9+ 200m Freestyle	
"	23	Girls 9+ 50m Backstroke	
"	25	Girls 9+ 100m Breaststroke	
"	27	Girls 9+ 200m IM	
	TOTAL ENTRY FEE	£ _____	

TOTAL NUMBER OF SWIMS@ £5.50 each = £.....

I ENCLOSE A CHEQUE FOR £..... MADE PAYABLE TO Swimming Club.



HEMEL HEMPSTEAD SWIMMING CLUB

(Affiliated to Herts ASA & ASA East Region)

Invite you to their

7th SPRING DEVELOPMENT OPEN MEET

Level 3 Licence 3ER180666

(Under ASA Laws & Regulations and ASA Technical Rules of Racing)

SATURDAY 19th & SUNDAY 20th MAY 2018

FROM 12.45PM (SESSIONS 1 & 3) & 17.00PM (SESSIONS 2 & 4)

At SPORTSPACE, HEMEL HEMPSTEAD HP1 1JS

25 metre, 6 lanes, Olympic-style OSB 11 blocks, backstroke start ledges & anti-turbulence ropes, Electronic Timing, Mailsports pop-up shop

- 50m, 100m & 200m in all strokes
- No Faster Than times apply

Age as at 20th May 2018

Entry deadline: Friday 6th April 2018

